

# Minot Soccer Association

## Rec Soccer Rules



### 1) Field of play

- A. Two halves with a half way line
- B. Goal box (small box): (none) u-7 and under; (2) u-8 and up
- C. Penalty box (big box): (none) u-7 and under; (2) u-8 and up
- D. Flag posts: (none) u-7 and under; (4) u-8 and up
- E. Two goals at the center of each goal line and secured to the ground
- F. Build line: (U8 and up) the line between the end line and the half way line

**\*\*Players and Coaches sit on one side, Parents and spectators on the other side\*\***

### 2) The Ball

- A. Size 3 U-7 and under
- B. Size 4 U-8 and up

### 3) Number of players

- A. 4 vs. 4 U-7 and under (no goalies)
- B. 7 vs. 7 U-8 and up (6 and a goalie)

### 4) Substitutions

- A. Unlimited
- B. At any stoppage (with referee's approval on the big fields)
- C. Sub from the team bench side of the field, teams need to sit and sub on SAME side, parents on the OPPOSITE side from the teams

### 5) Playing Time

- A. Each player shall play a minimum of 50% of the total playing time of each game.
- B. Make sure **ALL players** rotate off the field **every** game for at least a few minutes.

### 6) Player Equipment

- A. MSA provides a reversible red/white shirt, red shorts and red socks for each player, **Home team will wear Red and the away team will wear White**. Home team is the team listed first on the schedule.
- B. Non-uniform clothing is allowed based on weather conditions
- C. All players **MUST** wear Shin guards

- D. Footwear - players can wear tennis shoes or soccer cleats; cleats must NOT have a toe cleat/stud.

## 7) The Referee

- A. U-7 and under no referee – games officiated by coaches (small fields)
- B. U-8 and up TWO referees will be provided (big fields)
- C. Decisions of the referees will be made to the best of their abilities. Coaches, players and parents are expected to always be respectful. The referee or mentor referee reserve the right to eject spectators/coaches from the field. If unwilling, the game will be forfeit.
- D. Any complaints must be addressed to administration (Zoe or Ellen), NOT the referees. DO NOT SHOUT AND YELL AT OUR REFEREES, please remember they are young kids who are still learning

## 8) Game Duration

- A. U-4 and U-5: (4) 8-minute Quarters with 2 minutes between each quarter
- B. U-6: (4) 10-minute Quarters with 2 minutes between each quarter
- C. U-7 (4) 12-minute Quarters with 2 minutes between each quarter
- D. U8, U-9, U-10, U-11, and U-12: (2) 25 minute Halves with a 5-minute half time

**\*\* In order to keep the games on time, please warm-up off of the field and be ready to play at game time.**

## 9) The Start and Restart of play

- A. **Kick-offs:** Taken at the beginning of the game, at the start of each play period and after a goal is scored. The opponents of the team taking the kick-off must be at least 4 yards (outside the circle) from the ball until it is put into play. The ball can be put into play in any direction. All players must be on their own half of the field before the kick is taken. YOU CAN NOT SCORE FROM A KICK-OFF!!
- B. **Corner Kick:** When the ball is put out of bounds over the end line and is last touched by the defensive team. The offensive team will take a kick on the corner nearest to where the ball went out. The opponents of the team taking the kick-off must be at least 4 yards from the ball until it is put into play.
- C. **Goal Kick:** When the ball is put out of bounds over the end line and is last touched by the offensive team. The goal kick shall be taken on the end line for U7 & under (small fields) and on the goal box u8 & up (big fields). The opponents of the team taking the goal-kick must be behind the build line for U8 & up and MUST STAY BEHIND THE BUILD LINE UNTIL A DEFENDER TOUCHES THE BALL. The ball must leave the goal box to be in play. For U7 & under the opponents of the team taking the goal-kick must be behind the half line UNTIL THE BALL IS KICKED. U-4 and U-5 can dribble in a goal kick; U6 & up must pass the ball in.

- D. **Throw-ins:** When the ball goes out a sideline, a **throw-in** is awarded to the opponents of the player who last touched the ball. Throw- ins will be conducted with both hands from behind and over the head from the point where the ball left the field of play. **U-4 and U-5 MAY use kick-ins from the sideline instead of throw-ins.**
- E. **Off-Sides:** Referees will call off-sides to the best of their ability. (U-8 and up). (according to FIFA, a player is in an offside position if he is nearer the opponents' goal than both the ball and the last opponent (not including the goalie)).
- F. **Headers:** There are NO HEADERS allowed for any of the age groups.

## 10) Goalies

- A. Goalies must wear a different color from either of the two teams playing wear the provided goalie shirt.
- B. NO PUNTING/DROP KICKS – Goalies must THROW or ROLL the ball out. The build line rules apply (just like goal-kick) when the goalies have possession of the ball.
- C. Goalie has 5 seconds to distribute the ball.

## 11) Determining the Outcome of the game

- A. A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar as deemed by the official.
- B. Each goal is worth one point.
- C. The team scoring the greater number of goals is the winner.
- D. Final game scores will be reported to administration via the referee's scorecard (U8 & up).
- E. League standings will be kept for U8 & up. Win is worth 3 points, tie is worth 1 point and loss is worth 0 points.
- F. League standings may be used to seed teams into the tournament.
- G. During the tournament if there is a tie in standings the following criteria will determine teams rank.
  1. Head to head
  2. Fewest goals allowed
  3. Shoot-out (officiated by referees)
- H. During the tournament, the pool play games can end in a tie, but during bracket play, if there is a tie at the end of regulation time a 5 minute overtime will be played. If the score is still tied at the end of overtime a shoot-out of penalty kicks will take place.

## 12) Fouls and Misconduct

- A. All fouls will result in a direct free kick (can go directly into the goal without another player touching it).
- B. For an offense that happens, by a defensive player, in the goal box (U9 and up) there will be a PENALTY KICK taken from the top of the box. The goalie will be the only player allowed inside the box until the ball is KICKED.

- C. The referee or coach will explain ALL infringements to the offending player.
- D. No cards shown for misconduct, however the referee reserves the right to temporarily eject a player for persistent infringement. Re-entry will be at referee discretion.