

Whether you have been a long-time soccer fan or just following competitive games, the way soccer “fouls” and “cards” are called can be quite confusing.

In the game of soccer a referee will have two cards that signify that a foul/infraction has occurred.

YELLOW CARD (FORMAL CAUTION)

- 1) **Unsportsmanlike Behavior**
 - a) **Hard Fouls**
 - b) **Holding an opponent**
 - c) **Deliberately handling the ball for the purpose of preventing an opponent from gaining possession of the ball**
 - d) **Faking an injury**
 - e) **Taunting**
 - f) **Intentional Distraction (i.e. jumping around, shouting or making gestures to intentionally distract an opponent)**
 - i) **jumping in front of a corner kick, free kick or throw-in**
 - ii) **distracting a goalkeeper**
 - iii) **gaining an unfair advantage by leaning on, climbing on the back or holding a teammate**
 - iv) **blatant holding and pulling an opposing player’s uniform**
 - v) **deceiving an official**
- 2) **Dissent by word or action**
- 3) **Deliberately delaying the restart of play,**
- 4) **Deliberately failing to stay the proper distance away from the kicker on a corner kick, free kick or throw-in**

Note: Any player that receives 2 yellow cards is automatically issued a red card and removed from the game.

RED CARD (EJECTION)

- 1) **Serious foul play**
 - a) **Includes any use of excessive force when challenging for the ball.**
 - i) **dangerous slide tackle from behind**
 - ii) **over the top tackle in which a player raises his foot so the cleats could hit a player**
 - iii) **two-footed tackle that takes down the opponent.**

Note: FIFA (Federation International Football Association has noted that “A tackle, which endangers the safety of an opponent, must be sanctioned as serious foul play.”

- 2) **Violent conduct**
- 3) **Spitting**
- 4) **Deliberately (or Not Deliberate) touching the ball with a hand in order to prevent a goal or to deny an obvious goal scoring opportunity**
- 5) **Fouling an opponent to prevent an obvious goal scoring opportunity**
- 6) **Holding an opponent to prevent an obvious goal scoring opportunity**
- 7) **Offensive, insulting or threatening language/gestures**
- 8) **Receiving a second yellow card in one game.**

Note: Any time a Yellow or Red Card is shown, a "direct" or "indirect kick" will also be awarded.