

Soccer-5

Season Rules Manual
K – 12th Grade

LAKE OSWEGO SOCCER CLUB

SHERWOOD SOCCER CLUB

SOUTHSIDE SOCCER CLUB

TUALATIN SOCCER CLUB

WILLAMETTE UNITED SOCCER CLUB

Soccer-5 Rule Highlights

Lake Oswego, Sherwood, Southside,
Tualatin, Willamette Soccer Clubs.

UNIFORM GUIDELINES FOR ALL CLUBS **WHITE JERSEY = AWAY TEAM** **COLORED JERSEY = HOME TEAM**

In the past there has been some contention during the season regarding some of the basic league rules. Below is a review of some of the most often mistaken or misunderstood rules.

1. There will be NO slide tackling at any time. It will be called as dangerous play by the referee.
2. **NO JEWELRY** of any kind may be worn during games, practices, or warm-ups. This includes, but is not limited to, earrings, nose rings, barrettes, watches, and necklaces.
3. NO CASTS of any kind at ANY time. NO support braces that contain metal.
4. All players present must have equal playing time, barring injury or disciplinary action, to the best of the coaches' ability.
5. ALL Spectators are to be on the sideline OPPOSITE of the teams. **Coaches & players will remain on their own half of the side they are on.**
6. NO player that is registered on a classic or school team may play on a Soccer-5 Registered Team. No Select (or DRL) teams may participate in the Soccer-5 League.

Soccer-5 Rules & Guidelines

Rules of competition for youth soccer as adopted by:

Lake Oswego Soccer Club (LOSC)

Sherwood Youth Soccer Club (SYSC)

Southside Soccer Club (SSC)

Tualatin Soccer Club (TSC)

Willamette Soccer Club (WUSC)

This manual recognizes the FIFA Laws of the Game, published yearly by the United States Soccer Federation as the governing body for soccer play. Modifications to these laws are to accommodate recreational play for players of various ages and skill levels. It is intended that the “Laws of the Game” will be enforced according to the age and skill level of the player.

This rules manual does not explain all rules in full, does not list all infringements and sanctions, and does not address all issues as fully as the official Laws of the Game. Copies of the official Laws of the Game may be obtained from the FIFA website:

<http://www.fifa.com/en/game/laws.html>

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Drug, Alcohol and Tobacco Policy

The Soccer-5 League uses school fields and public parks and is certified by the Oregon Youth Soccer Association (OYSA).

All Soccer-5 activities, including games, practices, clinics, tournaments, travel, meetings and related activities where you are present will be alcohol, drug, and tobacco free.

If this is impossible, the activity WILL BE CANCELED and rescheduled at another time &/or place that can be kept alcohol, drug, and tobacco free.

Field Use Rules & Policies

The Soccer-5 League uses school fields and public parks and we need to respect this property and their rules.

Respect the fields and land of others. Please remove all litter and place in the proper receptacles.

ONLY park in authorized parking areas.

Obey all posted rules for each field. Examples of posted rules are:

- No dogs allowed; or
- No unleashed dogs allowed
- No Chairs, canopies, bicycles, scooters, skateboards, or other items allowed on turf fields or track surfaces as these items may damage the surfaces.

Failure to follow posted rules could jeopardize our access to the facility. We ask all coaches and players and members to help monitor field use.

U6: Kindergarten Details

	SYSC	SSC	TSC	LOSC	WUSC
Format	3 v 3 Coed	3 v 3 Coed	3 v 3	3 v 3 Coed	4 v 4
Keeper	No	No	No	No	No
Ball Size	3	3	3	3	3
Field*	20 x 30 yds	20 x 30 yds	20 x 30 yds	20 x 30 yds	20 x 30 yds
Game Length	4 x 8 minutes	4 x 8 minutes	4 x 8 minutes	2 x 20 minutes	4 x 8 minutes
Goal*	4' x 6'	4' x 6'	4' x 6'	Pug Domes	4' x 6'
Max Players	12	6	6	12	12
# Teams	Two	One	One	Two	Two

Two minute break after 1st quarter and after 3rd quarter

Five minute half time

NO overtime allowed

NO make-up games

NO Slide Tackling at ANY time

NO Offside rule

NO Direct Free Kicks or Penalty Kicks; Indirect Free Kicks from the spot of the foul

Throw-ins may be repeated

If you are ahead by more than five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

* Actual field size and goal size may vary

U7: 1st Grade Details

	SYSC	SSC	TSC	LOSC	WUSC
Format	3 v 3 Coed	4 v 4	4 v 4	3 v 3	4 v 4
Keeper	No	No	No	No	No
Ball Size	3	3	3	3	3
Field*	20 x 30 yds	20-30 x 40 yds	20-30 x 40 yds	20-30 x 40 yds	20-30 x 40 yds
No Entry Area	Check with club for details	Check with club for details	Check with club for details	Check with club for details	Check with club for details
Game Length	4 x 10 minutes	4 x 10 minutes	4 x 10 minutes	2 x 20 minutes	4 x 10 minutes
Goal*	4' x 6'	4-6' x 6-12'	4-6' x 6-12'	4-6' x 6-12'	4-6' x 6-12'
Max Players	12	8	8	12	12
# Teams	Two	One	One	Two	Two

Two minute break after 1st quarter and after 3rd quarter

Five minute half time

NO overtime allowed

NO make-up games

NO Slide Tackling at ANY time

NO Offside rule

NO Direct Free Kicks or Penalty Kicks; Indirect Free Kicks from the spot of the foul

Throw-ins may be repeated

If you are ahead by more than five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

* Actual field size and goal size may vary

U8: 2nd Grade Details

	SYSC	SSC	TSC	LOSC	WUSC
Format	5 v 5	4 v 4	4 v 4	4 v 4	4 v 4
Keeper	No	No	No	Yes	No
Ball Size	3	3	3	3	3
Field*	30 x 50 yds	20-30 x 40 yds	20-30 x 40 yds	20-30 x 40 yds	20-30 x 40 yds
No Entry Area	Check with club for details	Check with club for details	Check with club for details	Check with club for details	Check with club for details
Game Length	4 x 12 minutes	4 x 12 minutes	4 x 12 minutes	2 x 25 minutes	4 x 12 minutes
Goal*	4-6' x 6-12'	6' x 12'	4-6' x 6-12'	4-6' x 6-12'	4-6' x 6-12'
Max Players	10	8	8	12	12
# Teams	One	One	One	Two	Two

Two minute break after 1st quarter and after 3rd quarter

Five minute half time

NO overtime allowed

NO make-up games

NO Slide Tackling at ANY time

NO Offside rule

NO Direct Free Kicks or Penalty Kicks; Indirect Free Kicks from the spot of the foul

Throw-ins may be repeated

If you are ahead by more than five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

* Actual field size and goal size may vary

U9: 3rd Grade Details

	SYSC	SSC	TSC	LOSC	WUSC
Format	6 v 6	6 v 6	6 v 6	6 v 6	7 v 7
Keeper	Yes	Yes	Yes	Yes	Yes
Ball Size	4	4	4	4	4
Field*	40 x 60 yds	40 x 60 yds	40 x 60 yds	40 x 60 yds	40 x 60 yds
Game Length	2 x 25 minutes	2 x 25 minutes	2 x 25 minutes	2 x 25 minutes	2 x 25 minutes
Goal*	6' x 18'	7' x 21'	7' x 21'	6' x 18'	6' x 18'
Max Players	12	9	10	12	13
# Teams	One	One	One	One	One

Five minute half time

NO overtime allowed

NO make-up games

NO Slide Tackling at ANY time

Offside Rule Applies; Referee may call loosely during September

NO Direct Free Kicks or Penalty Kicks; Indirect Free Kicks from the spot of the foul

If you are ahead by more than five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

* Actual field size and goal size may vary

U10, U11: 4th & 5th Grade Details

	SYSC	SSC	TSC	LOSC	WUSC
Format	8 v 8	8 v 8	8 v 8	8 v 8	8 v 8
Ball Size	4	4	4	4	4
Field*	60 x 90 yds	60 x 90 yds	60 x 90 yds	60 x 90 yds	60 x 90 yds
Game Length	2 x 25 minutes	2 x 25 minutes	2 x 25 minutes	2 x 25 minutes	2 x 25 minutes
Goal*	6' x 18'	7' x 21'	7' x 21'	6'-8' x 18'-24'	6'-8' x 18'-24'
Max Players	14	12	14	12	12
# Teams	One	One	One	One	One

Five minute half time
 NO overtime allowed
 NO make-up games
 NO Slide Tackling at ANY time
 Offside Rule Applies
 NO Direct Free Kicks or Penalty Kicks; Indirect Free Kicks from the spot of the foul

If you are ahead by more than five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

* Actual field size and goal size may vary

U12: 6th Grade Details

	SYSC	SSC	TSC	LOSC	WUSC
Format	11 v 11	11 v 11	11 v 11	11 v 11	11 v 11
Ball Size	4	4	4	4	4
Field*	60 x 100 yds	60 x 100 yds	60 x 100 yds	60 x 100 yds	60 x 100 yds
Game Length	2 x 30 minutes	2 x 30 minutes	2 x 30 minutes	2 x 30 minutes	2 x 30 minutes
Goal*	8' x 24'	8' x 24'	8' x 24'	8' x 24'	8' x 24'
Max Players	18	18	18	18	18
# Teams	One	One	One	One	One

Five minute half time

NO overtime allowed

NO make-up games

NO Slide Tackling at ANY time

Offside Rule Applies

Direct Free Kicks or Penalty Kicks or Indirect Free Kicks from the spot of the foul

NO player registered on an approved competitive team may be playing on a recreational team

If you are ahead by more than five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

* Actual field size and goal size may vary

U13, U14: 7th, 8th Grade Details

	SYSC	SSC	TSC	LOSC	WUSC
Format	11 v 11	11 v 11	11 v 11	11 v 11	11 v 11
Ball Size	5	5	5	5	5
Field*	60 x 100 yds	60 x 100 yds	60 x 100 yds	60 x 100 yds	60 x 100 yds
Game Length	2 x 35 minutes	2 x 35 minutes	2 x 35 minutes	2 x 35 minutes	2 x 35 minutes
Goal*	8' x 24'	8' x 24'	8' x 24'	8' x 24'	8' x 24'
Max Players	18	18	18	18	18
# Teams	One	One	One	One	One

Five minute half time

NO overtime allowed

NO make-up games

NO Slide Tackling at ANY time

Offside Rule Applies

Direct Free Kicks or Penalty Kicks or Indirect Free Kicks from the spot of the foul

NO player registered on an approved competitive team may be playing on a recreational team

If you are ahead by more than five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

* Actual field size and goal size may vary

Coed High School Details

	SYSC	SSC	TSC	LOSC	WUSC
Format	11 v 11 Coed	11 v 11 Coed	11 v 11 Coed	11 v 11 Coed	11 v 11 Coed
Ball Size	5	5	5	5	5
Field*	60 x 100 yds	60 x 100 yds	60 x 100 yds	60 x 100 yds	60 x 100 yds
9th/10th Game Length	2 x 40 minutes	2 x 40 minutes	2 x 40 minutes	2 x 40 minutes	2 x 40 minutes
11th/12th Game Length	2 x 45 minutes	2 x 45 minutes	2 x 45 minutes	2 x 45 minutes	2 x 45 minutes
Goal*	8' x 24'	8' x 24'	8' x 24'	8' x 24'	8' x 24'
Max Players	25	25	25	25	25
# Teams	One	One	One	One	One

Ten minute half time

MAXIMUM of 7 male players on the field at any time!!

ALL players must be a registered student at an Oregon high school

NO players may be on a high school sponsored soccer team

NO overtime allowed

NO make-up games

NO Slide Tackling at ANY time

Offside Rule Applies

Direct Free Kicks or Penalty Kicks or Indirect Free Kicks from the spot of the foul

If you are ahead by more than five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

* Actual field size and goal size may vary

Section I – Values

- Recreational Soccer is played for the benefit of the kids.
- Competitions are recreational.
- Games are intended to be FUN.
- The safety of participants is the paramount guideline for all activities.
- Winning is desirable, but winning at all costs defeats the purpose of the game and the goals of the Soccer-5 league.
- Lopsided wins are discouraged, and coaches should play short sided, require a minimum # of passes, or make other efforts to equalize the skill level without detracting from the intent of the game.
- It is the responsibility of the coach to offer every player who arrives for the game on time, the opportunity to have equal playing time, excepting issues of team discipline or medical problems.

Section II – Goals

- Inspire soccer players to have a love of the game and a desire to compete fairly.
- Ensure the safety of each player as part of every activity.
- Teach players to respect themselves, each other, visiting teams, spectators, parents and officials. Treat the players with the same respectful attitude.
- Develop a spirit of good sportsmanship and fair play in every player, parent and administrator.
- Develop fundamental skills, self-confidence, self worth and team cooperation.
- Develop an atmosphere of safe, fair, competitive fun without undue pressure.
- Make playing soccer a positive, rewarding experience.
- Provide all players with an equal opportunity to learn and participate in the program.

Section III – Conduct

The Soccer-5 League considers good conduct and respectful behavior to be an extremely important part of this program. These codes of conduct are simple and clearly worded to provide everyone associated with Soccer-5 (Players, Parents, Officials, Spectators, Administrators, Coaches) with a clear understanding of the conduct expected and the behaviors that we will not condone.

This League, OYSA and USYSA, have written laws governing the conduct of soccer competition and we make every effort to employ certified officials to enforce those laws. The referees are responsible for enforcing the Laws of the Game on the field, but the coaches are responsible for the behavior of themselves, the players and the spectators. Please help these people create a fun and fair competition.

Abuse of a game official, whether verbal or physical will not be tolerated. Any abuse (which includes verbal) will result in a minimum 3 game suspension and any physical assault (which includes spitting upon or touching) shall result in a minimum 3 month suspension per USSF policies. Assault of a juvenile game official carries a minimum 3 year suspension. Local officials may not provide a lesser suspension.

Game officials and coaches shall make a special effort to protect young goalkeepers. No player will be allowed to even attempt to play the ball while the goalkeeper has control of the ball in the penalty area. Ball Control is defined as contact with one or both hands.

Player Conduct

- Courtesy and sportsmanship are as much a part of sports activities as are the skills and rules of the game.
- Be punctual to practices and games; follow the directions and teachings of the coach.
- Always respect the coach, your teammates, and the opposing team players – without them there would be no game.
- Always play your best, play fairly, and play for fun.
- Respect and follow the directions of the referee and the assistant referees; they are the law on the field of play.
- Leave your temper and inappropriate language at home. Derogatory remarks will not improve your game.
- Refrain from using vulgar or foul language at any time.
- Do not criticize the play of others and do not blame others (including the referee crew) for your own poor playing.
- Keep the game moving. Move the required distance from the ball for free kicks as quickly as possible. Leave enough room for a throw-in. Be ready to start play immediately upon the referee's signal.
- Be humble in victory and gracious in defeat. Congratulate your opponent and extend thanks to the game officials after the competition, whether you win or lose.
- Players are honor-bound to aid the officials in enforcing the Laws of the Game. Do not argue with the officials or berate them if you think they have made a bad call.

Parent & Spectator Conduct

- Support the coach and player at all times.
- Be on time to practices and games so that the fields can remain on schedule.
- Pick up your player on time from practices and games.
- Remain with your player at all times.
- Applaud good play for both teams.
- Remain at least six feet from all sidelines.
- Remain on the side of the field, which is opposite the coach and team.
- Accept the outcome of the game with a positive attitude.
- Encourage your player to be gracious, whether winning or losing.
- Do not criticize the coach at any time.
- Do not question the calls made by the referees.
- Do not criticize players on your team or players on the opposing team.
- Do not go past the eighteen yard line.
- Do not stand behind the goal.
- Do not enter the field of play at any time.
- Do not coach players from the sideline.
- Do not use vulgar or abusive language at any time.
- Have a positive attitude at all times.

Spectators are to be on the side of the field opposite the teams.

Coaches are to be on their own half of the field on the side opposite the spectators.

Coach Conduct

- Abide by the rules/directives of the soccer club, the Soccer-5 League, OYSA, the USSF, and FIFA.
- Hold one or two practices a week, according to age group, and be punctual to all practices and games.
- Be humble in victory and gracious in defeat. Congratulate your opponent and extend thanks to the game officials after the competition, whether you win or lose.
- Be an example to your players and their parents.
- Encourage safe, competitive, fair play and reward improvement and effort, regardless of skill.
- Teach the players to respect themselves, the opponent, the referee, their teammates, and the coaching staff.
- Teach the players sportsmanship and proper on-field conduct.
- Provide a fun and safe environment for the players.
- Teach progressive improvements in technical proficiency and tactical knowledge while promoting self-esteem in all players.
- Accept official decisions by the referee without rancor or anger, no matter how unfair they may seem.
- Instruct parents in proper behavior at games, including sideline respect for the referee, the other team and all coaches.
- Do not recruit players for the purpose of establishing an elite team.
- Do not leave practices or games until all players have been picked up by their parent or another authorized adult.
- Do not teach unsafe or unsporting methods to the players.
- Do not teach demeaning songs or chants to the players.
- Do not use verbal or physically intimidating behavior, including vulgar, improper, foul, demeaning and/or abusive language.
- Do not seek an advantage beyond superior skill, tactics and fitness.
- Remain on your half of the field, on the side opposite the spectators.

Referee & Asst Referee Conduct

- Conduct yourselves according to guidelines set by FIFA, USSF, OYSA, and Soccer-5.
- Provide a safe environment for all players.
- Enforce the rules of soccer by following the USSF Laws of the Game; subject to Soccer-5 League modifications.
- Never argue with coaches, players, or spectators.
- Ensure that all players are properly equipped for the game; **(i.e.: no jewelry of any kind, no casts of any kind, no metal leg or arm braces of any kind.)**
- Conduct yourselves honorably and maintain a professional dignity at all times.
- Dress in approved referee attire at all times when officiating.
- Be in good physical condition and prepared for the match.
- Attend all required training. Maintain your referee license.
- Show up at least fifteen minutes early for every game so there is time to check the field for safety and to check the player's equipment and gear.
- Suspend play at any time if coaches, players, or spectators are getting out of control.
- Find a trustworthy adult if you need assistance before, during, or after a game.
- Report all yellow and red card infractions to your club's referee coordinator within 48 hours of the end of the game.
- Do not use vulgar or abusive language at any time.
- Have a positive attitude at all times.

Section IV – Laws of the Game

Law 1 – The Field of Play

The home club is responsible for field readiness: Mowing, lining, setting up goals, nets and corner flags, policing the field for foreign material and filling dangerous, uneven sections of the field (*e.g.* ruts and holes). Portable goals exceeding 30 pounds **must** be securely anchored to the ground before the game can start.

Refer to the grids in the front of this book for recommended field sizes and goal sizes. These field sizes are to be used as guidelines for each club to find appropriate locations for Soccer-5 competition. If it is not possible to match field size exactly, an attempt will be made to match field proportions on the space that is available.

Regardless of the field size, all fields will have:

- A center line dividing the field in half
- A center circle proportional to the field size
- Flags, cones, or traditional goals for the goal area
- Corner markings, whether cones or flags
- Arches (partial circles) at the corners

Kindergarten fields will not have any other markings.

First and second grade fields may have a ‘no-entry’ arc (box) marked on the field. Confirm with your club or program administrator to see if your club will be marking this area on the field.

Fields for third through twelfth grade teams will have a goal box and penalty box whose sizes will be proportional to the field size.

Location for Coaches, Players, Spectators:

Parents are never to coach, that is the job of the coach or assistant coach.

Coaches and players will be on one side of the field, with spectators on the opposite of the field. Each team will be on their own half of the field, not going over to the other teams half of the field.

No one is to be near the goal area; this includes standing behind the goal and past the eighteen yard lines (penalty box lines).

All coaches, players, and spectators are to remain at least six feet from all sidelines and to remain in the areas between the penalty boxes. However, some clubs may use parents or coaches to referee games under 3rd grade. In these instances, the adult referee will be on the field. In some cases, both coaches may choose to be on the field to give direction and support to their young players.

Some clubs will still have ‘double’ teams at the U6-U8 divisions. If so, then your team is divided in half for game day. The coaches and players are in the middle of the two fields, with the spectators on the ‘outside’ of whichever field their player is on.

Law 2 – The Ball

Only approved balls of the proper size for the age group will be used in games. At least one game ball of good quality (spherical, balanced, in good condition, with good stitching, properly inflated) will be provided to the referee by the home team prior to the start of the game. Refer to the grids in the front of this book for appropriate ball sizes for each level of play

Law 3 – The Number of Players

No team participating in Soccer-5 competition shall have more than twice the number of players as the number playing on the field. If at game time, one or both teams are short of the recommended number of players for the game, play shall continue at the discretion of both coaches, after having reduced the number of field players or having evened the teams by exchanging players.

If a team knows they will be short players on game day, the coach may choose to borrow players from other recreational teams within their own club, but, **ONLY IF** the player is being borrowed due to a shortage of players and not to gain an unfair playing advantage. Borrowed players do not get **MORE** playing time than the regular members of the team. Borrowed players may **NOT** skip their own team's game to play on another team. **ALL** borrowed players must be members of OYSA and authorized by the club to play in league games.

With the exception of medical or disciplinary problems, the coach is responsible for offering each registered player on the team who is present at game time and wearing a proper uniform, equal playing time.

Games are not forfeited in Soccer-5 League Play. If not enough players show up, the coaches can divide the players that are present and play a game if they wish. No games are rescheduled without the approval of the field coordinator and the referee coordinator of the hosting club, and both coaches.

Players that are registered for an OSAA high school team or an OYSA Classic team or Club Soccer team or other competitive team may **NOT** play on a team registered in the Soccer-5 League. Teams that are comprised of 'select' players (teams not randomly put together) or teams that are registered in the OYSA District Recreational league may not participate in the Soccer-5 League.

For the high school coed program, the maximum number of male players on the field shall be seven per side, including the goalkeeper. If both teams at a league match are short of female players and **BOTH** coaches agree, the referee may consent to an increase in the number of male players on the field for the duration of the shortage (a female player shows up late, then back to the original rules).

Substitutions may be made, with the consent of the referee, by either team on any dead ball situation. A dead ball occurs at throw-ins, free kicks, corner kicks, goal kicks, penalty kicks, the end of each quarter or half, and after either team has scored a goal. For stoppage of play for injuries, only the injured player(s) may be substituted.

All players entering the field of play should enter at the half way line as that is where referees are trained to look for players waiting to enter the field of play. Players leaving the field of play may leave at any point on the field, as long as the referee sees them leave.

The referee may refuse to allow substitutions to a team even at a proper stoppage of play, if the substitution appears to remove an advantage from the team putting the ball back in play. The referee may refuse to allow substitutions if the team appears to be delaying the game or attempting to use these in an unfair manner.

If a player is injured, a substitution may be made for the injured player when the next stoppage of play occurs. Any player bleeding from a wound must leave the field for treatment. If the referee stops play for an injury, the referee will use a dropped ball to restart the game. The ball will be dropped near the same location that the ball was prior to the stoppage of play.

If you are ahead by more than five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

Yellow Cards: A player who has been cautioned and shown a yellow card does not leave the field of play.

Red Cards: A player who has received a red card is removed from the game. There is no replacement allowed for the player that has been removed (the team continues the game short a player). That player may not participate in the team's next game.

Law 4 – The Players’ Equipment

All players on a team (except the goalkeeper) will wear their club’s official uniform in all league games. The home teams will wear their ‘dark’ jerseys; away teams will wear their ‘white’ jerseys.

Goalies must be wearing a color that no one else is wearing. In case of teams appearing in uniform colors that are similar, the home team will change their jersey.

No equipment may be worn which can be a danger to another player. For example, casts and braces containing metal will not be allowed under any circumstances and hard-billed baseball caps are not allowed. While players will wear their eyeglasses, sunglasses are not allowed. We recommend wearing eye goggles for protection.

Shin guards must be worn to all practices and games and they must be completely covered by socks.

No jewelry of any kind is allowed. Earrings, watches, bracelets, metal barrettes, bobby pins, and other metal items may not be worn at any time – including practices. Taping of earrings or other jewelry is not allowed. (If a player is required to wear a medical bracelet, this may be taped over. If no tape is available, AND a parent is present, the bracelet must be removed. The player will not play if the medical bracelet is not taped over or removed.

While soccer cleats are recommended, turf shoes or regular tennis shoes may also be worn. If wearing soccer cleats, they must be made of molded rubber and the shoes may NOT have toe cleat of any kind. Toe cleats must be removed before the player may enter the field of play.

The referee has the final decision on whether a player is properly attired.

Law 5 – The Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which they are appointed. The decisions of the referee regarding facts connected with play are final.

For games that have the offside rule (third – twelfth grade), it is recommended that there be two assistant referees. In cases where two assistant referees are not available, there could be two center referees. Or, the referee may appoint spectators to act as assistant referees.

Should a referee for some reason not be present for a game, the coaches will appoint a spectator or coach to officiate the game. Decisions of this official will bear the same authority as a referee and will be final.

In some matches, parents or coaches are the designated referee.

Law 6 – The Assistant Referee

Assistant referees should be assigned to games where the offside rule is enforced (or two center referees). However, as this is not always possible, the referee may ask for volunteers from the spectators.

The referee should determine the qualifications of the volunteers before providing them with the flags. The referee should explain what the level of responsibility is for these volunteers. In most cases, only have them aid with calling the ball out-of-bounds as most spectators do not adequately know the Laws of the Game.

Law 7 – The Duration of the Match

A game must start on time so that games following can begin on time. If a game starts late for ANY reason, the total game time will be shortened so that there is at least ten minutes before the next game is scheduled to start. Reduction in play shall be taken from each half or quarter so that each portion of the game remains equal length.

There are NO overtime periods and NO make-up games on league play.

There is no allowance for time lost through substitutions, injuries, removal of players, wasting time, or any other cause.

Law 8 – The Start & Restart of Play

A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The team, which wins the toss, takes the kick-off to start the second half of the match.

A goal may be scored from the kick-off, if direct kicks are allowed within these modified rules (U11-U19 divisions).

The ball is in play once it has moved forward, any amount of distance. The ball must touch a second player prior to the first player touching the ball a second time (award an indirect free kick for this infringement). Every player shall be in their half of the field and every player of the opposing team shall be outside any center circle.

After a team scores a goal, the kick-off is taken by the team that did not score.

Use the kick-off to restart the game after the quarter breaks. The same team will kick-off for the 1st and 2nd period, the other team will kick-off for the 3rd and 4th periods.

A dropped ball is a way of restarting the match after a temporary stoppage, which becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of the Game.

Law 9 – The Ball In and Out of Play

The ball is out of play when it has wholly crossed the entire goal line or touch line whether on the ground or in the air. The ball is out of play when the referee has stopped the game for any reason. The ball is in play at all other times.

Law 10 – Scoring Information

A goal is scored when the whole of the ball passes over the whole of the goal line, between the goalposts and under the crossbar, provided that the team scoring the goal has committed no infringement of the Laws of the Game prior to the ball crossing into the goal.

Coaches are to keep scores within reason of their opponent. If you are ahead by more than three points, please implement ways to keep the scoring down. Have the team complete a certain number of passes (five) before they can score. Have the players score with a 'header'. Have them score with their non-dominant foot. If you are ahead by more than five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

Law 11 – Offside

It is NOT an offense to be in an offside position.

A player is in an offside position if:

- The player is nearer to his opponents' goal line than both the ball and the second last opponent.

A player is NOT in an offside position if:

- The player is in his own half of the field of play
- The player is level with the second last opponent
- The player is level with the last two opponents

A player in an offside position is only penalized if, at the moment the ball touches or is played by a teammate, they are, in the opinion of the referee, involved in active play by:

- Interfering with play
- Interfering with an opponent
- Gaining an advantage by being in that position

The penalty is NOT based on the player's position when they *receive* the ball, but rather their position at the moment that the ball is passed by a player on his/her own team. A player who is onside when one of his/her teammates passes the ball or takes a free kick cannot become offside by running forward during the flight of the ball.

Players are NOT offside when they receive a ball direct from a throw-in, a goal kick or a corner kick.

In Soccer-5 play, the offside rule is waived for kindergarten, first and second grade games. This does not give a team a license to place players in the opposing goal. The rule is waived because of skill level, not to allow unfair advantage. The referee has the discretion to disallow goals and award free kicks to penalize teams seeking unfair advantage.

Law 12 – Fouls and Misconduct

Fouls and misconduct are penalized as follows:

DIRECT FREE KICK (not used for U6-U10 divisions)

A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner *considered by the referee* to be careless, reckless, or using excessive force:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his own penalty area)

A direct free kick is taken from where the offense occurred. A goal can be scored directly from a direct free kick (U11-U19) and the offside rules are in effect for the kicking team.

PENALTY KICK (not used for U6-U10 divisions)

A penalty kick is awarded if any of the offenses under Direct Kick is committed by a player inside their own penalty area, irrespective of the position of the ball, provided it is in play.

INDIRECT FREE KICK

An indirect free kick is awarded to the opposing team if a goalkeeper commits any of the following four offenses while in their own penalty area:

- Takes more than six seconds to release the ball from their possession.
- Touches the ball again with their hands after it has been released from their possession and has not touched any other player
- Touches the ball with their hands after it has been deliberately kicked to them by a teammate
- Touches the ball with their hands after they have received it directly from a throw-in taken by a teammate

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- Plays in a dangerous manner, including slide tackling
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from their hands
- Commits any other offense, not previously mentioned in Law 12 for which play is stopped to caution or dismiss a player

In recognition of the possible wide range of size, strength, and skills in the high school coed program, taking unfair advantage by use of physical contact, sheer strength, or intimidation will be defined as dangerous play. If the referee feels a player is attempting to take advantage in this manner, they will call 'dangerous play' and award the opposing team an indirect free kick. A second violation in the same game will result in a yellow card, a third violation in the same game will result in a red card.

The indirect free kick is taken from where the offense occurred.

DISCIPLINARY SANCTIONS

Only a player may be shown the red or yellow card.

Cautions – Yellow Card Offenses

A **player** is cautioned and shown the yellow card if they commit any of the following:

- Unsporting behavior (includes slide tackling)
- Shows dissent by word or action
- Persistently infringes the Laws of the Game
- Delays the restart of play
- Fails to respect the required distance when play is restarted with a corner kick or free kick
- Enters or re-enters the field of play without the referee's permission
- Deliberately leaves the field of play without the referee's permission

Sending Off – Red Card Offenses

A **player** is shown the red card and sent out for the remainder of the game if they commit any of the following:

- Serious foul play (includes tackles from behind)
- Violent conduct
- Spitting at an opponent or any other person
- Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his/her own penalty area)
- 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
- Uses offensive, or insulting, or abusive language and/or gestures
- Receives a second caution in the same match

Law 13 – Free Kicks

Free kicks are either direct or indirect. For both, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player (award an indirect free kick to the opposing team for this infringement).

DIRECT FREE KICK

If a direct free kick is kicked into the opponents' goal, a goal is awarded for U11-U19 divisions. If the ball goes into the goal for U6-U10 divisions, then the opponent is awarded a goal kick.

If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

INDIRECT FREE KICK

The referee indicates it will be an indirect free kick by raising their arm above their head and leaving it there until the ball has been touched by another player or goes out of play.

A goal may NOT be scored directly from an indirect kick. If the ball does enter the goal area, then a goal kick is awarded to the opposing team.

If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

POSITION OF FREE KICK (inside the penalty area)

By the Defending Team:

All opponents must be at least ten yards (or comparable distance for smaller fields) from the ball and outside the penalty area until the ball is in play. The ball is in play once it has been kicked directly beyond the penalty area.

By the Attacking Team

All opponents must be at least ten yards (or comparable distance for smaller fields) from the ball until the ball is in play, unless they are on their own goal line between the goal posts. The ball is in play once it has been kicked and moves.

POSITION OF FREE KICK (outside the penalty area)

All opponents must be at least ten yards (or comparable distance for smaller fields) from the ball until the ball is in play. The ball is in play once it has been kicked and moves. The free kick is taken from the place where the infringement occurred.

Law 14 – The Penalty Kick

A penalty kick is awarded against a team that commits one of the ten offenses for which a direct free kick is awarded, inside its own penalty area and while the ball is in play. A goal may be scored directly from a penalty kick. Additional time is allowed at the end of each half when a penalty kick has been taken.

PENALTY KICK PROCEDURES

- The ball is placed on the penalty mark (distance varies with size of field).
- The player taking the penalty kick is properly identified to the referee.
- The defending goalkeeper remains on the goal line, facing the kicker, between the goalposts until the ball has been kicked
- Additional players located inside the field of play, must be outside the penalty area and ten yards behind the penalty mark (distance varies with size of field).
- The ball is in play when it is kicked and moves forward.
- The kicker cannot touch the ball until it has touched another player.

PENALTY KICK INFRINGEMENTS / SANCTIONS

If the Player making the kick or one of the teammates infringes the Laws of the Game before the ball is in play:

The referee allows the kick to proceed

If the ball enters the goal, the kick is retaken

If the ball does not enter the goal, the kick is not retaken

If the Goalkeeper or one of the teammates infringes the Laws of the Game before the ball is in play:

The referee allows the kick to proceed

If the ball enters the goal, a goal is awarded

If the ball does not enter the goal, the kick is retaken

Law 15 – The Throw-In

A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in.

A throw-in is awarded when the whole of the ball passes over the touch line, either on the ground or in the air. The throw-in is taken from the point where the ball crossed the touch line. The throw-in is awarded to the opponents of the player who last touched the ball.

The player faces the field of play with part of each foot on the touch line or on the ground outside the touch line. The player must use both hands and delivers the ball from behind and over the head.

Law 16 – The Goal Kick

A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team.

A goal kick is awarded when the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

The ball is kicked from any point within the goal area with all players from the opposing team remaining outside the penalty area until the ball is in play. The kicker does not play the ball a second time until it has touched another player (award an indirect free kick). The ball is in play when it has passed outside the penalty area.

If the ball does not get outside the penalty area, the kick is retaken.

Law 17 – The Corner Kick

A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

The ball is placed inside the corner arc at the nearest corner of the field. If there is a corner flag, it is not to be moved. Opponents must remain at least ten yards from the ball until it is in play. The ball is in play when it is kicked and moves. The kicker does not play the ball a second time until it has touched another player (award an indirect free kick).

Section V – Dealing with Misconduct

These procedures are to be followed anytime red or yellow cards are issued during any game within the Soccer-5 League.

REFEREE'S RESPONSIBILITY

Make a full report to your club's referee coordinator within 48 hours of the game. The report must include all of the following:

- Player's full name
- Type of infraction, be specific and use correct Law number
- Date of game
- Time of game
- Field location
- Names of assistant referees if any present

REFEREE COORDINATOR'S RESPONSIBILITY

Keep track of all points for individual players and teams.

- Yellow cards: Two points
- Red Card: Three points – all except as noted below
- Red Card: Five points – Serious Foul, Violent Conduct

All players receiving a red card (or two yellows in the same game) will not be eligible to play in the next team game. In addition to that suspension, the following will apply:

- 6 points = 1 game suspension
- 9 points = 3 game suspension
- 12 points = Suspended for balance of season

Teams also accumulate points based on the total points for the players. Sanctions will be applied to teams as follows:

- 10 points = Certified letter sent to all Soccer-5 club presidents and the team coach.
- 20 points = Team suspended for the balance of the season.

NOTE: Cards issued to individual players for dissent will not count towards the team totals. All other individual points will be applied to the team total.

The referee coordinator of each club will monitor each player's and team's point accumulation. They will advise the coach of each team that is accumulating points. When players are to serve a suspension, they will notify the opponent of the next scheduled game that a player will be sitting out. If a team is suspended, they will notify all clubs so that any remaining league games can be rescheduled.

Section VI Soccer Terms

Advantage: A rule which directs the referee **not** to penalize a player for infringing the law when, in the referee's judgment, stopping the play to award a free kick would not help the team with the ball, but would deprive them of an advantage (by calling back a fast-break, for example).

Charging: A method of unbalancing the player who has possession or is attempting to gain possession of the ball. To be legal, a charge must be made shoulder to shoulder while challenging for the ball (*i.e.* when the ball is within playing distance) and while both players have at least one foot on the ground. In Soccer-5 play it is not legal to charge the goalkeeper.

Chip: A high, soft, arcing kick played from the ground, often with backspin on the ball; accomplished by striking the ball at its lowest point (see also Lob or Loft).

Clearing: The action of a goalkeeper or defender to move the ball up the field out of scoring range after gaining possession near the goal area. The purpose is to move the ball safely away from goal while retaining possession to begin the counterattack.

Corner Arc: The arc placed at each corner of the playing field. The arc should have a one yard radius.

Corner Flag: One of four flags placed at the corners of the field to mark the size of the field. Flags are to be at least five feet high with a non-pointed top.

Corner Kick: A kick made by the attacking team from the corner arc. A corner kick is awarded when the ball passes over the goal line (and does not score) and the last person to touch it was a defending player.

Cross: Kicking the ball from one side of the field to the center or to the other side in order to redirect the attack to the weaker side of the defense or produce a goal scoring opportunity.

Dangerous Play: Plays or moves that are likely to cause an injury. Examples are high kicks, playing the ball while lying on the ground, playing the ball while the goalkeeper has possession, slide tackling and diving headers.

Defender: Player who functions primarily in the defensive third of the field and whose major role is to repel attacks on the goal by the opposing team.

Delay-of-Game: Playing the game in such a way as to gain unfair advantage by wasting time or delaying the game. This is a yellow card offense, but for purposes of league play, additional time is not awarded. If the goalkeeper is involved in time wasting, the referee can penalize the offense by awarding an indirect free kick to the opposing team.

Direct Free Kick: A free kick from which a goal can be scored directly. It is awarded for fouls involving body contact, hand balls, and major infractions of the Laws of the Game. The referee indicates a direct free kick by pointing directly at the goal. In Soccer-5 play there are no direct free kicks for U6-U10 divisions; an indirect free kick is awarded instead.

Drop Ball: Way for the referee to restart play when neither team is awarded possession of the ball. The ball is held by the referee between two opponents and dropped to the ground to start play. The ball is not in play until it hits the ground. A goal may be scored directly from a drop ball and offside regulations apply.

Feint: Deceptive movements of the body, especially the knees and feet, made for the purpose of unbalancing your opponent so as to elude them.

Forward: Player who functions primarily in the attacking third of the field and whose major role is to score goals (see also Striker and Wing).

Free Kick: See Direct Free Kick and Indirect Free Kick.

Goal: When the whole of the ball passes over the goal line, between the goalposts and under the crossbar; must be on the opposite end of the field from where the team's own goalie is located. This results in the team being awarded one point each time this happens.

Goal Area: The smaller rectangular area in front of the goal on either end of the field. On a full-size field the goal area is six yards by 20 yards, extending 6 yards from each goalpost and 6 yards into the field of play from the goal line.

Goal Line: The line marking out-of-bounds at the end of the field, from corner flag to corner flag (see also touch line).

Goalkeeper: A player designated to guard the goal. The “goalie” or “keeper” may play the ball with the hands under specified conditions. This is a special privilege enjoyed by no other player on a team.

Hand Ball (Handling): Intentional or deliberate use of the hands to control the ball by carrying, striking, or propelling the ball with the hand or arm. Hand-to-Ball must be distinguished from Ball-to-Hand, which means unintentional handling of the ball and is not a foul.

Heading: A method of passing, scoring, or bringing the ball under control by allowing it to come into contact with the head, usually the forehead.

Immunity: No player may charge the goalkeeper in the penalty area. In Soccer-5 play, while the goalkeeper has control of the ball (defined as contact with either hand), an opponent may not attempt to play the ball.

Indirect Free Kick: A free kick from which a goal cannot be scored. It is awarded for technical and minor infractions of the rules. The referee will signify that the kick is indirect by raising an arm over the head and leaving it there until the ball has been touched by another player.

Instep kick: A long kick performed by making contact with the ball using the instep of the foot. This is a fast kick, but can be hard to control.

Juggling: Where the player keeps the ball off the ground by kicking, bumping and heading the ball; using only legal soccer contact motion. This exercise helps develop ball control.

Kick-off: A way of starting or restarting play at the start of a match, after a goal has been scored, at the start of the second half, and at the start of each extra overtime period. The ball is placed on the center line in the center of the circle.

Loft or Lob: A high, soft, arcing kick (see also Chip).

Marking: Guarding or covering the offensive team players when they move into your area of play. Defensive players typically mark offensive players by moving near them, usually on the side between the offensive player and the goal.

Midfielder - A player who functions primarily in the central third of the field and whose major role is to link the defense and the attack through ball control and passing.

Obstruction: Use of the body, while not playing the ball, to get in the way of an opponent's who is trying to play the ball. Illegal obstruction which interferes with the play can be penalized by the referee.

Offside: A player on the team which possesses the ball is in an offside position if he is nearer to his opponents' goal line than both the ball and the second last opponent. A player is NOT in an offside position if he is in his own half of the field of play or is level with the second last opponent or is level with the last two opponents. It is not against the Laws of the Game to be in an offside position. A player is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the OPINION of the referee, involved in active play by interfering with play or interfering with an opponent or gaining an advantage by being in that position.

Out-of-Bounds: The ball is out of play and out-of-bounds only when the whole of the ball has passed over the whole of the touch line (side line) or goal line of the field. For example, a ball that stops on the line is still in play.

Passing the ball: Getting the ball to a teammate. Always done in soccer with the feet, head, chest, thigh, knee, or shin, but not the hands or arms.

Penalty Area: The larger rectangular area (outside the goal area) at each end of the field. On a full size field this area is 44 yards by 18 yards, extending 18 yards from each goalpost and 18 yards into the field of play from the goal line. The penalty area is the area within which the goalkeeper may use their hands to contact the ball. If certain infractions occur here, the attacking team is awarded a penalty kick.

Penalty Kick: A direct free kick from the penalty mark, twelve yards out from the goal line on a full size field. It is awarded to the attacking team for fouls committed by the defense in its own penalty area. In Soccer-5 play, there are NO penalty-kicks for the U6-U10 divisions, an indirect free-kick is awarded instead.

Play on: Said by the referee to indicate that the advantage clause is being applied (*i.e.* no foul will be called and play is to continue).

Save: An action by the goalkeeper to prevent a goal, typically by catching the ball or deflecting it out-of-bounds or back onto the field away from the goal.

Shape: Refers to the positioning of players on the field. A good team shape incorporates both width (for attacking strength) and depth (for defensive protection). Good team shape will allow for direct, uncontested passing between team members.

Square Pass: A pass made between two players of the same team at right angles to the attacking direction. This type of pass is used to redirect the attack on goal.

Stopper: A defender who is positioned behind the last line of midfielders.

Striker: A forward, typically the center forward (see also Wing).

Sweeper: A defender who is positioned behind the last line of defenders.

Switch: Playing the ball to change the line of attack from one side of the field to the other. This is normally accomplished with back passing and square passing, or with a long crossing pass from one side to the other.

Tackling: A method of dispossessing an opponent of the ball by using the feet. It does not imply that possession was gained by knocking anyone down. The ball is tackled, not the player. It is not permissible to tackle recklessly or by using excessive force or to push with the hands – at any age. These types of tackles will be called as fouls.

Throw-in: Restarting play after the whole of the ball has passed over the whole of the touch line. The player faces the field of play and keeps a part of each foot on the ground; can be on the touch line. The player uses both hands and delivers the ball from behind and over the head.

Time wasting: Playing the game in such a way as to gain unfair advantage by wasting time or delaying the game. This is a yellow card offense, but for purposes of league play, additional time is not awarded. If the goalkeeper is involved in time wasting, the referee can penalize the offense by awarding an indirect free kick to the opposing team.

Touch line: The side line on the field of play.

Trapping the ball: A method of controlling the ball that involves receiving the ball and dropping it to your own feet where it can be played. The ball can be “trapped” with feet, legs, thigh, chest or head.

Unintentional Hand Ball (Unintentional Handling): When the ball hits the hands or arms of a player, and is NOT played to that player’s advantage. No penalty is awarded even if the offending player gains an advantage. Unintentional Ball-to-Hand must be distinguished from Hand-to-Ball, which is a foul.

Volleying: Kicking the ball while it is still in the air.

Wall Pass: A pass from attacker to a team member and back again while the attacker runs past. This is sometimes called the “give-and-go” pass as it duplicates that basketball strategy.

Wing: A forward who is positioned and plays near the side boundaries of the field (see also Striker).