

# FOLEY SOCCER LEAGUE RULES

Revised August 22, 2018

**Game Rules:** The default rules will be governed by the FIFA Laws of the Game unless specified differently hereafter. The League Coordinators shall determine what rule changes will be for that year. Coordinators may amend these rules at any time during the season. Referees and Coaches CAN NOT change the Coordinator's decision through mutual agreement. These rules are set to develop and improve soccer skills; please do not exploit them.

No unsportsmanlike behavior of any kind. Parents, Coaches and Spectators are responsible for their behavior and shall adhere to the City of Foley Code of Conduct. Head Coaches are responsible for clearly conveying these rules and encouraging good sportsmanship.

All players in attendance must play at least one half of the game during regular season play. A player may have their playing time reduced due to a disciplinary action, illness, or other approved reason. The league coordinator must be notified and give approval for such reduction in playing time.

The minimum number of players necessary to begin a game is two (2) less than the number specified to be on the field. If the opposing team has the appropriate number of players to start the game they may use one (1) player more than the team with the "low number" of players. Please try to play all games even if the requisite number of players are not present. There are no standings kept during the regular season and the referees will be compensated regardless. Regular season games will end in a tie. Judgment calls may not be debated or protested. Referees may assist players at any time as needed.

Both teams shall occupy the one side of the field. All parents and spectators shall occupy the opposite. No parents, spectators, players, nor coaches are allowed to be behind restricted end lines of the goal areas on either side of the field neither to spectate nor to instruct/coach at any time.

Shin guards are required and must be completely covered by the player's socks. Each goal keeper's jersey must distinguish him/her self from all other players and officials. Players shirts must be tucked into their shorts and socks must be pulled up over the shin guards. Infringement of this law DOES NOT stop play; but when play does stop, the player must leave the field and make his/her uniform corrections.

A player shall not wear anything dangerous to him/her self or another player. These items include but are not limited to watches, necklaces, bracelets, earrings, metal knee or ankle braces, etc. Hard casts are not allowed.

If the ball is not in play, the player must go off the field of play and remove all "items" considered dangerous by the referee. If ball is in play, the referee stops play and sends the guilty player from the field. To restart the game an indirect kick is given to the opponent.

Referees control the start / stop and flow of the game. The home team furnishes the game ball which can ONLY be changed by the Referee.

A coin is tossed (visiting team calls "heads or tails") and the team that wins the toss decides which goal they will attack in the first half. The other team takes the kick-off to start the match. Teams change ends and attack opposite goals.

A **Kick-off** is used to begin the game, begin the second half, and to restart the game after a point has been scored. A goal may be scored from a kick-off.

A **dropped ball** is used to re-start a game after a temporary stoppage of play, for any reason not covered in the Laws of the Game. A dropped ball is awarded at the point where the ball was located when play was stopped. If the ball is touched by a player before it touches the ground or if the ball goes out of bounds before a player touches it, the ball is dropped again.

**Game Forfeiture:** Is declared if a coach or team refuses to start or re-start game and if a team is unable to field two less players than the number indicated to be on the field within ten (10) Minutes after the scheduled starting time.

**Substitutions:** All players must be at the midfield sideline awaiting the referee's acknowledgement to enter the game. The team having possession of the ball may substitute during throw-ins, corner kicks, and penalty kicks (sub may not take penalty kick). Additionally, the opposing team is able to substitute if the offensive team substitutes. BOTH teams may substitute when a goal kick has been awarded during an official's time out and after a goal is scored by either team. Any player on the field can exchange positions with the goal keeper after notification and approval by the referee. Shirts must be exchanged.

**Improper Substitute on the Field:** Caution and remove improper player from the field. A drop ball is given at the point where the ball was when the whistle sounded. (Exception: When called in the goal area the ball is dropped at the closest point on the goal line.)

**Too Many Players on the Field:** Immediately Stop Play! Caution the extra player. Remove extra player from field. Give opponent an indirect free kick at the point where the ball was when the whistle sounded.

**Mercy Rule:** If a team has a significant lead, the coach is encouraged to substitute players to avoid the mercy rule. If a team is ahead by 10 or more goals after the 1<sup>st</sup> half, a mercy rule will be declared and the game shall end.

Offsides Rule, Penalty Kicks, Throw-Ins, Goal Kicks, and Corner Kicks shall be strictly enforced.

## **5U & 7U SPECIAL RULES**

Players must stay upright (on their feet) and may not kick or play the ball from the ground. No headers, no slide tackling, and no offside rule at this age. Players shall not make deliberate and flagrant contact with opposing players. Players may not "head" the ball.

Any offensive or defensive formations are allowed. Players may play in any position. No offside penalties will be called. It is permissible to score within the goal box and defend within the goal box. However, there shall not be more than two defenders standing on or directly in front of the goal line at one time.

There will be NO goalkeepers allowed (no defending with hands). Referees determine if a player is acting as a goalkeeper or a defender. Although not deemed necessary, a referee may give a warning to a player deliberately defending with their hands i.e. "handling the ball." At the referee's sole discretion, multiple offences may result in the player being removed from that position completely or removed from the playing field (equivalent to a yellow card).

Goals cannot be scored from any restart in play; meaning all dead ball kicks are indirect kicks. A team may only score a goal by kicking the ball from their offensive half of the field. If an indirect kick goes directly into the opponent's goal without a second player touching it, the opponent receives a goal kick. If an indirect kick goes directly into the team's own goal, a corner kick is awarded to the opposing team.

Kick-offs: Players may not score from a kick-off. The ball is in play when it is kicked and moves forward. The player taking the kick-off may only touch the ball once until another payer touches it. For safety reasons, the following rule shall be enforced: During a kick-off, the initial passer and receiver shall not be allowed to boot the ball toward the goal with the intention to chip over the defending players unless the entire ball is out of the center circle. The intention is to NOT “tap-n-boot” toward the goal.

A penalty box shall not be painted on the fields. A hash mark line will be used instead for visual purposes of a goal kick. Only the players defending the goal kick must be stationed behind the hash mark line and my not touch the ball until it passes the hash line into live ball territory (see field diagram on last page).

### **5U COED SPECIAL RULES**

4 vs. 4 format. No changing sides after half time. Only TWO coaches from each team are allowed to be on the field to assist players at a time. Players may play in any position at any time.

No player is allowed to pick-up the ball with their hands at any time. There will be no throw-ins; players shall pass the ball back inbounds by means of a kick-in.

### **7U COED SPECIAL RULES**

6 vs 6 format. Change sides at half time. Coaches are NOT allowed on the field and must remain on their team bench side of the field at all times. Coaches shall not be allowed to stand in front of another team’s bench or for any reason. In locations where a coach’s box is marked, ALL coaches must remain inside the designated box at all times. In locations where a box is not specifically marked on the field, the head official will designate to the coaches where they must remain.

Five Yard Rule: In all deadball free-kick situations, defending players must stand at least five yards away from the ball. If the defensive player’s goal is closer than five yards, the ball shall be played five yards from the goal box, in line with the spot of the penalty.

## **9U & OLDER FOULS AND MISCONDUCT RULES**

The following list of fouls and misconduct will result in a penalty kick if occurring inside the penalty box or a direct free kick if outside of the penalty box.

- a. The opposing team may score a goal; without another player touching the ball. These first six (6) offenses, must in the mind of the referee be considered. **Careless, reckless, or using excessive force.** (Direct kick awarded to the opponent at the point of infraction.)
- b. Kicks or attempts to kick an opponent.
- c. Trips or attempts to trip another player.
- d. Jumps at an opponent. (jump must be straight up)
- e. Charges an opponent.
- f. Strikes or attempts to strike and opponent.
- g. Pushes an opponent.

The following four (4) offenses will result in a direct kick without regard to the severity of the action.

- h. Tackles from behind or tackles an opponent to gain possession of the ball or makes contact with the opponent before touching the ball.
- i. Holds an opponent.
- j. Spits at an opponent.
- k. Deliberately handles the ball.

**Indirect Free Kick**

- a. An indirect free kick is awarded to the opposing team if a player, in the opinion of the Referee, commits any of the following offenses: Plays in a dangerous manner (see notes on Law 12) Impedes the progress of an opponent (obstruction). Prevents the goal keeper from releasing the ball from his/her hands.
- b. An indirect free kick is also awarded to the opposing team if a goal keeper, inside his own penalty area, commits any of the following five offenses:
  - Takes the ball with his/her hands after it has been released from his/her possession and has not touched any other player.
  - Touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a teammate.
  - Touches the ball with his/her hands after it has been deliberately kicked to his/her by a teammate.
  - Wastes time getting rid of the ball (less than five seconds).
  - Steps out of the goal box while holding the ball.
  - (Indirect free kicks are taken from the point of infraction.)

**Discipline sanctions requiring a caution yellow card** (player must be removed from field and be substituted back in the game.)

- a. Guilty of unsportsmanlike conduct.
- b. Shows dissent by word or action
- c. Persistently infringes the laws of the game.
- d. Delays the re-start of the game.
- e. Fails to respect the required distance when play is re-started with a corner or goal kick.
- f. Enters or re-enters the field of play without the referee’s permission.
- g. Deliberately leaves the field of play without the referee’s permission.

**Sending off or red card offenses.**

- a. Found guilty of serious foul play.
- b. Guilty of violent play.
- c. Spits at an opponent or any other person.
- d. Denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball. (Not applicable to the goal keeper.)
- e. Denies an obvious goal-scoring opportunity to an opponent moving towards the player’s goal by an offense punishable by a free-kick or a penalty kick.
- f. Uses offensive, insulting, or abusive language.
- g. Receives a second caution in the same game.

**Additional decisions by the international board**

- a. A penalty kick is awarded to an opponent if the goal keeper, inside his/her own penalty box, strikes or attempts to strike an opponent.
- b. The goal keeper is considered to be in control of the ball by touching it with any part of his/her hands or arms.

c. A player may pass the ball to his own goal keeper using his head, chest, knee, etc., however, in the opinion of the referee, a player uses a deliberate “trick” to circumvent the law, the player is guilty of unsportsmanlike conduct. He/she is cautioned with a yellow card and an indirect free kick is awarded at the point of infraction.

## **14U BOYS & GIRLS SPECIAL RULES**

If a goalie handles the ball, they have the option to pass the ball to a teammate on the same side of the field or they may take the ball across mid field themselves. Goalies are not allowed to pass the ball across mid field without the ball being played by another player on the field.

Goalies are not allowed to punt, kick or throw the ball across mid field. The ball must touch a player on the field before crossing mid field. If the goalie punts, kicks or throws the ball across mid field without touching a player on the field, an indirect free kick will be awarded to the opposing team from the spot where the ball crosses half field.

Players are only allowed to score from the opposing team’s side of the field.

During a goal kick, the team not in possession of the soccer ball (team that is not kicking) may not pass the goal box line until the soccer ball is put in play.

Goal Kicks may not go across mid field without being played by a player on the field other than the player kicking the ball.

## **7U TOURNAMENT RULES**

Minimum Play Time - All players must play at least ONE quarter of the game during tournament play.

### **Tie-Breaker Procedure:**

If a game is tied at the end of regulation play, a 5-minute sudden death overtime will be played. A coin toss will determine possession. If any team scores during the overtime, the game is over. If the game is tied after the 1<sup>st</sup> 5-minute overtime, the teams will swap ends and a second 5 minute sudden death overtime will immediately occur.

If no winner is determined during the second overtime, the game will proceed with the penalty kick shootout. A penalty kick is defined as an uncontested direct kick taken from anywhere in the center circle with all players behind the midfield line and the player taking the kick.

Each team will choose 5 players. A coin toss will be used to decide which team kicks first. Both teams will alternate turns kicking. The team with the most goals wins.

If the score is tied after the first 5 penalty kicks, each team will identify 5 new players to kick. This second set of penalty kicks are conducted in a sudden victory format – if one team scores and the other does not, the game is over.

Note: If a team does not have 5 new players, all remaining players must kick first and then a player from the first set may re-kick again to account for the difference. After ten kicks, teams continue to kick alternately with a new set of 5 players kicking for each set until a winner is determined.

*All protests about rules must take place immediately following the rule violation. Once play is continued, rule violations may not be protested. Protests involving the eligibility of players can be protested at any point during the game or immediately following the game. All protest shall be addressed with the site coordinator at the appropriate time. Judgment calls (ball handling, out of bounds, etc.) cannot be protested.*

## **9U & OLDER TOURNAMENT RULES**

1. All players must play at least a quarter of the game during tournament play.
2. If a game is tied at the end of regulation play, a 5 minute sudden death overtime will be played. If a team scores during the overtime, the game is over. If the game is tied after the 5 minute overtime, the teams will swap ends and a second 5 minute sudden death overtime will immediately occur.

If no winner is determined during the second overtime, the game will proceed with penalty kicks. A coin toss will be used to decide who kicks first or second - teams will continue to kick in this same order until a winner has been determined.

Each team will pick 5 players and a goalie (the goalie can be a kicker as well). If the score is tied after the first 5 penalty kicks, each team will identify 5 new players to kick. This second set is conducted in a sudden victory format – if one team scores and the other does not, the game is over. If a team does not have 10 players, all players on the team must kick and then players may kick again to account for the difference. After ten kicks, teams continue to kick alternatively with a new set of 5 players kicking each time.

3. If a player or coach is dismissed from a game, that player or coach shall not be permitted to play/coach in the remainder of the current game and the team's next match, per review by the tournament committee.

4. All protests about rules must take place immediately following the rule violation. Once play is continued, violations may not be protested. Protests involving the eligibility of players can be protested at any point during the game or immediately following the game. All protest shall be addressed with the site coordinator at the appropriate time. Head coaches will be notified of the site coordinator prior to their game. **No judgment calls can be protested!**

5. A maximum number of three Coaches/Managers/Assistants are allowed on the sidelines in their team bench/technical area. Only certified coaches and their players are allowed on the player's sideline. Coaches will NOT be allowed to roam from the midfield line to the goal line on their side of the field. In locations where a coach's box is marked, ALL coaches must remain inside the designated box at all times. In locations where a box is not specifically marked on the field, the head official will designate to the coaches where they must remain.

6. Coaches are responsible for the behavior of all players, coaches, parents, and spectators associated with their team. Both teams will populate the same side of the field while all parents and spectators will populate the opposite side of the field. Players, coaches, parents, and spectators will remain away from the goal lines.

7. All other rules are the same as regular season rules. For latest versions, see Rulebook and Rule Grid

# 2018 Soccer Rules Guide

Age Group	5 & U	7 & U	9 & U (B)	9 & U (G)	11 & U (B)	11 & U (G)	14 & U (B)	14 & U (G)
# of Players	4 vs. 4	6 vs. 6	8 vs. 8	8 vs. 8	11 vs. 11	8 vs. 8	8 vs. 8	8 vs. 8
Field Dimensions (Feet)	60' X 90'	74' x 110'	135' X 210'	135' X 210'	200' X 330'	135' X 210'	150' X 240'	135' X 210'
Goal Size	6.5' X 10'	5' X 12'	6.5' x 18.5'	6.5' x 18.5'	Official	7' X 21'	Official	Official
Ball Size	3	4	4	4	5	4	5	5
Offsides Rule	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Direct Kicks	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Penalty Kicks	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Quarters (Minutes)	8	10	n/a	n/a	n/a	n/a	n/a	n/a
Halves (Minutes)	n/a	n/a	20	20	25	25	25	25
Half Time Length (Min.)	5	5	7	7	7	7	7	7
Goal Keepers	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Headers	No	No	No	No	Yes	Yes	Yes	Yes
Slide Tackling	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Substitutions	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Minimum Play Time	16 min	20 min	20	20	25	25	25	25
Coaches on Field	Yes (2)	No	No	No	No	No	No	No

