

## National League Club & Team Based and CUP Referee Cheat Sheet

### Substitutions

- Presidents & Challenge Cup games – **unlimited substitutions** are permitted for ALL games.
- State Cup and National League Club & Team Based games -
  - 13U & 14U games: Unlimited substitutions over three moments per half plus halftime.
  - 15U–18/19U games: Unlimited substitutions over four moments per match plus halftime.

Substitutions can occur at any stoppage with the referee's approval. Re-entry is permitted at designated substitution points or at any time during play if the referee permits.

### Concussion/Head Injury Substitution Policy

If a player is suspected of having a concussion and venue does **NOT** have a Cup committee approved athletic/medical provider on site, that player must be permanently removed/**NOT ALLOWED** to return. The change becomes a concussion substitution and BOTH teams receive one additional substitution (**NOT MOMENT**). Substitute for the player with the head injury and the opponent can make one additional substitution of **ONE** player.

### 8-Seconds Goalkeeper Control

GK is in control of the ball with their hand(s)/arm(s) when;

- The ball is between their hands/arms or between their hand(s)/arm(s) and any surface (e.g. ground, own body)
- Holding the ball in their outstretched open hand(s)
- Bouncing it on the ground or throwing it in the air

Referee will

- decide when the goalkeeper has control of the ball, and the 8 seconds begin.
- visually count down the last 5 seconds with a raised hand.

GK cannot be challenged by an opponent when in control of the ball with their hand(s)/arm(s).

**Violation:** If a GK controls the ball with their hand(s)/arm(s) for more than eight seconds before releasing it, a CORNER KICK is awarded to the opposing team.

### Only the Captain

- One captain is to wear an armband on their arm (armband is optional 2025-2026 season)
- Once the referee signals, all other players (other than captains) must remain at least 4.5 yards from the referee.
- Captain's responsibility is to encourage their teammates to respect the 'captain only zone'
- A player who enters the established 'Captain only' zone will be issued a yellow card for dissent
- More than one player may be cautioned if needed

### Drop Ball

- Ball was inside the penalty area - Referee drops ball in defending team's penalty area for GK.
- Ball was outside the penalty area -
  - If referee **CAN** determine which team had/would have gained possession of the ball, referee drops ball for one player of that team.
  - If referee **CANNOT** determine which team had/would have gained possession of the ball, referee drops ball for one player of the team that last touched it.
  - Drop the ball at its position when play was stopped.

### Indiana Soccer Modified Rules

- If there is a behavior issue with spectators, the referee is to stop the game, go to the coach(es), and tell them they need to address the spectator(s). The game is not to be restarted until the situation is resolved. This could range from a warning to dismissal of the spectator(s).
- 11U/12U Games: All indirect free kicks awarded inside the penalty area for the attacking team, the ball shall be placed on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred.