

## [COSL NOTABLE MODIFICATIONS, updated March 21, 2016](#)

*Complete rules:*<http://www.bendfctimbers.com/COSL>

### **ALL AGE LEVELS**

#### LAW V REFEREE AND LINESMEN

- C) All rule infractions shall be briefly explained to the offending player whenever possible.
- E) The referee is empowered to cause the removal of any coach, player, spectator who is disruptive or who has displayed behavior contrary to the spirit of the game and/or the rules of play.

#### LAW VII START OF PLAY

- A) The 'Away' team will have the initial kick-off.
- B) No player captains shall be required for any teams during any matches.

#### LAW IV PLAYERS EQUIPMENT

F) All Players should line up for equip inspection. No Hard casts, no jewelry (including taped over earrings)

#### LAW XI FOULS & MISCONDUCT

- A) Whenever possible, the center referee should briefly explain an infraction to the offending player before allowing the restart of play.
- F) Instead of issuing yellow and red cards during matches, when warranted the center referee may issue a verbal warning to a player of coach following an infraction that warrants concern. Should a player or coach persist with the same infractions following a warning, a center referee may dismiss a player or coach from a match (by verbal means only).
  - 1) Shall a player, coach or parent be dismissed from a match he/she must leave the direct proximity of the field for the remainder of the match and may NOT return to the field during or even after the match for any reason.
  - 2) A center ref who dismisses any player, coach or parent must report the dismissal to the COSL Director, including an explanation of the incident. This is listed in the web site game report as: [Any abnormal or unusual situations to report?](#)

#### Concussions

- A) A player who demonstrates signs of concussion as a result of an observed or suspected blow to the head or body must leave the field and may not return to play in that match. Referees will include in their match report information about any player required to leave the field because of a suspected concussion. A player who has been removed from a game by a referee because of a suspected concussion is ineligible to play until the league director has received a copy of a medical release signed by a health care professional that authorizes an unrestricted return to competition.

Referees will include in their match/game report information about any player (i.e., player #, name and team name) required to leave the field because of a suspected concussion or serious injury. This is listed in the web site game report as: [Serious injuries observed during the game?](#)

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**U7-8 AGE LEVELS ONLY (5v5, No Keeper, #3,20+5, NO HEADERS)**

**LAW I THE FIELD**

B6) No player from either team may purposely position themselves inside the arc at any time during the match until the ball itself is within the arc.

**LAW II THE BALL**

A) Size three (3) balls must be used for all matches and must be properly inflated.

**LAW V REFEREE AND LINESMEN**

A) The referee is empowered to cause the removal of any coach, player, spectator who is disruptive or who has displayed behavior contrary to the spirit of the game and/or the rules of play.

**LAW VI DURATION OF THE GAME**

A) The game shall be divided into two (2) equal halves of twenty (20) minutes each.

B) Half-time break of five (5) minutes.

**LAW X OFFSIDE**

D) It is acceptable at the small-sided U8 level to let an offside infraction of a small distance take place without a stoppage in play to encourage the continuity of play and spirit of the game.

**LAW XII FREE KICKS**

A) All free kicks at the U8 level in COSL are direct free kicks.

C) Opponents must make an immediate effort to be six (6) yards away from the kick.

D) Penalty kicks may be awarded in U8 COSL games. Should a foul occur inside the penalty area the penalty kick is taken from the top of the arc marked in front of the goal. No goalkeeper is allowed to defend and all other players must remain on the far side of the hash line (15-20 yards from the end line) until the ball is kicked.

**LAW XIII THROW-IN**

C) Should a player make an improper throw-in, the center referee should first inform the player of his or her incorrect attempt and then allow for a second throw-in by the same player.

**LAW XIV GOAL KICK**

C) All opposing players must remain in their defending half of the field (behind the midfield line) until the ball is kicked.

**LAW XV CORNER KICK**

C) No defending player may be within six (6) yards of the ball.

**LAW XVI HEADING**

Per US Youth Soccer, Players under the age of 10 will no longer be allowed to head the ball.

The penalty for playing the ball using the head is a direct free kick at the spot of the infraction. If a player does not deliberately head the ball, then play should continue.

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**U9-10 AGE LEVELS ONLY (7v7 includes Keeper, #4, 25+5, NO HEADERS)**

**LAW II THE BALL**

- A) Size four (4) balls must be used for all matches and must be properly inflated.

**LAW VI DURATION OF THE GAME**

- B) The game shall be divided into two (2) equal halves of twenty-five (25) minutes each.  
C) Half-time break of five (5) minutes.

**LAW X OFFSIDE**

- D) It is acceptable at the small sided U10 level to let an offside infraction of a small distance take place without a stoppage in play to encourage the continuity of play and spirit of game.

**LAW XVI HEADING**

Per US Youth Soccer, Players under the age of 10 will no longer be allowed to head the ball.

The penalty for playing the ball using the head is a direct free kick at the spot of the infraction. If a player does not deliberately head the ball, then play should continue.

**U11-12 AGE LEVELS ONLY (9v9 includes Keeper, #4, 30+5, HEADERS Permitted)**

**LAW II THE BALL**

- A) Size four (4) balls must be used for all matches and must be properly inflated.

**LAW VI DURATION OF THE GAME**

- E) The game shall be divided into two (2) equal halves of thirty (30) minutes each.  
F) Half-time break of five (5) minutes.

These modifications are highlights from the COSL rules that are different from Adult and/or USSF Laws; and intended for guidelines for the USSF official. Please note there may be additional discrepancies between the COSL rules and the USSF Laws of the Game. Please use your best judgment in these situations, and remember Safety is your #1 concern.

HAVE FUN. PAT EVOY 541-480-4917