

Westside Baptist Church 2021 Soccer League Rules/Regulations

Age group: 4 – 6 yrs

*The emphasis is to introduce these children to the game of soccer, teaching them the rules and basic fundamentals while having **fun**. It is recommended that you have only 1 practice per week for no more than 1 hour.

Games will be played in 4 / 8-minute quarters with 3 minutes between quarters. There will be a 5 minute half time. Ball size is a **3**. Teams will play with **4** players on the field and there will be no goal-keeper. Players **do not** switch sides after the half. Each team may have 1 Coach on the field to help instruct the players. Coaches may not interfere with the play of the ball. Coaches may not stop play of game to position players.

Field size is approx. **18 x 26** yards. There will be 1 referee.

Start of Play

1. Kick-off (To start a game, quarter, or after a goal is scored.)

- *Visiting team kicks off to start the game. Home team chooses which side of field to defend.
- *Alternate after each quarter.
- *After a goal is scored, the defending team kicks off.
- *Kicking team players must be on their side of the field.
- *Opposing players must be outside of center circle on their side of the field.
- *Ball must go forward on the kick. If not, a re-kick is taken.
- *Player who kicks off may not play the ball again until played by another player on either team. If so, defending team is awarded a free kick from the spot.
- *A goal may not be scored directly from a kick-off, or indirectly from kick-off ball must leave center circle to be able to score.

2. Corner Kick (After the ball crosses the goal line when last touched by a player from the defending team.)

- *Ball must be placed anywhere on or inside the corner arch.
- *Kicker may not move corner flag in any way to take kick.
- *Opposing players must be at least 10 feet away from arch.
- *Player taking kick may not play the ball again until played by another player from either team. If so, defending team is awarded a free kick from the spot.
- *A goal may be scored directly from a corner kick.

3. Goal Kick (After ball crosses the goal line when last touched by a player from the attacking team.)

- *Ball is placed anywhere on the goal arch line.
- *Opposing players must be at least 10 feet away from the kicker.
- *Player kicking ball may not play the ball again until played by another player from either team. If so, defending team is awarded a free kick from the spot.
- *A goal may be scored directly from a goal kick.

4. Throw-in (After ball crosses touch(side) line when last touched by a player from the other team.)

- *Player taking throw-in must be on or behind touch line.
- *Opposing players must be at least 5 feet away from the throw-in player.
- *Ball must be thrown with **both** hands holding the ball coming from **behind** and **over** the head with **both** feet touching the ground. An illegal throw results in defending team awarded throw-in from the spot.

- *Player taking throw-in may not play the ball after the throw until it is played by another player from either team. If so, defending team is awarded a free kick from the spot.
- *If ball does not make it into the field of play, a re-throw is taken.
- *A goal **may not** be scored directly from a throw-in.

****Ball in and out of play** – In soccer, the touch lines and goal lines are part of the field of play. If any part of the ball is on or above the line it is in play. The whole ball must be completely across the line to be out of play or a goal scored.

Fouls – results in an indirect free kick for opposing team.

- *Holding – a player holding any part of an opposing player’s body or uniform.
- *Pushing – a player pushing any part of an opposing player’s body.
- *Tripping – a player tripping an opposing player, even unintentionally.
- *Kicking – a player kicking any part of an opposing player’s body, even unintentionally.
- *Charging – a player running into an opposing player while attempting to win the ball.
- *Handling – when any player intentionally touches the ball while it is in the field of play. Intentionally refers to when any part of the arm from the fingers up to the shoulders moves **to** and touches the ball.

Indirect Free Kick – After any of the above fouls occur, the team against whom the foul occurred gets a free kick from the spot of the foul. Opposing players must be at least 10 feet away, unless near the goal. The player taking the kick may not play the ball again after the kick until it is played by another player from either team. If so, the other team is awarded a free kick from the spot. A goal may not be scored directly from an indirect free kick.

Substitutions – Players may be substituted during any stoppage of play. Remember, **all** children must play a **minimum of half the game.**

Note: Players from either team may not at any time stand in a position inside the goal arch. Players may only enter into the goal arch **after** the ball has entered into it. It is the coaches’ responsibility to enforce this rule with his/her own players. Coaches are also not allowed to place a player in a permanent position in front of the arch, acting as a “goalie” position. This takes away from that player being more involved in the action of the game.

Head balls are **NOT** allowed in this age group. **DO NOT** teach this to children

Parent Issues

On game day if there is an issue with a parent(s) and a warning(s) did not resolve the issue, the game will be stopped and a Director or Assistant Director will be sent for to deal with the issue. Any parent encouraging a player to intentionally hurt another player receives one warning. If they continue, the game will be stopped and the parent will be asked to leave the premises. **If any player does intentionally hurt an opponent, the player will be removed from game AND will not be allowed to play in the next scheduled game.**

Coaching Resources

- *coachingsoccer101.com
- *coachingyouthsoccer.com
- *soccerhelp.com
- *fundamentalsoccer.com

Westside Baptist Church 2021 Soccer League Rules/Regulations

Age group: 7-9 yrs

*The emphasis is to introduce children to the game of soccer, teaching them the rules and basic fundamentals while having **fun**. It is recommended that you have only 1 practice per week for no more than 1 hour.

Games will be played in 4 /10-minute quarters with 3 minutes between quarters. There will be a 5 minute half time. Ball size is a **3**. Teams will play with **7** players on the field including the goal-keeper. Coaches are not allowed on the field during play. Field size is **TBD (looking to make larger than previous seasons)**. There will be 1 referee to enforce the rules of play.

Start of Play

1. Kick-off (To start a game, quarter, or after a goal is scored.)

- *Visiting team kicks off to start the game. Home team chooses which side of field to defend.
- *Alternate kick-off after each quarter.
- *After a goal is scored, the defending team kicks off.
- *Kicking team players must be on their side of the field.
- *Opposing players must be outside of center circle on their side of the field.
- *Ball must go forward on the kick. If not, a re-kick is taken.
- *Player who kicks off may not play the ball again until played by another player on either team. If so, defending team is awarded a free kick from the spot.
- *A goal may not be scored directly from a kick-off, or indirectly from kick-off ball must leave center circle to be able to score.

2. Corner Kick (After the ball crosses the goal line when last touched by a player from the defending team.)

- *Ball must be placed anywhere on or inside the corner arch.
- *Kicker may not move corner flag in any way to take kick.
- *Opposing players must be at least 15 feet away from arch.
- *Player taking kick may not play the ball again until played by another player from either team. If so, defending team is awarded a free kick from the spot.
- *A goal may be scored directly from a corner kick.

3. Goal Kick (After ball crosses the goal line when last touched by a player from the attacking team.)

- *Ball is placed anywhere on the goal arch line.
- *Opposing players must be at least 15 feet away from player taking kick.
- *Player kicking ball may not play the ball again until played by another player from either team. If so, defending team is awarded a free kick from the spot.
- *A goal may be scored directly from a goal kick.

4. Throw-in (After ball crosses touch(side) line when last touched by a player from the other team.)

- *Player taking throw-in must be on or behind touch line.
- *Opposing players must be at least 5 feet away.
- *Ball must be thrown with **both** hands holding the ball coming from **behind** and **over** the head with **both** feet touching the ground. An illegal throw results in the defending team awarded a throw-in from the spot.

*Player taking throw-in may not play the ball after the throw until it is played by another player from either team. If so, defending team is awarded a free kick from the spot.

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

****Ball in and out of play** – In soccer, the touch lines and goal lines are part of the field of play. If any part of the ball is on or above the line it is in play. The whole ball must be completely across the line to be out of play or a goal scored.

Fouls – results in an indirect free kick for opposing team.

*Holding – a player holding any part of an opposing player’s body or uniform.

*Pushing – a player pushing any part of an opposing player’s body.

*Tripping – a player tripping an opposing player, even unintentionally.

*Kicking – a player kicking any part of an opposing player’s body, even unintentionally.

*Charging – a player running into an opposing player when attempting to win the ball.

*Handling – when any player intentionally touches the ball while it is in the field of play. Intentionally refers to when any part of the arm from the fingers up to the shoulders moves **to** and touches the ball.

Indirect Free Kick – After any of the above fouls occur, the team against whom the foul occurred gets a free kick from the spot of the foul. Opposing players must be at least 15 feet away, unless near the goal. The player taking the kick may not play ball again after the kick until it is played by another player from either team. A goal **may not** be scored directly from an indirect free kick.

Substitutions – Players may be substituted during any stoppage of play. Remember, **all** children must play a **minimum of half the game**.

Note: Players from either team may not at any time stand in a position inside the goal arch. Players may only enter into the goal arch **after** the ball has entered into it. An indirect kick will be awarded to the other team for this infraction. Coaches are also not allowed to place a player in a permanent position in front of the arch, acting as a “goalie” position. This takes away from that player being more involved in the action of the game.

Parent Issues

On game day if there is an issue with a parent(s) and a warning(s) did not resolve the issue, the game will be stopped and a Director or Assistant Director will be sent for to deal with the issue. Any parent encouraging a player to intentionally hurt another player receives one warning. If they continue, the game will be stopped and the parent will be asked to leave the premises. **If any player does intentionally hurt an opponent, the player will be removed from game AND will not be allowed to play in the next scheduled game.**

Head balls are **NOT** allowed in this age group. **DO NOT** teach this to children

Coaching Resources

*coachingsoccer101.com

*coachingyouthsoccer.com

*soccerhelp.com

*fundamentalsoccer.com

*soccerxpert.com

Westside Baptist Church 2021 Soccer League Rules/Regulations

Age group: 10-13 yrs

*The emphasis is to teach the basic fundamentals, strategies, and rules of the game while having fun. It is recommended that you have no more than 2 practices per week for no more than 1 hour.

Games will be played in 2 / 25-minute halves with a 10-minute half-time. Ball size is a 4. Teams will play with 10 players on the field (6 field players and a goal-keeper.) Coaches are not allowed on the field during play. Field size **TBD (we are looking to expand field size from previous seasons)**. There will be 2 referees.

Start of Play

1. Kick-off (To start a game, half, or after a goal is scored.)

*Coin toss is called by visiting team if they win, they will choose which goal they would like to defend.

If they lose toss the Home team will then choose goal they want to defend.

*Alternate at the second half.

*After a goal is scored, the defending team kicks off.

*Kicking team players must be on their side of the field.

*Opposing players must be outside of center circle on their side of the field.

*Ball must go forward on the kick. If not, a re-kick is taken.

*Player who kicks off may not play the ball again until played by another player on either team. If so, the defending team is awarded a free kick from the spot the ball was played.

*A goal may not be scored directly from a kick-off, or indirectly from kick-off ball must leave center circle to be able to score.

2. Corner Kick (After the ball crosses the goal line when last touched by a player from the defending team.)

*Ball must be placed anywhere on or inside the corner arch.

*Kicker may not move corner flag in any way to take kick.

*Opposing players must be at least 20 feet away from arch.

*Player taking kick may not play the ball again until played by another player from either team. If so, the defending team is awarded a free kick from the spot the ball was played.

*A goal may be scored directly from a corner kick.

3. Goal Kick (After ball crosses the goal line when last touched by a player from the attacking team.)

*Ball is placed anywhere on the goal line.

*Opposing players must be outside of the penalty box.

*Ball must leave the penalty box from the kick to be in play. If not, the team takes a re-kick.

*Player kicking ball may not play the ball again until played by another player from either team. If so, the defending team is awarded a free kick from the spot the ball was played.

*A goal may be scored directly from a goal kick.

4. Throw-in (After ball crosses touch(side) line when last touched by a player from the other team.)

*Player taking throw-in must be on or behind touch line.

*Opposing players must be at least 5 feet away.

*Ball must be thrown with **both** hands holding the ball coming from **behind** and **over** the head with **both** feet touching the ground. An illegal throw results in the defending team awarded a throw-in from the

same spot.

*If the throw-in does not make it into the field of play, a re-throw is taken from the same spot.

*Player taking throw-in may not play the ball after the throw until it is played by another player from either team. If so, the defending team is awarded a free kick from that spot.

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

****Ball in and out of play** – In soccer, the touch lines and goal lines are part of the field of play. If any part of the ball is on or above the line it is in play. The whole ball must be completely across the line to be out of play or a goal scored.

Fouls – results in a direct free kick for opposing team.

*Holding – a player holding any part of an opposing player's body or uniform.

*Pushing – a player pushing any part of an opposing player's body.

*Tripping – a player tripping an opposing player, even unintentionally.

*Kicking – a player kicking any part of an opposing player's body, even unintentionally.

*Charging – a player running into an opposing player or using his body against an opposing player when not making a play on the ball. A **legal** charge is when a player, in an attempt to win the ball, goes shoulder to shoulder against an opposing player, in an upright position, and with both feet on the ground.

*Handling – when any player (other than the goal-keeper inside the penalty box) intentionally touches the ball while it is in the field of play. Intentionally refers to when any part from the fingers up to the shoulders moves **to** and touches the ball.

******Any of these fouls that occur inside the penalty box results in a penalty kick for the opposing team.

Fouls – results in an indirect free kick for the opposing team

*Obstruction – a player intentionally blocking an opposing player from making an attempt to play the ball.

*Dangerous play – any act by a player that **could** possibly cause an injury to another player on the field.

The most common infractions are:

1) High kick – when a player brings his/her foot up **and near** another player while attempting to play the ball.

2) Slide tackle from behind, or with their cleats up in the air.

3) Off sides – When an attacking player, who is closer to the goal than the next to last defending player, makes any attempt to play a ball played from a teammate. It is not a foul for an attacking player **just to be** in an off sides position. Only when he/she makes an attempt on the ball when played. There are 2 exceptions: 1 – when the player is on his/her defending side of the mid-field line; 2 – when the player receives a ball that has been played backward (in the opposite direction from the goal) from a teammate. The intent of this rule is to prevent attacking players from “hanging out” around the goal area while the ball is in play a considerable distance from the goal. The next to last defender refers to the defending player who is the next closest defending player to their goal (the goal-keeper is **usually** the last defender).

Direct Free Kick – After an appropriate foul occurs, the team against whom the foul occurred gets a free kick from the spot of the foul. Opposing players must be at least 20 feet away. If the spot is less than 20 feet near the goal, the defending team may line up across the goal line. The player taking the kick may not play the ball again after the kick until it is played by another player from either team. A goal be scored directly from a direct free kick.

Indirect Free Kick – After an appropriate foul occurs, the team against whom the foul occurred gets a free kick from the spot of the foul. Opposing players must be at least 20 feet away. If the spot is less than 20 feet near the goal, the defending team may line up across the goal line. The player taking the kick may not play ball again after the kick until it is played by another player from either team. A goal may not be scored directly from an indirect free kick.

Penalty Kick – Awarded when a direct kick foul occurs inside the penalty box. All players except the kicker and goal-keeper must be **outside** the penalty box at the time of the kick. The goal-keeper must stay on the goal line until the kick has been taken. He/she may move across the line at any time prior to the kick as long as they stay on the line. The kicker must take a continuous movement to the ball when taking the kick. No stutter-steps or stop-and-go are allowed. Players from the opposing team may not make any distracting noises or gestures aimed at the kicker or goal-keeper. A re-kick **may** be taken (depending on the outcome of the kick) if any of these infractions occur.

Substitutions – Referee must be informed first. Players may be substituted at any of the following stoppages of play: Kick-off, goal kick, corner kick (kicking team only), throw-in (throwing team only), or injury of player. Remember, **all** players must play a **minimum of half the game.**

Parent Issues

On game day if there is an issue with a parent(s) and a warning(s) did not resolve the issue, the game will be stopped and a Director or Assistant Director will be sent for to deal with the issue. Any parent encouraging a player to intentionally hurt another player receives one warning. If they continue, the game will be stopped and the parent will be asked to leave the premises. **If any player does intentionally hurt an opponent, the player will be removed from game AND will not be allowed to play in the next scheduled game.**

Coaching Resources

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- *soccerhelp.com
- *fundamentalsoccer.com
- *soccerxpert.com

Westside Baptist Church 2021 Soccer League Rules/Regulations

Age group: 14 –17 yrs

*The emphasis is to teach the basic fundamentals, strategies, and rules of the game while having fun. It is recommended that you have no more than 2 practices per week for no more than 1 ½ hours.

Games will be played in 2 / 35-minute halves with a 10-minute half-time. Ball size is a **5**. Teams will play with 7 players on the field (6 field players and a goal-keeper). Coaches are not allowed on the field during play. Field size is **TBD (planning to expand size from previous seasons)**. There will be two referees.

Start of Play

1. Kick-off (To start a game, half, and after a goal is scored.)

* Coin toss is called by visiting team if they win, they will choose which goal they would like to defend.

If they lose toss the Home team will then choose goal they want to defend.

*Alternate to start the second half.

*After a goal is scored, the defending team kicks off.

*Kicking team players must be on their side of the field.

*Opposing players must be outside of center circle on their side of the field.

*Ball must go forward on the kick. If not, a re-kick is taken.

*Player who kicks off may not play the ball again until played by another player on either team. If so, the defending team is awarded an indirect free kick from the spot the ball was played.

*A goal may not be scored directly from a kick-off, or indirectly from kick-off ball must leave center circle to be able to score.

2. Corner Kick (After the ball crosses the goal line when last touched by a player from the defending team.)

*Ball must be placed anywhere on or inside the corner arch.

*Kicker may not move corner flag in any way to take kick.

*Opposing players must be at least 20 feet away from arch.

*Player taking kick may not play the ball again until played by another player from either team. If so, the defending team is awarded an indirect free kick from the spot the ball was played.

*A goal may be scored directly from a corner kick.

3. Goal Kick (After ball crosses the goal line when last touched by a player from the attacking team.)

*Ball is placed anywhere on the goal line.

*Opposing players must be outside of the penalty box.

*Ball must leave the penalty box from the kick to be in play. If not, the team takes a re-kick.

*Player kicking ball may not play ball again until played by another player from either team. If so, the defending team is awarded an indirect free kick from the spot the ball was played.

*A goal may be scored directly from a goal kick.

4. Throw-in (After ball crosses touch(side) line when last touched by a player from the other team.)

*Player taking throw-in must be on or behind touch line.

*Opposing players must be at least 5 feet away.

*Ball must be thrown with **both** hands holding the ball coming from **behind** and **over** the head with **both** feet touching the ground. An illegal throw results in the defending team awarded a throw-in from the same spot.

*If the throw-in does not make it into the field of play, a re-throw is taken from the same spot.

*Player taking throw-in may not play the ball after the throw until it is played by another player from either team. If so, the defending team is awarded an indirect free kick from that spot.

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

****Ball in and out of play** – In soccer, the touch lines and goal lines are part of the field of play. If any part of the ball is on or above the line it is in play. The whole ball must be completely across the line to be out of play or a goal scored.

Fouls – results in a direct kick for opposing team.

*Holding – a player holding any part of an opposing player’s body or uniform.

*Pushing – a player pushing any part of an opposing player’s body.

*Tripping – a player tripping an opposing player, even unintentionally.

*Kicking – a player kicking any part of an opposing player’s body, even unintentionally.

*Charging – a player running into an opposing player or using his body against an opposing player when not making a play on the ball. A **legal** charge is when a player, in an attempt to win the ball, goes shoulder to shoulder against an opposing player, in an upright position, and with both feet on the ground.

*Handling – when any player intentionally touches the ball while it is in the field of play. Intentionally refers to when any part of the arm from the fingers up to the shoulders moves **to** and touches the ball.

Fouls – results in an indirect free kick for the opposing team

*Obstruction – a player intentionally blocking an opposing player from making an attempt to play the ball.

*Dangerous play – any act by a player that **could** possibly cause an injury to another player on the field. The most common infractions are:

1) High kick – when a player brings his/her foot up **and near** another player while attempting to play the ball.

2) Slide tackle from behind, or with their cleats up in the air.

3) Off sides – When an attacking player, who is closer to the goal than the next to last defending player, makes any attempt to play a ball played from a teammate. It is not a foul for an attacking player **just to be** in an off sides position. Only when he/she makes an attempt on the ball when played. There are 2 exceptions: 1 – when the player is on his/her defending side of the mid-field line; 2 – when the player receives a ball that has been played backward (in the opposite direction from the goal) from a teammate. The intent of this rule is to prevent attacking players from “hanging out” around the goal area while the ball is in play a considerable distance from the goal. The next to last defender refers to the defending player who is the next closest defending player to their goal (the goal-keeper is **usually** the last defender).

Direct Free Kick – After an appropriate foul occurs, the team against whom the foul occurred gets a free kick from the spot of the foul. Opposing players must be at least 20 feet away. If the spot is less than 20 feet near the goal, the defending team may line up across the goal line. The player taking the kick may not play the ball again after the kick until it is played by another player from either team. If so, the opposing team is awarded an indirect free kick from the spot. A goal may be scored directly from a direct free kick.

Indirect Kick – After an appropriate foul occurs, the team against whom the foul occurred gets a free kick from the spot of the foul. Opposing players must be at least 20 feet away. If the spot is less than 20 feet near the goal, the defending team may line up across the goal line. The player taking the kick may not play ball again

after the kick until it is played by another player from either team. If so, an indirect free kick is awarded to the opposing team. A goal may not be scored directly from an indirect free kick.

Penalty Kick – When a direct kick foul occurs inside the penalty box. All players except the kicker and goal-keeper must be **outside** the penalty box at the time of the kick. The goal-keeper must stay on the goal line until the kick has been taken. He/she may move across the line at any time prior to the kick as long as they stay on the line. The kicker must take a continuous movement to the ball when taking the kick. No stutter-steps or stop-and-go are allowed. Players from the opposing team may not make any distracting noises or gestures aimed at the kicker or goal-keeper. A re-kick **may** be taken (depending on the outcome of the kick) if any of these infractions occur.

Substitutions – Referee must be informed first. Players may be substituted at any of the following stoppages of play: Kick-off, goal kick, corner kick (kicking team only), throw-in (throwing team only), or injury of player. Remember, **all** players must play a **minimum of half the game.**

Parent Issues

On game day if there is an issue with a parent(s) and a warning(s) did not resolve the issue, the game will be stopped and a Director or Assistant Director will be sent for to deal with the issue. Any parent encouraging a player to intentionally hurt another player receives one warning. If they continue, the game will be stopped and the parent will be asked to leave the premises. **If any player does intentionally hurt an opponent, the player will be removed from game AND will not be allowed to play in the next scheduled game.**

Coaching Resources

- *coachingsoccer101.com
- *coachingyouthsoccer.com
- *soccerhelp.com
- *fundamentalsoccer.com
- *soccerxpert.com

Ryan Frontz – Young Adult Pastor/Sport's League Director
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(904) 412-7693

Collin Douglas – Soccer Leadership Team
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(904)-864-5010