



Highlights of Operational and Rule changes for Block 2 of programming

OPERATIONAL CHANGES

- Players will now be permitted to bring a bag inside the facility. Personal items will be limited to: Water bottle, sanitizer, towel, shoes, shin guards, jacket. All items other than a water bottle, MUST remain INSIDE the bag during training/game sessions.
- We are no longer required to sanitize equipment during sessions that leaves a groups area. However, any equipment that is handled during a session, MUST be sanitized before being used again.
- All equipment and players will continue to be sanitized upon entry and prior to start of sessions, after sessions and before being stored for the evening.

RULE CHANGES

Free Kicks: Except for Penalty Kicks, all free kicks are in-direct. Fouls that would normally result in a direct free kick that are committed by a defender in their penalty area will be punished by a penalty

Walls for Free Kicks: Defenders must be (two) 2 meters apart from one another when creating a wall. After the first verbal warning for failure to comply, a yellow card will be issued for unsporting behavior

Throw-ins: No throw-ins. The ball must be kicked into play. The ball must be placed outside the line. The ball is in play as soon as it enters the Field Of Play. The kick must remain below knee height or an indirect free kick will be awarded to the opponents at the spot of the throw-in. Opponents must be 10 yards from the taking of the kick. No offside on kick-ins.-

Corner kicks: All corner kicks must be kicked in below knee height level. Failure to comply will result in a goal kick to the defending team.

Drop ball: The drop ball requirement has been removed to reduce handling of the ball and has been converted to an indirect free kick. If the drop ball is inside the penalty area after hitting the Referee, the ball automatically goes to the Goalkeeper. The Referee leaves the ball on the ground, and the Goalkeeper picks it up.

An in-direct free kick awarded when a player intentionally commits any of the following offenses (penalty kick awarded when infringement takes place in penalty area)

- kicking or attempting to kick an opponent
- tripping an opponent
- jumping at an opponent
- charging an opponent in a violent or dangerous manner
- charging an opponent from behind
- striking, attempting to strike, or spitting at an opponent

- holding an opponent
- pushing an opponent
- charging an opponent with shoulder (i.e., shoulder charge)
- sliding at an opponent (i.e., sliding tackle)
- No headers are allowed