

RECREATIONAL SOCCER

RULES & GUIDELINES

RULES OF PLAY

Recreational soccer follows the rules and guidelines set in place by USYS/US Soccer unless stated otherwise in the following text.

MATCH BALL:

The home team (listed first on the schedule) are to provide **two** match balls to the referee, and present them prior to the game beginning. U8, U10, and U12 age groups will all utilize Size 4 balls. If the home team cannot provide the proper size, the away team will be asked to provide.

PLAYER EQUIPMENT:

All players should have a uniform on that matches their teammates, including a unique number on the back of their jerseys. Goalkeepers are exempt from this, but should have a goalie uniform/shirt that will not clash with the home or away team throughout the game. Pinnies can be worn over a shirt for a goalie. All players are **required** to wear shinguards. Hard casts must be covered and deemed safe by the referee(s). Referees have final say on any safety determination. In case of a color conflict, the home team will change colors/utilize pinnies.

DURATION OF THE GAME:

U8 and U10 age groups will play two 25-minute halves. U12 will play two 30-minute halves. Referee(s) will be in charge of game time for U10 and U12 age groups, while the coaches will keep track for the U8 age group.

SUBSTITUTIONS:

Substitutions can be made on any dead ball situation (free-kicks, throw-ins, goal-kicks, etc.). The substituting player will need to go to the center line and wait to be called on by the referee. The referee has the authority to not allow the substitution if they believe that the flow of the game would be interrupted.

POINT SYSTEM:

For the U10 and U12 age groups, scores will be kept and entered online. Teams are awarded 3 points for a win, 1 point for a tie, and 0 points for a loss. The public standings have no affect on the post-season tournaments or jamborees, and is just there to track team progression. U8 scores will not be reported.

PLAYERS AND SPECTATORS:

Players and coaches will have their bench set up on the opposite side of the parent/spectator sideline. If you are a spectator, you are not allowed to be on the player/coach side throughout the duration of the match. All players, coaches, spectators, etc. are to be respectful of each other, opponents, teammates, referees, and anyone else that may be at the field.

HEADING RESTRICTIONS:

Per US Soccer recommendations, the U8 and U10 age groups are not permitted to head the ball. Any deliberate play with a players head (determined by the referee) will result in an indirect free kick at the spot of the infringement. If a player does not deliberately head the ball, play shall continue. U12 age group is eligible to utilize their head to play the ball.

PLAYERS ON FIELD:

U8 and U10 age groups play 7v7, U12 plays 9v9.

DISCIPLINE/CODE OF CONDUCT

REFEREE AUTHORITY:

The referees are in complete charge of the fields before, during, and after the game. They have the right of dismissal of players, coaches, or spectators at any point. If a spectator is asked to leave the sideline, they must do so. Referee(s) are empowered to issue yellow or red cards throughout the game.

FIELD DIRECTOR AUTHORITY:

Similar to the referee(s), the field director of any game location has the authority to remove spectators for misconducts deemed removable by the said field director.

SMOKING/ALCOHOL:

No drinking of alcoholic beverages or smoking is permitted at the venues of play.

PROFANITY:

There is zero tolerance for foul or abusive language towards coaches, referees, players, or spectators. Referees may remove any individual from the game/fields if necessary.

RED CARDS AND SUSPENSIONS:

Coaches and players are subject to suspensions if deemed necessary. Any red cards will be reported by the referee within 48 hours of the match. If an individual receives **two** yellow cards in one match, they are sent-off with a red card and will be suspended for the next match. If a player receives a straight red due to kicking, spitting, striking, punching, or any other action that reflects harmful intent, they will be suspended for **two** matches. Referees will report these suspensions to the organization head from the field that the incident occurs on.

ROSTERS AND PLAYERS

SIZE:

Teams will have maximum roster sizes to ensure the honesty of the game, as well as players getting the equal playing time that is suggested for Recreational Soccer. U8 and U10 teams will have a maximum roster size of 13 players. U12 teams will have a maximum roster size of 15 players.

PLAY TIME:

Recreational soccer is to promote growth of players, encourage them to have fun, and learn the game. Play time should be split as evenly as possible for all players.

ROSTER QUESTIONS:

There are no official rosters for the Recreational Soccer league. If a coach, player, or parent questions players of a team, there is not a way to verify players to specific teams.

FIELDS AND EQUIPMENT

GOAL SIZE:

U8, U10, and U12 age groups all utilize 6.5x18.5 (feet) goals. U8 can utilize 6.5x12.5, but it is recommended to stay with 6.5x18.5.

BUILD OUT LINE:

U8 and U10 age groups will utilize half field as the build out line. On goal kicks/throws, the opponents must drop back to the half field line.

FIELD SIZE:

U8 and U10 utilizes 7v7 field sizes. U12 utilizes 9v9 field sizes. Field sizes should be proportionate. Example - max. length means max. width must be used.

- 7v7 (Yards) - 55-65 x 35-45
- 9v9 (Yards) - 70-80 x 45-55

