



Youth Sports Soccer Rules: Spring 2018

Feather River Recreation and Park District offers recreational leagues where emphasis is on gaining a positive team experience and not winning or losing. We strive to provide a safe, healthy and enriching environment for our young athletes where they can become better athletes and most importantly better people. There is a **zero tolerance policy** for all unsportsmanlike behavior from all coaches, parents, players and spectators. We reserve the right to ask anyone to leave at any time if they are showing poor sportsmanship.

General Information:

1. All players must turn in a FRRPD Youth Sports Registration form and be on the Roster in order to be eligible to play. A roster must be filled out by coaches or school administrator and submitted by email to sam@frrpd.com and/or nina@frrpd.com, dropped off directly to the FRRPD office or turned in onsite to the referee on the day of your first scheduled game.
2. Persons or players participating in the activities sponsored by FRRPD are not covered in any way for personal liability, property damage, medical injuries, etc.
3. A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered or the uniform is changed.

Standard of Play

All games sanctioned by this league shall be played in accordance with the "Laws of the Game" as published by U.S.S.F and below listed rules of play. Rules are posted at: www.frrpd.com, Recreation, Youth Sports, Soccer.

League:

1. The league will be composed of 5/6 & 7/8th CO-ED teams (see below for details about CO-ED). School in which combine 5-8th grades will play in the 7/8th league. If there are not enough teams to separate the leagues they may be combined up to the discretion of FRRPD Recreation Supervisor. All teams would be notified prior to combining leagues.
2. CO-ED: meaning boys are girls are welcomed to play on the same team. We are not defining how many of each gender there has to be in order for it to constitute as a CO-ED team. In the future if we deem necessary, we reserve the right to do so. Until further notice there are no restrictions on how many boys or girls can be on the field at any one time.
3. The season will be 6 weeks long. The "regular season" will conclude after 6 weeks and an optional tournament will take place during the 7th week (and weekend if necessary).
4. No league standing will be kept, due to the nature of this being a "Recreation" league.
5. A \$38 per game fee applies.

Game Rules:

1. Ball size 4 5/6th
2. Ball size 5 7/8th
3. The playing field is 80 yards in length and 50 yards in width.
4. Goals are 7' x 21' feet in dimension.



Start of Game/Second half

1. Team captains (no more than 2) will be summoned to the center of the playing field and a coin toss will ensue. The toss will be called by the visiting captain.
2. The winners of the coin toss choose what goal they want to defend for the first half and the opposing team kicks off. The team that chose the goal they defended at the start of the game will kick off at the beginning of the second half.

Clock Time

A game consists of two 20 minute halves running clock. The clock will be stopped during an official's request or for an injured player. There will be a half-time break of five (5) minutes.

Game Time

Game time is as listed on the schedule(s). Fewer than 7 players at game time will constitute a forfeit. If more than the designated number of players are on the field at one time, a player will be shown a yellow card and sent off the field.

Number of Players

1. Maximum number of players on the field for each team at any one time is 9 including the goalkeeper. Teams may play down, i.e. 8 vs. 8, 7 vs. 7 with the consent from both coaches and referees.
2. The minimum number of players to start a game or continue is 7.
3. If more than the designated number of players are on the field at one time, play will be stopped and the extra player will be removed. The restart will be an indirect free kick for the opposing team.
4. If a goal is scored by the team with the extra player it will be disallowed and a goal kick by the opposing team will be the restart if the error is discovered before the kick off. If the error is discovered after the kick off the goal will stand.

Playing Time

FRRPD strongly recommends that all players play for an equal amount of time. FRRPD does not monitor this. Playing time rules and regulations are set by coaching and school staff not by FRRPD.

Substitution

With permission of the referee a team may substitute players at the following times:

1. prior to throw-in, in your favor. Also by either team if the team in possession of the ball substitutes.
2. Prior to a penalty kick, in your favor.
3. prior to a goal kick, by either team.
4. after a goal, by either team.
5. After an injury, by either team when the referee stops play.

A substitute shall not enter the field of play until he/she has been given a signal to do so by the Referee. Substitutes shall be up and ready at the half way line for a throw-in or a goal kick.



Equipment

Required:

1. Shin guards. Players who do not have shin guards are not be allowed to play, under any circumstance.

Uniforms:

1. Uniform and/or matching colored shirts. Each uniform should be numbered on the front and back. Each goalkeeper must wear colors that are distinguishable from the other players and the match officials.
2. Each teams must wear colors that distinguish them from each other and the match officials. If it is deemed necessary visiting team must wear penny's (provided by FRRPD) over their uniforms.
3. Shirts must be tucked into shorts/pants at all times.

Recommended:

4. As a safety precaution, we strongly recommend protective mouth pieces.
5. Soccer Cleats are recommended molded cleats are allowed.

Not allowed: Any equipment that is dangerous to the player or another player.

6. Steel spikes or metal cleats.
7. Hard surfaced padding such as shoulder and hip pads.
8. No jewelry is allowed. Exposed dangerous jewelry such as long earrings. Studs earrings are acceptable however, if deemed dangerous (due to the size) they must be removed.
9. No casts, orthopedic splints or braces with hard plastic or metal parts.

Kick Off

A kick-off is the way a soccer game is started or restarted.

Kick Off will ensure:

1. At the start of a game.
2. After a goal has been scored, the team scored upon kicks off.
3. At the start of the second half (when teams switch defending goals).

Kick Off Procedures

At the start of each half ball is placed in the center of the field. All players must be in their own half of the field. Opponents of the team receiving kick-off must be not be in the center circle. The only players that can be in the center circle, is the team kicking off. The kicker has to push the ball and cannot touch it again until the ball is played by another player. The referee will blow his/her whistle to indicate they are ready for the kickoff. The ball is in play when it is kicked and clearly moves in any direction.

Ball in, Ball Out of Play

The ball is considered to be in play if it is on the touchline or goal line (out of bounds line). Ball must completely cross the touchline or goal line or when the Referee whistles to stop play to be considered "out of play".

Scoring

A point is scored when whole ball crosses over the goal line between the goal post and the cross bar. If an offense is committed by the attacking team the goal will not be allowed.



Tie Games/Overtime

1. In the event of a tie, the game remains a tie no overtime period shall be played.
2. In tournament play overtime will be played as follows:
 - a. First possession choice goes to the winner of regulation coin toss.
 - b. Five extra minutes are added to the clock.
 - c. First team to score wins.
 - d. If no team scores during overtime a penalty shootout will determine the winner.
 - i. Teams will shoot penalty shots until one team has one more goal than the other based off of the same amount of attempts.

Laws of the Game

For a full list of “Laws of the Game please visit our website at www.frrpd.com, Recreation, Youth Sports, Soccer. All calls are made on official’s discretion.

Red Cards

Red cards result in ejection from game and a minimum of a one game suspension at the discretion of the Recreation Supervisor/Coordinator.

Free Kicks

5/6th league free kicks will be indirect. (, except corner kicks and overtime Penalty kicks.)

7/8TH leagues will get both Indirect and Direct free kicks.

All opponents are required to be 8 Yards from the ball.

Off-Side

A player is in an offside position if: he is nearer to his opponents’ goal line than both the ball and the second to last opponent. The decision of a player is in an offside position is made when the ball is kicked not received. There cannot be offside when a player receives the ball directly from a corner kick, goal kick, or throw-in. You cannot hang out at the other team’s goal waiting for the ball (no cherry picking).

Penalty Kicks

No penalty kicks will be given in the 5/6th league. Fouls in the penalty area by the defending team will result in an indirect free kick from the penalty area line. Defenders must be 8 Yards from the ball.

In the 7/8th league a penalty kick results from a direct free kick foul by the defending team within the penalty area – the large box on either end of the field. The ball is placed on the penalty spot or mark. All players must remain outside the penalty area until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked. If after the ball is kicked, it rebounds off of the keeper and stays on the field, the ball is “live” and anyone can play it. If the ball rebounds off of the goal and back into play, the person who kicked the ball cannot play it until the ball is touched by another player which would result in an indirect free kick to the defenders. Infractions by either team will result in retakes or indirect free kicks per the Laws of the Game.



Throw-In

A throw-in is taken when the ball crosses a touchline (out of bounds line) and leaves the field out of play. The basic soccer rules for a proper throw-in are:

- a. Both feet must be on the ground, on or behind the touch line, the thrower must face the field and the ball must be thrown with both hands from behind and over the head.
- b. The ball is in play when it leaves the throwers hands and enters the field of play by crossing the touch line. If the ball does not enter the field of play the throw in will be retaken unless the thrower commits an infraction.
- c. The opponents must be 2 yards from the throw in, and not distract the thrower.
- d. If a player, while correctly taking a throw-in, intentionally throws the ball at an opponent in order to play the ball again but not in a careless, reckless manner or using excessive force, the referee allows play to continue

Corner Kick

1. A corner kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the defending team, and a goal is not scored. A goal may be scored directly from a corner kick.
2. Procedure
 - a. The ball must be placed in the corner arc nearest to the point where the ball passed over the goal line.
 - b. The corner flag post is not moved.
 - c. Opponents must remain at least 8 yards from the corner arc until the ball is in play.
 - d. The ball must be stationary and is kicked by a player of the attacking team.
 - e. The ball is in play when it is kicked and clearly moves; it does not need to leave the corner area.

Goal Kick

1. A goal kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored. A goal may be scored against the opposing team directly from a goal kick.
2. Procedure
 - a. The ball must be placed anywhere in the goal area.
 - b. Opponents must remain outside the penalty area.
 - c. The ball must be stationary and is kicked by a player of the defending team.
 - d. The ball is in play when it is kicked and clearly moves and it leaves the penalty area.
 - e. An infraction of the procedure results in a retake of the goal kick.

Dropped ball

1. If play is stopped for an injury or by decision of the Referee for any reason not defined by the Laws, a dropped ball will be the restart of play.
2. Procedure
 - a. The Referee drops the ball at the position where it was when play was stopped.
 - b. The ball is in play when it touches the ground.



- c. Any number of players or no players may contest the dropped ball.
- d. The ball is dropped again if it touches a player before it touches the ground or leaves the field after it touches the ground without touching a player.
- e. If the ball enters the goal without touching two players the restart will be a goal kick for the opponents or a corner kick if it enters the team's goal.

Misconduct will be determined by the Referee

1. Cautions, yellow cards will be shown by the Referee per the Laws.
 - a. Fouls considered reckless or other infractions of the Law.
 - b. Denying an obvious goal scoring opportunity.
2. Send Offs, red cards will be shown by the Referee per the Laws.
 - a. Serious fouls play and violent conduct.
 - b. Foul language
 - c. Spitting
 - d. Second Caution in the game
 - e. Denying an obvious goal scoring opportunity, holding or pushing, no attempt to play the ball, or red card offense or deliberate hand ball.

Play not allowed

1. No deliberate handling of the ball with arms or hands.
2. No heading the ball (concussion injury reasons).
3. No Slide Tackling.
4. No dangerous play such as a High Kick (for example high kicks near an opponent).
5. No charging of the goal keeper inside of the penalty area. This means no contact with the keeper. The keeper will be considered in possession of the ball if they have at least one finger on the ball therefore no kicking at the ball will be allowed.

Sportsmanship Rules, Regulations and Suggestions

Sportsmanship clause

For the integrity of the league and to ensure that all players continue to walk away from the program with a "love of the game," regardless of the score, we have added a "Sportsmanship Clause." If a team is ahead by 5 points in the second half, coach is highly encouraged to increase the playing time of the 2nd and 3rd string players. Coaches are encouraged to run new plays and let all players try new positions. Keep away tactics encourage ball control skills and allow the opposing team an opportunity to challenge for the ball.

Side Line Coaching

Coaching should be done by coaches only. Parent sideline coaching is not permitted.

Conduct

1. Unsportsmanlike conduct: swearing, fighting, arguing, obscene language, actions, ect. Before, during, or after a game, on or off the field, will not be tolerated by officials, coaches or players. Red Card and immediate removal of offender from the game will result from this kind of behavior.



Game Conduct

2. All players and coaches are expected to shake hands with opposing teams at the end of every game.
3. Any misunderstanding or infraction of rules should be immediately reported to the Recreation Coordinator and/or Supervisor. This will allow for necessary league development.
4. Coaches and team members are to remain in the designated team bench area. If this area is not marked on the field the Referee will advise the coach what the limits are for the team area.

Referees

1. If a coach, player or parent has a complaint about the conduct or competence of a referee, he/she should report it as soon as possible to the Recreation Coordinator and/or Supervisor so we can address it. Please note that the majority of referees are brand new to soccer so this will take time to develop.
2. The coach, parent or player **WILL NOT** confront a referee during or after a game in question. Failure to comply with this rule could result in a suspension of one or more games.