



## TRI-COUNTY RECREATION LEAGUE YOUTH RECREATIONAL SOCCER RULES

### LAW I – THE FIELD

#### A. DIMENSIONS

1. 3<sup>rd</sup>-4<sup>th</sup> Grade League – Rectangular field anywhere between 35 yards to 45 yards Wide x 55 yards to 65 yards Length
2. 5<sup>th</sup>-6<sup>th</sup> Grade League – Rectangular field anywhere between 45 yards to 55 yards Wide x 70 yards to 80 yards Length
3. 7<sup>th</sup>-8<sup>th</sup> Grade League – Rectangular field anywhere between 55 yards to 75 yards Wide x 80 yards to 120 yards Length

### LAW II – THE BALL

- A. 3<sup>rd</sup>-4<sup>th</sup> & 5<sup>th</sup>-6<sup>th</sup> Grade Divisions - Size FOUR (4)
- B. 7<sup>th</sup>-8<sup>th</sup> Grade Division – Size FIVE (5)

### LAW III – NUMBER OF PLAYERS

- A. 3<sup>rd</sup>-4<sup>th</sup> Grade League – 7v7 – Six (6) players on the field and One (1) goalkeeper
- B. 5<sup>th</sup>-6<sup>th</sup> Grade League – 9v9 – Eight (8) players on the field and One (1) goalkeeper
- C. 7<sup>th</sup>-8<sup>th</sup> Grade League – 11v11 – Ten (10) players on the field and One (1) goalkeeper
- D. Substitutions – an unlimited number of players may be substituted:
  - a. on any throw-in
  - b. on any goal kick
  - c. on any corner kick
  - d. after score
  - e. at half-time
  - f. for any injury
- E. Players should be substituted freely throughout the game to allow for equal amount of playing time for all players.

### LAW IV – PLAYERS EQUIPMENT

- A. Same color Jersey/Shirt provided by their home recreation commission
- B. Shorts or pants
- C. Shin guards: MANDATORY
- D. Shoes: Shall be safe – tennis shoes or soccer cleats.
- E. No jewelry, watches, rings, belts, earrings or anything dangerous to players shall be permitted.

### LAW V – THE REFEREE

- A. All rule infractions shall be briefly explained to the offending player.
- B. The game is for the players and the primary function of the Official is to ensure:
  - a. **SAFETY** of the players-stop play for any dangerous situation and for any injury.
  - b. **EQUALITY** of play. Don't allow any player to gain an advantage from any of the infractions listed in Law XII.
  - c. **ENJOYMENT** of all players and spectators. Focus on the Positive aspects of individual skills and team play and above all, **ENCOURAGE GOOD SPORTSMANSHIP!**

### LAW VII – DURATION OF THE GAME

- A. The game shall be divided into Two Equal Halves with a five (5) minute half-time interval
  - a. 3<sup>rd</sup>-4<sup>th</sup> Grade Division: 20 Minute Halves

- b. 5<sup>th</sup>-6<sup>th</sup> Grade Division: 30 Minute Halves
- c. 7<sup>th</sup>-8<sup>th</sup> Grade Division: 35 Minute Halves & a 10-minute Halftime

#### **LAW VIII – THE START OF PLAY**

- A. The team that wins the coin toss shall choose which goal it will attack in the first half of the match. The other team takes the kick off to start the match. Teams will switch sides at half and the team who received the kickoff in the first half with kickoff to start the second half.
- B. Kick off after each goal by the team giving up the goal.
- C. All players must be on their half of the field when the ball is kicked, and the defending players must be outside the center circle.
- D. The ball is in play when it is **kicked and clearly moves**. Only minimal movement is required.
- E. The player taking the kick off may not touch the ball again until it has been touched by another player – violation results in a re-kick for the original kicking team.
- F. A goal **CAN** be scored directly from a kickoff.

#### **LAW IX – BALL IN AND OUT OF PLAY**

- A. The ball **is out** of play when:
  - a. it has completely crossed the goal-line or touch-line, whether on the ground or in the air.
  - b. the Official has stopped play.
- B. The ball **is in** play at all other times from the start of the match to the finish including:
  - a. If it rebounds from a goal-post, cross-bar or corner-flag into the field of play.
  - b. If it rebounds off the Official when they are in the field of play.

#### **LAW X – METHOD OF SCORING**

- A. The whole of the ball must completely cross the goal-line below the cross-bar and between the goal-posts, provided it has not been thrown, carried or intentionally propelled by hand or arm by a player of the attacking side. This does not apply to a goalkeeper who is within his/her own penalty area. A team may not score directly on itself from a direct free kick or goal kick.

#### **LAW XI – OFF-SIDE**

- A. A player is in an off-side position if he/she is nearer to his/her opponents' goal line than the ball, unless:
  - a. he/she is in his/her own half of the field of play
  - b. Level with the second last opponent
  - c. Level with last two opponents
- B. It is not an offense, in itself, to be in an off-side position. A player shall only be penalized for getting in an off-side position if, at the moment the ball touches, or is played by one of his/her team, he/she is, in the opinion of the referee, involved in active play by:
  - a. interfering with play, or
  - b. interfering with an opponent, or
  - c. gaining an advantage by being in that position.
- C. A player **shall not** be declared off-side by the referee;
  - a. merely because of his/her being in an off-side position,
  - b. if he/she receives the ball direct from a goal-kick, a corner-kick or a throw-in, or
- D. If a player is declared off-side, the referee shall award an indirect free kick to the opposing team from the place where the infringement occurred.

#### **LAW XII-FOULS AND MISCONDUCT**

- A. A foul may only occur on the field, during play and against an opponent. A player who commits any of the following six offenses in a manner considered by the Official to be careless, reckless or involving disproportionate force:
  - a. kicks or attempts to kick an opponent; or

- b. trips an opponent; or
  - c. jumps at an opponent; or
  - d. charges an opponent; or
  - e. strikes or attempts to strike an opponent; or
  - f. pushes an opponent; or
- who commits any of the following offenses:
- a. when tackling an opponent, makes contact with the opponent before contact is made with the ball; or
    - a. **3<sup>rd</sup>-4<sup>th</sup> Grade Division Only – Slide Tackling Is Not Allowed**
  - b. holds an opponent; or
  - c. spits at an opponent; or
  - d. handles the ball deliberately, i.e., carries, strikes or propels the ball with his/her hand or arm.

Shall be penalized by the award of **direct free-kick** to the opposing team from the place where the offense is committed. If the offense is committed by the attacking team within the goal area, the free kick shall be taken on the goal area line nearest to the point at which the offense is committed. If the offense is committed by the defending team within the penalty area, a penalty kick will be awarded.

- B. A player committing any of the following offenses:
- a. Charging fairly, i.e. with the shoulder, when the ball is not within playing distance of the players concerned.
  - b. When NOT playing the ball and impeding the progress of an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent.
  - c. Charging the goalkeeper except when he/she:
    - i. is holding the ball
    - ii. is obstructing an opponent
    - iii. has passed outside his/her goal-area
  - d. When playing as a goalkeeper and within his/her own penalty-area:
    - i. Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession.
    - ii. Touches the ball again with his/her hands after it has been released from his/her possession and has not touched any other player.
    - iii. Touches the ball with his/her hands after it has been deliberately kicked or thrown to him/her from a teammate.
    - iv. Indulges in tactics, which in the opinion of the referee, are designed to waste time.

Shall be penalized by the award of an **indirect free-kick** to the opposing team from the place where the offense is committed. If the offense is committed within the goal areas, the free kick shall be taken on the goal area line nearest to the point at which the offense is committed.

- C. Misconduct may occur at anytime, anyplace against anyone. A player shall be cautioned and may be asked by the referee to sit out of play for a time:
- a. is guilty of unsporting behavior
  - b. shows dissent by word or action
  - c. uses offensive, insulting or abusive language
  - d. persistently infringes the Laws of the Game
  - e. delays the restart of play
  - f. fails to respect the required distance when play is restarted with a corner kick or free kick

- g. enters or re-enters the field of play without the referee's permission
- h. deliberately leaves the field of play without the referee's permission
- i. spits at an opponent or any other person
- j. is guilty of violent conduct
- k. denies an opponent a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper in his own penalty area)

For offenses the opponents will be awarded an indirect free kick from the place where the offense occurred.

#### **LAW XII-FREE KICKS**

- A. Free kicks shall be classified as INDIRECT or DIRECT (the official will signal with a hand up for an indirect free kick).
- B. A goal may not be scored directly from an indirect free kick; it must be touched by another player. A goal may be scored directly from a direct free kick.
- C. Any free kick awarded to the defending team, within its own goal area may be taken from any point within the goal area.
- D. Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken on the goal area line which runs parallel to the goal line nearest to where the offense was committed.
- E. The ball must be stationary when the free kick is taken.
- F. If a player of the opposing side encroaches into the penalty area, or within five (5) yards of the ball, as the case may be, before a free kick is taken the referee shall delay the taking of the kick, until the Law is complied with.
- G. The kicker shall not play the ball a second time until it has been touched by another player-the violation results in a re-kick for the original kicking team.
- H. All opposing players must be at least five (5) yards from the ball.
- I. The ball is in play when it is kicked and moves (only minimal movement is required).

#### **LAW XIV- THROW-IN**

- A. Shall be taken when the ball has completely crossed the touch-line-either on the ground or in the air.
- B. Taken by a player of the team opposing the team that last touched the ball before it went out of play.
- C. The thrower shall not play the ball again until it has been touched by another player, any other player-the violation results in an indirect free kick for the opponents.
- D. A goal cannot be scored directly from a throw-in.
- E. A proper throw-in requires that:
  - a. the thrower face the field, and
  - b. throw the ball with BOTH hands, from
  - c. directly over and behind his/her head, with
  - d. both feet on the ground, and
  - e. on or behind the touch-line.

#### **LAW XV-GOAL KICK**

- A. Shall be taken when:
  - a. the ball has completely crossed the goal-line – either on the ground or in the air; and
  - b. not below the cross-bar and between the goal-posts; and
  - c. was last touched by a player of the attacking team.
- B. The goal kick is taken by a player on the defending team from anywhere within the goal area.
- C. Defending players may be anywhere on the field.
- D. Attacking players must be outside the penalty area.

- E. The ball must be kicked beyond the penalty area before it can be touched or played by any other player. If the ball does not clear the penalty area or if it is touched by any other player before it clears the penalty area the goal kick shall be retaken.
- F. **If the team is unable to get the ball into play after a reasonable effort, the game shall be restarted with a drop ball near the touch line, closest to the top of penalty area line.**
- G. The player who kicks the ball may not touch or play the ball again until it has been touched by another player outside of the penalty area-violation results in an indirect free kick for the opponents.
- H. A goal may be scored directly from a goal kick. Such a goal may be scored only against the opposing team.

#### **LAW XVI-CORNER KICK**

- A. Shall be taken when:
  - a. the ball has completely crossed the goal-line-either on the ground or in the air; and
  - b. not below the cross-bar and between the goal-posts; and
  - c. was last touched by a player of the defending team
- B. The corner kick is taken by a player on the attacking team from the corner arc nearest the point where the ball went out.
- C. Attacking players may be anywhere on the field
- D. Defending players must be five (5) yards away from the ball.
- E. The kicker cannot touch the ball again until it has been touched or played by another player - violation results in an indirect free kick for the opponents.
- F. A goal may be scored directly from a corner kick.

#### **LAW XVIII – HEADING – 3<sup>rd</sup>-4<sup>th</sup> Grade Division Only**

- A. Deliberate heading of the ball will not be allowed in this age group
- B. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

#### **UNSPORTSMANLIKE CONDUCT:**

The Tri-County Recreation Leagues are designed solely for the recreational values derived by the players, coaches and spectators from each sport they are participating in. Any players, team, manager, coach or spectator who displays any form of unsportsmanlike conduct such as flagrant rule violation, vulgar language, engaging in fighting or obviously attempting to injure anyone, threatening or purposely touching a league official before, during or after a game may be suspended from the league and/or all leagues sponsored by their Recreation Commission. In addition, the team may be placed on probation. **Fees will not be refunded.**

**CONCUSSION POLICY:** If any player is showing any signs of head trauma or symptoms of concussion, that player must set out the remainder of the game and be checked out and cleared by a medical professional before returning to games or practices. A formal release from a medical professional must be turned into their respective recreation commission representative before player is allowed to participate. Signs may be but not limited to: Drowsiness, nausea and vomiting, convulsions or seizures, increased confusion, restlessness or agitation, one pupil larger than the other, loss of consciousness, slurred speech, worsening headache or unusual behavior.