

Every referee should be able to list these instantly. Remember **PUDDLES**

## 7 CAUTIONABLE OFFENSES

*A player is cautioned and shown the yellow card for committing any of the following seven offenses*

*(actions of special concern to FIFA are displayed in bold print):*

### 1. Persistently infringes the Laws of the Game (**PI**)

- a. Repeatedly fouls or participates in a pattern of fouls directed at an opponent
- b. Violates Law 14 again, having previously been warned
- c. If playing as goalkeeper, wastes time, having previously been warned or penalized for this behavior

### 2. is guilty of **U**nsporting behavior (**UB**)

(The following actions are examples only and are not a complete list. There are many other things that could constitute unsporting behavior.)

- a. Commits a direct free kick foul in a reckless manner (for example, charging, pushing, tripping)
- b. Commits a direct free kick foul in a reckless manner while tackling for the ball from any direction
- c. Commits a tactical foul designed to interfere with or impede an opposing team's attacking play (e.g., pushing an opponent, blatantly holding an opponent or an opponent's uniform, handling the ball deliberately to interrupt an attack or prevent an opponent getting it)**
- d. Handles the ball deliberately in an attempt to score a goal (irrespective of whether or not successful)
- e. Commits an act which, in the opinion of the referee, shows a lack of respect for the game (e.g., aggressive attitude, inflammatory behavior, or taunting)
- f. Fakes an injury or exaggerates the seriousness of an injury**
- g. Fakes a foul (dives) or exaggerates the severity of a foul**
- h. Interferes with or prevents the goalkeeper from releasing the ball from the hands into play
- i. Verbally distracts an opponent during play or at a restart
- j. Unfairly distracts or impedes an opponent performing a throw-in**
- k. Changes jerseys with the goalkeeper during play or without the referee's permission (both players must be cautioned)
- l. Engages in trickery to circumvent the goalkeeper's limitation on handling the ball played from a teammate's foot (the defender who initiates the "trickery" is cautioned, the decision does not require that the goalkeeper actually handles the ball, and the misconduct can occur during dynamic play or at a restart)
- m. Makes unauthorized marks on the field.
- n. Removes the jersey after scoring a goal**
- o. Acts in a manner that shows a lack of respect for the game

### 3. shows **D**issent by word or action (**DT**)

- a. Verbally or through action disputes or shows contempt for an official's decision
- b. If playing as a goalkeeper, leaves the penalty area (not beckoned by the referee) to engage an official in debate regarding a decision

**4. Delays the restart of play (DR)**

- a. Kicks or throws the ball away or holds the ball to prevent a free kick restart by an opponent
- b. Kicks or throws the ball away or holds the ball to prevent a throw-in or corner kick by an opponent
- c. Fails to restart play after being instructed to do so by the referee or hinders the restart of play
- d. Excessively celebrates a goal
- e. Fails to return to the field upon conclusion of the midgame break, fails to perform a kick-off when signaled to do so by the referee, or fails to be in a correct position for a kick-off

**f. Provokes a confrontation by deliberately touching the ball after the referee has stopped play**

**5. Leaves the field of play deliberately, without the referee's permission (L)**

- a. To place an opponent in an apparent offside position
- b. Other than through the normal course of play

**6. Enters or re-enters the field of play without the referee's permission (E)**

- a. Having previously been substituted (unless the rules of competition allow such return)
- b. After having previously been instructed to leave the field to correct equipment
- c. After having previously been given permission by the referee to leave the field due to an injury
- d. After having previously been instructed to leave the field due to bleeding or blood on the uniform
- e. As a substitute, without having received a signal to do so by the referee

**7. fails to respect (or positions at **S**horter than) the required distance when play is restarted with a corner kick, free kick or throw-in**

**(FRD)**

- a. Does not retire at least ten yards away from an opponent's free kick
- b. Does not retire at least ten yards away from an opponent's corner kick
- c. Does not retire at least two yards away from an opponent's throw-in

Every referee should be able to list these instantly. Remember the face.

## 7 SENDING-OFF OFFENSES

*A player, substitute or substituted player is sent off and shown the red card for committing any of the following seven offenses:*

1. is guilty of serious foul play (**SFP**)
  - a. using excessive force or brutality against an opponent when challenging for the ball while it is in play
  - b. a tackle that endangers the safety of an opponent
  - c. using excessive force and thus endangering an opponent
  
- d. 2. is guilty of violent conduct (**VC**)
  - a. using excessive force or brutality against an opponent when NOT challenging for the ball
  - b. using excessive force or brutality against any person other than an opponent
  - c. may occur on the pitch or off, whether ball is in play or not
  - d. can be committed by player, substitute or substituted player
  
3. spits at an opponent or any other person (**S**)
  
4. denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to the goalkeeper within his or her own penalty area) (**DGH**)
  
5. denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick (**DGF**)
  
6. uses offensive, insulting or abusive language and/or gestures (**AL**)
  
7. receives a second caution in the same match (**2CT**)