

4REC Youth Sports

4REC SOCCER RULES

TEAM/PLAYER REQUIREMENTS

1. League directors have final authority on all decisions and rule modifications regarding the program.
2. All players must be registered participants of the fall youth sports program to be eligible to play in practice or games.
3. All players must meet age requirements of their division or get approval from the directors.
4. All players must have equal playing time.
5. Players are restricted from wearing jewelry such as bracelets, earrings, and necklaces during play and practice. NOTE: If a player prefers a necklace/bracelet because of his/her religion or for medical identification it must be inside the jersey and/or taped.
6. Shoe Requirements: No metal cleats or shoes with removable spikes.
7. All players must wear shin guards. Regardless of the shin guard style, it is highly recommended that long socks be worn to completely cover the shin guards.
8. Clothing must be free of pockets, zippers, or any other extension that could potentially cause injury. When necessary parents may sew pockets closed.
9. Hats with bills are not allowed.
10. Eyeglasses must have a safety strap. The safety strap must be snug to the head.
11. Long hair must be pulled back and/or contained. Headbands are an acceptable form of containment. Hair barrettes are not allowed.
12. A player who is bleeding, has an open wound, or has any amount of blood on his or her uniform shall be directed to leave the game.

GAME FORMAT

1. Games will be two twenty minute halves with running clock.
2. Half-time will be five minutes.
3. Each team will field 6 players (1 goalie + 5 fielders)
4. Teams will switch goals at halftime.
5. There are no timeouts in soccer.
6. All substitutions will take place during dead ball situations at the referees direction.
7. No official score will be kept.

DIVISION SPECIFIC RULES: 5/6 & 7/8

5/6 - The objective of the 5/6 division is to teach fundamentals.

** Coaches may be on the field to coach and help flow of the game.*

7/8 - The objective of the 7/8 division is to teach fundamentals with progression of mechanics and understanding throughout the season.

**Coaches will progress to coach from the sideline by week 3*

1. The field size is approximately 40 yards X 30 yards.
 - The field size may vary by location. The host site for various reasons may adjust the field size. If possible goalie boxes will be painted in front of each goal with penalty box area marked by a dashed line across the width of the field 10ft from the front of the goalie box line.
 - If it is not possible to line the fields the host site will use cones and/or flags to mark sidelines and designated areas.
 - Goalies may handle the ball anywhere behind the dashed line and may roll, throw or drop kick the ball back into play.
2. Ball Size:
 - Ages 5/6: Size 3
 - Ages 7/8: Size 4
3. If a throw-in foul is committed, the coach explains the correct method and the offender gets a second attempt. After the second foul, the offensive team will lose possession of the ball.
4. Fouling another player can result in a penalty; an indirect free kick. The indirect free kick must be passed before a shot can be taken.
5. Offsides will not be called in these age divisions.
6. A one-minute break will be given near the ten-minute mark at a dead ball situation of each half for subs. The ball will be placed where the play is dead and break was given.
7. Defenders are NOT allowed to cross the centerline.

DIVISION SPECIFIC RULES: 9/10 & 11/12

9/10 - The objective of the 9/10 divisions is to teach fundamentals, with player progression, while emphasizing the concepts and rules of the game

11/12 - The objective of the 11/12 divisions is to prepare for Select/High School regulations.

1. The field size is approximately 60 yards X 30 yards.
2. The field size may vary by location. The host site for various reasons may adjust the field size. If possible goalie and penalty boxes will be painted on each field.
 - Goalies may handle the ball anywhere within the penalty box and may roll, throw or drop kick the ball back into play.
3. Ball Size:
 - Ages 9/10: Size 4
 - Ages 11/12: Size 5
4. Offsides will be enforced to the best of the officials' ability for ages 9-12, with an emphasis on ages 11-12. A player is off sides if they are closer to the opponent's goal than the last defender when the ball is passed to them.

Remember: Players should remain shoulder to shoulder with the defender until the ball is passed to them, then they can run towards the ball.

RULES OF THE GAME

1. The coin flip determines the possession of the ball and direction of play.
 - To begin each game the ball is placed in the center circle and kicked forward towards the other team's goal. Only 2 offensive players may be inside the center circle during a kickoff. All other players must remain on their side of the field outside of the circle.
2. The ball goes dead whenever it goes out of bounds. It is out of bounds when it completely goes over a sideline.
3. To restart play after the ball has gone out of bounds the ball is thrown back in from the point at which it left the field. This play is called a throw-in and is the only time a field player may use his hands to move the ball. To make a throw-in stand with your feet on or outside the sideline, hold the ball behind your head with both hands and throw it towards the player or place you choose. After you throw the ball you cannot touch the ball until another player has first touched the ball.
 - If a throw-in foul is committed, the coach explains the correct method and the offender gets a second attempt. After the second foul, the offensive team will lose possession of the ball.
4. When the ball goes out of play, the game is restarted by one of the following ways:
 - Over the sidelines, with a throw-in.
 - Over the goal line, with a goal kick if attacking team last touched the ball. (Goal kick is taken from anywhere in the goalkeeper handling zone and must be placed on the ground before being kicked).
 - A corner kick if defending team last touched the ball. (Corner kick is taken from where goal line and sideline meet).
5. The only time a player can touch the ball with his/her hands is on a throw-in play. All other times the ball may be moved with the feet, chest, thighs, and the head.
6. Heading the ball in any way is NOT permitted.
7. On shots attempted at the goal that do not go out of bounds, the goalie must either drop kick or throw the ball back into play, this is a live ball situation, not a free goal kick situation.
8. All opposing players must be at least five yards from the ball on free kicks, corner kicks, throw-ins and goal kicks.
9. Goals cannot be scored directly from a goal kick, a throw-in, or a kick off.
10. To score, the ball must completely cross the goal line between the goal posts and below the cross bar. If any part of the ball still touches the goal line there is no score.
11. When the goalie has made contact and controlled the ball, the ball is considered a dead ball.
12. Slide tackling is NOT allowed.
13. Defenders are allowed to cross the centerline as needed to maintain the flow of the game.
14. Goalies must be marked with contrasting color jersey or penny.
15. Goalie may not handle ball passed back from a defender. A goalie may only handle a ball last touched by an attacking offender.
16. Fouling another player can result in a penalty; an indirect free kick. The indirect free kick must be passed before a shot can be taken.

17. All infringements- tripping, handling, slide tackling, etc.- are punished by an indirect free kick, e.g. ball must be passed before a shot can be taken.
18. There will be NO free direct kicks in any age division.
19. INTENTIONAL BODY CONTACT IS NOT ALLOWED!

NOTE: IF ANY PLAYER DELIBERATELY COMMITS A PERSONAL FOUL, THAT PLAYER WILL BE EJECTED FROM THE GAME BASED UPON THE OFFICIAL'S JUDGEMENT.

CONDUCT AND SPORTSMANSHIP

1. Any player who receives a personal foul for rough play or unsportsmanlike conduct from the official will automatically have to sit for three minutes before returning to the game. If a second personal foul is issued, the player is out of the game.
2. Coaches who personally acquire two per "Coach" fouls for unsportsmanlike conduct during a game must leave the facility. Refusal will result in forfeiture.
3. Fighting will result in an automatic ejection from the game and an automatic one game suspension to be served the next game. When serving a suspension, the person in question may not be on the premises for any reasons, unless cleared by league staff. Upon being ejected, the person in question must leave the premises immediately and not come back on the premises while serving their suspension. Failure to abide by this will result in league staff contacting the appropriate authorities to have the person arrested for trespassing and will, in addition, run the risk of his/her team having to forfeit the game. *Any person involved in an altercation, guilty or not, will be ejected and subject to a potential one game suspension to be decided by league staff. NO EXCEPTIONS!
4. Unsportsmanlike conduct by a team parent or fan will not be tolerated. One warning will be assessed, before a bench foul is given. The parent or fan will be required to leave the facility upon receiving a second foul. Refusal will result in forfeiture.
5. The officials and field monitors are the sole judges on the field. They have complete authority over the game, players, coaches, and spectators. Their decisions are final and supported by the league.
6. Rough play, profanity, or abuse of officials may result in immediate ejection and/or forfeiture of the game, based on referee's judgment. Only the coach may hold discussions on calls with the referees.

Questions? Please contact your league administrator:

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