

South Cache Soccer Recreational Soccer Playing Rules

Law 1 - Field

Recommended field size: (in yards)

U5 – U8 20x30yds (60'x90') can vary 15-25yds x 25-35yds

U9 & U10 35x55yds (105'x165') can vary 35-45yds x 55-65yds

U11 & U12 50x75yds (150'x 225') can vary 45-55yds x 70-80yds

U13-U15 35x55yds (105'x165') can vary 35-45yds x 55-65yds

The Goal Area

A goal area is defined at each end of the field as follows (in feet):

U5 – U8 9' x 21'

U9 & U10 12' x 24'

U11 & U12 15' x 48'

U13-U15 12' x 24'

The Penalty Area

A penalty area is defined at each end of the field as follows (in feet):

U5 – U8 24' x 51'

U9 & U10 36' x 72'

U11 & U12 42' x 108'

U13-U15 36' x 72'

Goals

Goals must be placed at the center of each goal line. **Goals must be anchored securely to the ground.** Recommended goal sizes:

U5 – U8 4' x 6'

U9 & U10 6' x 12' or 6.5' x 18.5'

U10 & U12 6.5' x 18.5' or 7' x 21'

U15 6' x 12' or 6.5' x 18.5'

Law 2 - Ball

Sizes by age

U5 - U8 Size 3

U9 - U12 Size 4

U13 + Size 5

Law 3 - Players

A match is played by two teams, each consisting of not more than the following:

U6-U8 4 players - no keeper

U9 & U10 7 players total (6 field players, 1 keeper)

U11 & U12 7 player's total (6 field players, 1 keeper)

U13-U15 4 players - no keeper

A match may not start if either team consists of fewer than the following:

U6-U8 (3 players)

U9 & U10 (5 players)

U11 & U12 (5 players)

U15 (3 players must have at least one girl)

Substitution Procedure for U6, U8, U10, & U12

Unlimited substitutions may be made at any stoppage of play. A substitute only enters the field

- At the halfway line
- During a stoppage in the match
- After receiving a signal from the referee

Changing the goalkeeper

Any of the other players may change places with the goalkeeper provided that the referee is informed before the change and the change is made during a stoppage of play.

Law 4 - Players Equipment

Safety

A player may not use equipment or wear anything dangerous or confusing to himself or another player, including any kind of jewelry (unless it's a medical bracelet or necklace & needs to be secured to the player). **Earrings must be removed.**

Hats, gloves, jackets, and sweats are allowed in cold weather if the jersey is visible on top of other clothing. The referee should always inspect equipment and clothing and ensure they are not dangerous to themselves and other players. What is considered dangerous equipment is at the discretion of the referee.

Basic Equipment

The basic equipment of a player is:

- Shirt (jersey) All players must wear the SCSL Soccer reversible jersey. The home team will wear navy, and the visiting team will wear white.
- Shorts (sweats may be worn over shorts in cold weather)
- Socks
- Shinguards
- Shoes (athletic or soft-cleated shoes). No toe cleat will be allowed.

Shinguards:

Shinguards are **mandatory** and are worn inside the socks. Shinguards should be made of a suitable material (rubber, plastic, or similar substances) and provide reasonable protection.

Goalkeepers

Each goalkeeper wears colors that distinguish them from the other players and the referees.

Law 5 - The Dual Referee Crew (U9 - U12)

Decisions of the Referee

The referee's decisions regarding facts connected with play are final.

The referee may only change a decision on realizing that it is incorrect or, at his discretion, on the advice of the other referee, provided that he has not restarted play.

Duties

Two referees are appointed whose duties are to indicate:

At least one referee shall be assigned to officiate each game.

- In a two-whistle system, each Referee has equal and independent authority:
- to make decisions,
- to whistle for infractions and stop play,
- to impose sanctions for misconduct (caution and/or send-off),
- and as such, neither Referee has the power to over-rule decisions made by the other referee,

- except, by a mutual agreement made before the game, only one of the Referees will act as the official timekeeper.
- When the whole of the ball has passed out of the field of play.
- Which side is entitled to a corner kick, goal kick, or throw-in?
- When a player may be penalized for being in an offside position (U19 - U12).
- When a substitution is requested.
- When misconduct or any other incident occurred from the referee's view.
- When offenses have been committed whenever the assistants are closer to, or have a better view of, the action than the referee (this includes, in particular circumstances, offenses committed in the penalty area).
- Whether, at penalty kicks, the goalkeeper moved forward before the ball was kicked and if the ball crossed the line.

Law 7 - Games

Time and Interval by Age Group:

U5-U6 - Four 8-minute quarters; *quarter breaks are a maximum of 2 minutes*

U7 – U8 - Two 25-minute halves; *a maximum of 2 minutes at the midpoint of each half shall be given for substitutions.*

U9 & U10 - Two 25-minute halves

U11 & U12 - Two 30-minute halves

U15 - Two 25-minute halves

Half Time Interval

The half-time interval for all games shall be **5 minutes**.

Penalty Kick (U9 - U12 & U15 Only)

Additional time is allowed for a penalty kick at the end of each half.

Law 8 - The Start and Restart of Play

The home team supplies the ball and kicks off to begin the game, and the away team chooses the side and starts the second half of the game. In the match's second half, the teams change ends and attack the opposite goal.

Kick-off

A kick-off is a way of starting or restarting play

- At the start of the match.
- After a goal has been scored.
- At the start of the second half of the match.

A goal may be scored directly from a kick-off.

The proper procedure for kick-off is as follows:

- All players are in their half of the field except the kicker.
- The opponents of the kicking team must be outside the center circle until the ball is in play.
- The ball is stationary on the center mark.
- The referee gives a signal.
- The ball is in play when it is kicked. The ball may move forward or backward.
- The kicker cannot touch the ball a second time until another player touches it.

Kick-Off Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player, an **indirect free kick** is awarded to the opposing team at the spot where the infringement occurred. For any other infringement of the kick-off procedure, the kick is retaken.

Goal Differential Rule:

A team behind by 4 goals may add an additional player. If a team is behind by 8 goals, the team may add another player, with a maximum of two additional players. The trailing team must subtract the additional player if the goal differential returns to 3 or 7. If the trailing team does not have enough players to add additional players, the leading team may have one of their players play for the trailing team.

Dropped Ball

A dropped ball is a way of restarting play when play is stopped due to injury, outside interference, or any other reason occurring off the field of play.

The proper procedure for a dropped ball is:

- The referee drops the ball at the place it was located when the play was stopped.
- Play is restarted when the ball hits the **ground**.
- Drop ball in the penalty area is dropped at the closest intersecting line of the area.
- For any infringement, the ball is dropped again.

Special Restart Circumstances:

A free kick awarded to the defending team in its own goal area may be taken from any point within the goal area. The ball must leave the penalty area before another player can play the ball.

Any other dropped ball or free kick awarded inside the goal area is placed at the nearest point outside the goal area, except for a penalty kick.

Substitutions

Substitution of players:

- a. After either team scores a goal, a substitution is to be made before the ball is placed back into play by the place kick.
- b. After a goal kick is awarded to either team, a substitution is to be made before the ball is placed back into play by the goal kick.
- c. After a throw-in – pass-in or roll-in is awarded to your team--substitution is to be made by either team before the ball is placed back into play by the throw-in – pass-in or rollin ONLY IF the team awarded the throw-in – pass-in or roll-in chooses to make a substitution. If the team taking the throw-in – pass-in, or roll-in does not substitute, the opposing team IS NOT allowed to substitute.
- d. When a player is injured, and the referee has stopped playing to permit the coach to care for the injured player, the team for which the injured player plays may substitute for the injured player before play resumes. If the injured player is substituted from the game, the opposing team may also make a substitution, one-for-one.
- e. At the half-time interval.

Note: Substitution is not permitted upon award of a penalty kick, corner kick, direct free kick, or indirect free kick.

Making a Substitution: Before a substitution, except for substitutions made after an injury, between quarters, or at half time, the coach must:

1. advise the referee that the coach wants to make a substitution
2. receive the referee's permission to make a substitution
3. remove the field player who is to exit and then send on the player who is to enter; players entering the field must do so at the point where the halfway line meets the touchline on the substituting team's side of the field. Players exiting the field may do so at any point

on the field.

Player or players ejected by the referee may not participate any further in the match, and the team must play with one fewer player for the remainder of the period. The ejected player may be replaced at the beginning of the next period by a player who has not been ejected from the game. A player ejected by the referee is to be reported to the LMVSC Commissioner by the coaches. After a temporary suspension of play by the referee while the ball was in play, the referee shall restart the game with a drop ball where the ball was last in play. If the play was stopped while the ball was in the Goal area, the game should be restarted with a drop ball at the nearest point on the goal area line that parallels the goal line.

Goal Lines:

No one is permitted behind the goal lines during gameplay. The referee will warn the appropriate coach upon the first infraction and suspend play if the individual is not removed. The game will be terminated if the individual persists and will not move to the touchline (sideline).

Law 11 – Offside:

Offside is not called in the (U5-U8 ages). Players at this age are in the early stages of learning the game and generally would not fully comprehend the concept of Offside. Their emphasis should be on getting a foot on the ball.

Build Out Line -

Purpose of the Build-Out Lines

-The purpose of the Build Out lines is to facilitate player development by allowing the goalkeeper to play out the ball with less pressure and giving him/her the time to think about how to do this. Infractions of this USSF Youth Play change are not fouls and should not be treated as such.

Procedures

-If the goalkeeper receives the ball into his/her hands, whether from a save or during play when the opposing team plays the ball into the keeper's penalty area, the opposing team **MUST** retreat beyond the Build Out Line. The Keeper may wait for this to happen. The coach of the opposing team and the referee should be reminding the opposing players to retreat.

-The Keeper must then roll/throw/pass (with the feet) the ball. The ball has been in play during this time, but because it is in the Keeper's hands, it cannot be played by opposing players. The ball is still a "live" ball. Once the Keeper rolls/throws/passes the ball outside of the penalty area, the opposing team can cross the Build Out Line to get the ball.

-The Keeper is not allowed to punt or drop-kick the ball. The Keeper can put the ball on the ground and kick (pass) it out. If the Keeper punts or drop kicks the ball, the referee is to stop play and award an indirect free kick (IFK) to the opposing team. **THIS IS NOT** a Penalty Kick. If the Keeper does this inside the Goal Area, the IFK is taken from the Goal Area line that parallels the Goal Line.

-There is no restriction on the ball's roll/throw/pass with regard to how far it goes. If the Keeper is strong enough, they can throw, roll, or pass the ball beyond the Build Out Line. There is nothing wrong with this. If the ball is placed on the ground and passed out, it is not required to stay on the ground; it can be kicked into the air, provided it is not punted or drop-kicked.

-Concerning Goal Kicks, the Build Out Line applies. The Opposing team can cross the Build Out Line when the Keeper kicks the ball AND crosses the Penalty Area line. They must wait until the ball crosses the Penalty Area line.

Offside Position

It is not an offense in itself to be in an offside position.

Build-Out Lines

- Other teams must retreat behind the build-out line when the ball is in the goalkeeper's hands or goal kick.
- Other teams can come in once the ball has come completely outside of the penalty area.
- No punting by goalkeepers (indirect free kick – taken at the top of the penalty area)
- No heading (indirect free kick – taken at the top of the penalty area if this happens inside the defensive penalty area)
- No offside between the midfield line and build-out line

A player is in an offside position if he is between the build-out line and nearer to his opponent's goal line than both the ball and the second-last opponent.

A player is not in an offside position if

- He is in their half of the field of play.
- He is level with the second-last opponent.
- He is even with the ball.

Offense

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by

- Interfering with play
- Interfering with an opponent
- Gaining an advantage by being in that position

No Offense

There is no offense if a player receives the ball directly from:

- A goal kick
- A throw-in
- A corner kick

The penalty for offside is an indirect kick to the opposing team at the spot of occurrence.

Law 12 - Misconduct

Cautionable Offenses (yellow card)

A player is cautioned and shown the yellow card if he commits any of the following seven offenses: 1. Guilty of unsporting behavior

2. Shows dissent by word or action
3. Persistently infringes the Laws of the Game
4. Delays the restart of play
5. Fails to respect the required distance when play is restarted with a corner or free kick
6. Enters or re-enters the field of play without the referee's permission
7. Deliberately leaves the field of play without the referee's permission.

Sending-Off Offenses (red card)

A player is sent off and shown a red card if he commits any of the following seven offenses:

1. Guilty of serious foul play
2. Guilty of violent conduct
3. Spits at an opponent or any other person
4. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball
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 penalty kick
6. Uses offensive, insulting, or abusive language or gestures
7. Receives a second caution in the same match

A tackle from behind, which endangers the safety of an opponent, must be sanctioned as a serious foul play.

General Playing Rules with the following additional provisions:

Law 13 - Free Kicks

For both direct and indirect free kicks, the ball must be stationary when the kick is taken, and the kicker cannot touch the ball a second time until it has touched another player.

All free kicks, except a corner kick, goal kick, and kick-off, in the U6 and U8 age groups are indirect.

The Direct Free Kick: A goal is awarded if a direct free kick is kicked directly into the opponent's goal.

If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team. A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner the referee considers careless, reckless, or using excessive force:

1. Kicks or attempts to kick an opponent
2. Trips or attempts to trip an opponent
3. Jumps at an opponent
4. Charges an opponent
5. Strikes or attempts to strike an opponent
6. Pushes an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

1. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
2. Holds an opponent
3. Spits at an opponent
4. Handles the ball deliberately (except for the goalkeeper within his own penalty area) A direct free kick is taken from where the offense occurred, with regard to the special circumstances previously mentioned.

The Indirect Free Kick

The referee indicated an indirect free kick by raising his arm above his head until the ball is touched by another player or goes out of play.

A goal can be scored only if the ball touches another player before it enters the goal. If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded. If an indirect free kick is kicked directly into

the team's own goal, a corner kick is awarded to the opposing team.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

1. Touches the ball again with his hands after it has been released from his possession and has not touched any other player
2. Touches the ball with his hands after it has been deliberately kicked to him by a teammate

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

1. Plays in a dangerous manner
2. Impedes the progress of an opponent
3. Commits any offense not previously mentioned in law 12, for which play is stopped to caution or dismiss a player

The indirect free kick is taken from where the offense occurred, with regard to the special circumstances previously mentioned.

Law 14 - The Penalty Kick (U9 - U12)

The Penalty Kick

A penalty kick is awarded against a team that commits one of the ten offenses for which a direct free kick is awarded inside its own penalty area while the ball is in play.

Additional time is allowed for a penalty kick at the end of each half.

Penalty kicks are not to be awarded in the U6 and U8 age groups.

Position of the Ball and the Players

- The ball is placed on the penalty mark.
- The player taking the penalty kick is correctly identified.
- The defending goalkeeper remains on his goal line, facing the kicker, between the goalposts until the ball has been kicked.
- The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark, and at least 10 yards from the penalty mark.

The referee does not signal for a penalty kick to be taken until the players have taken up position in accordance with the law and also decides when a penalty kick has been completed.

Procedure

The player taking the penalty kicks the ball forward. He does not play the ball a second time until it has touched another player. The ball is in play when it is kicked and moves forward.

Infringements/Sanctions

The player or a teammate of the player taking the penalty kick infringes the Laws of the Game.

- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is not retaken. A restart will be an indirect

free kick for the defending team.

The goalkeeper or a teammate of the goalkeeper infringes the Laws of the Game.

- If the ball enters the goal a goal is awarded.
- If the ball does not enter the goal the kick is retaken.

If players from both teams infringe upon the Laws of the Game, the kick is retaken.

If the player taking the kick touches the ball a second time before it touches another player, an indirect free kick is awarded to the defending team at the spot where the offense took place unless it is within the defending team's goal area, in which case the kick may be taken anywhere within that goal area.

Law 15 - The Throw-In (U9 - U12) and the Kick-In (U6-U8 and U15)

Award a Throw-In or a Kick-In:

- When the whole of the ball passes over the touchline, either in the air or on the ground
- From the point where it crossed the touchline
- To the opponents of the player who last touched the ball

A goal may **not** be scored directly from a throw-in.

Throw-In Procedure (U9 -U12)

At the moment of delivering the ball, the thrower:

- Faces the field of play
- Has part of each foot either on the touchline or on the ground outside the touchline
- Uses both hands
- Delivers the ball from behind and over his head

For infringements of this procedure, a throw-in is awarded to the opposing team.

Kick-In Procedure (U6-U8 and U15)

At the moment of delivering the ball, the kicker:

- Faces the field of play
- Has part of each foot either on the touchline or on the ground outside the touchline

If the thrower/kicker touches the ball a second time before it has touched another player an indirect free kick is awarded to the opposing team.

The ball is in play as soon as it enters the field of play. If the ball does not enter the field of play the throw is retaken.

If an opponent unfairly distracts or impedes the thrower he is cautioned for unsporting behavior and shown the yellow card.

Law 16 - The Goal Kick

A Goal Kick is Awarded:

Awarded when the whole of the ball having last touched an attacking player passes over the goal line either on the ground or in the air and a goal is not scored in accordance with Law 10.

A goal may be scored directly from a goal kick.

Procedure

The ball is kicked from any point within the goal area by a player of the defending team. Opponents remain **behind the break-out line** until the ball has left the penalty area.

Infringement/Sanctions

If the kicker touches the ball a second time after it is in play but before it touches another player, an indirect free kick is awarded to the opposing team.

Law 17 - The Corner Kick

Awarding a Corner Kick

A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

A goal may be scored directly from a corner kick.

Procedure:

- the ball is placed inside the corner arc at the nearest corner flagpost.
- the corner flagpost is not moved.
- opponents remain at least 10 yards away from the corner arc until the ball is in play (5 yards for U6-U8).
- the ball is in play when it is kicked and moves.
- the kicker does not play the ball a second time until it has touched another player.

HEADING THE BALL: Heading the ball is not allowed for U5 – U12. If the ball is deliberately headed, the referee will call an indirect free kick for the opposing team.

U13 and up can head the ball.

CONCUSSION POLICY: A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game will be removed from the field immediately. They may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion AND receives written clearance to return to play from that health care provider.

This policy is signed by each parent before a youth is allowed to play. For current up-to-date information on concussion go to <https://www.cdc.gov/concussion/headsup/index.html> under the youth sports tab.

Rules for U15 Co-Ed and High School 4v4 Play

Teams

U15 teams will consist of a **maximum** of 8 players. The ideal team size is **6** but may be increased at the discretion of the area leader to accommodate registration numbers. *No play ups allowed in the U15 age group.*

Games

A 8 game season will be scheduled but 6 games are guaranteed.

Co-Ed Division

Boys and girls are combined into teams in one division. Teams should consist of at least **3 girls** and **3 boys**. The Co-Ed 4v4 division will increase the opportunities for the recreational U13 - U15 and High School players while decreasing the amount of travel required.

Number of Players

Teams will have a maximum of 4 field players. There are no goalkeepers in 4v4. At all times, ***at least one of the field players must be a girl.*** Teams may have more than two girls on the field at one time.

A team must have a minimum of 3 field players to begin. No dual-roster players will be allowed. Only SCSL-registered recreation players will be allowed to play. No currently registered Competition players will be allowed to play.

Substitutions

Substitutions may be made at any dead-ball situation, regardless of possession. Teams must get the referee's approval before entering play and should enter and exit at midfield. There are no substitutions while the ball is in play.

Team Uniforms

All players must wear the SCSL Soccer reversible jersey. The home team will wear the navy color. The visiting team will wear the white.

Equipment

Shinguards are required and must be covered by socks. No exceptions. A **size 5 ball** will be used. The **home team** will provide the ball.

Field Dimensions

The playing field is 35 - 45 yds x 55 - 65 yds. The goals should be 6.5'x 18.5' but may vary depending on location.

The Goal Box

The Goal Box is 12' x 24'. There is **no** ball contact allowed within the goal box. However, any player may pass through the goal box. If the ball comes to rest in the goal box, a goal kick is awarded regardless of who touched the ball last. Any part of the ball or player's body on the line is considered in the goal box and is an extension of such. If a defender touches the ball in the goal box, a penalty kick is awarded to the offensive team. If an offensive player touches the ball within the goal box, a goal kick is awarded to the defensive team.

Game Duration

The game shall consist of two 25-minute halves separated by a 5-minute halftime period. The home team kicks off the first half, and the visitors choose the side and kick off the second half. See Law 8 of Rec Laws of the Game. Overtime is **not** to be played. Teams not having a minimum of 3 players present at game time will forfeit. There are **no** timeouts in 4v4.

Law 8 THE START OF PLAY: Conform to normal rules except that opposing players shall be five (5) yards from the center mark while kick-off is in progress.

Law 9 BALL IN AND OUT OF PLAY: Conform to normal rules - The ball must completely cross the line to be "out of play". The ball is "in play" if any part of the ball is on or above the line.

Law 10 METHOD OF SCORING: Conform to normal rules - The ball must completely cross the goal line between posts and beneath the crossbar to count. A goal may only be scored when shot from the scoring team's offensive half of the field. The ball must be completely on the offensive half of the field and cannot be touching the sideline.

Law 11 OFF-SIDE: There is no off-side in small-sided games.

Law 12 FOULS AND MISCONDUCT: Conform to normal rules except that all fouls and misconduct shall result in an **indirect** free-kick with the opponents at least five (5) yards from the ball before the kick is allowed. **No slide tackling:** Players must remain on their feet at all times. Sliding while kicking the ball on the ground will result in an indirect free kick for the opposing team. A player receiving a red card or a second yellow card in the same game will automatically be suspended for their next game (no exceptions). A red card is **not** required for conceding a penalty.

Law 13 FREE-KICKS: With the exception of corner kicks and penalty kicks, all free kicks are **indirect**. A goal cannot be scored directly from a free kick, kick-off, or goal kick.

Law 14 PENALTY-KICKS: Penalty kicks shall be awarded if a defending player touches a ball within his goal box or if he commits a foul within 5 yards of his goal box. A penalty kick is taken from the center of the midfield line with all players behind the mid-field line and the player taking the kick. Once the shot is taken, the ball is dead. No rebounds or follow-up play is allowed. If the shot is missed, the defensive team is awarded a goal kick. Conceding a penalty does **not** require a red card for the defender who committed the offense.

Law 15 THROW-IN: Kick-ins will replace throw-ins. A kick-in is considered an indirect kick. A goal cannot be scored directly from a kick-in.

Law 16 GOAL-KICK: Conform to normal rules with the exception that opponents must remain outside the goal area and at least five (5) yards from the ball until it is in play.

Law 17 CORNER-KICK: Conform to normal rules - If the team defending the goal last touches the ball before it crosses the goal line, the attacking team puts it into play with a direct kick, with the ball inside the corner arc with the opponents at least five (5) yards from the ball. A goal may be scored from a corner kick.

HEADERS: Heading the ball is allowed in this age bracket only.

Most important Law of All....HAVE FUN!