

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.