

# American Fork Recreation



# Soccer Rules

# Table of Contents

Leagues .....	3
Teams .....	3
Ball Size .....	3
Number of Players/Field Size .....	4
Player Equipment .....	4
Coaches & Spectators .....	5
Referee .....	5
Method of Scoring .....	6
Substitutions .....	6
Length of the Game .....	7
Start of Play .....	7
Ball In and Out of Play .....	8
Throw-In .....	8
Goalie Kick .....	9
Corner Kick .....	9
Off-Sides .....	9
Fouls and Misconduct .....	10
Free Kicks .....	11
Penalty Kick .....	11
Yellow Card / Red Card .....	12

# Leagues

Pre-School (Coed)

Kindergarten (Coed if needed)

1<sup>st</sup>/2<sup>nd</sup> (grades)

3<sup>rd</sup>/4<sup>th</sup> (grades)

5<sup>th</sup>/6<sup>th</sup> (grades)

7<sup>th</sup>-9<sup>th</sup> (grades)

10<sup>th</sup>-12<sup>th</sup> Coed (SPRING SEASON ONLY)

# Teams

Pre-school-9<sup>th</sup> grade teams are developed according to:

1. Head to Head request in the same division
2. Home address = Department map number
3. ASD school boundary the participant lives in or attends

\*Note\* - Cities, School or Areas may be combined in order to develop entire teams

# League/Ball Size



## LEAGUE

Pre-School/Kindergarten

1<sup>st</sup>/2<sup>nd</sup>

3<sup>rd</sup>/4<sup>th</sup>

5<sup>th</sup>/6<sup>th</sup>

7<sup>th</sup>-12<sup>th</sup>

## BALL SIZE

#3

#3

#4

#4

#5

# Number of Players/Field Size

Number of players including goalkeeper on the field and on the team:

<u>Division</u>	<u>Players</u>	<u>Max Team Size</u>	<u>Field Size</u>
Pre-School & Kindergarten	5 v 5	9	35 x 25 yards
1 <sup>st</sup> /2 <sup>nd</sup>	6 v 6	9	45 x 30 yards
3 <sup>rd</sup> /4 <sup>th</sup>	8 v 8	11	65 x 40 yards
5 <sup>th</sup> /6 <sup>th</sup>	8 v 8	11	75 x 50 yards
7 <sup>th</sup> -9 <sup>th</sup>	11 v 11	15	105 x 60 yards
10 <sup>th</sup> -12 <sup>th</sup>	8 v 8	12	85 x 60 yards

## Player Equipment

The usual equipment of a player is a team jersey (shirt provided by the Recreation Department), shorts, socks, and footwear. All players should make every effort to wear their uniform to every game.

**Players may not wear anything dangerous to themselves or other players such as watches, rings, cast, etc. Metal cleat shoes and baseball shoes with toe cleats are specifically prohibited.**

**-Shin guards are required for all players in all divisions.**

Goalkeeper shall wear colors that distinguish him/her from the other players and from the referee. The Recreation Department is responsible to provide a pullover for the goalkeeper that is issued with the equipment for each team.

# Coaches & Spectators

Pre-School/Kindergarten and 1<sup>st</sup>/2<sup>nd</sup> grades are allowed to have one coach on the field if they are serving as a referee and may coach during dead ball situation. These teams are also allowed one coach behind the goal line to direct and encourage their team's goalie.

3<sup>rd</sup>-12<sup>th</sup> grade teams must have spectators and coaches stay behind touch lines and not enter behind the goal line.

## Referee

In Pre-School/Kindergarten & 1<sup>st</sup>/2<sup>nd</sup> grades games, one referee shall be provided by each team for every game.

In 3<sup>rd</sup>-12<sup>th</sup> grade games, referees will be provided by the Recreation Department.

The referee is there to see that the laws of the game are enforced; to see that the game is played according to the spirit and philosophy of the program; and to serve as a resource for coaches and players for rules.

# Method of Scoring

A goal is scored when the whole ball has passed over the goal line between the goal posts and under crossbar.

A Goal **cannot** be scored on the following:

Indirect free kick

Throw-in

Kick off

# Substitutions

Coaches should substitute liberally so that players do not become exhausted and all players participate in half of the game.

Pre-School/Kindergarten and 1<sup>st</sup>/2<sup>nd</sup> grades – Substitutions may be made during any break in play; however, make sure that the field player comes off before play resumes.

3<sup>rd</sup>-12<sup>th</sup> grade games – Substitutions are unlimited and may be made with the consent of the referee, at the following times:

Prior to a throw-in by the team with possession, (or by both teams if the team with possession decides to substitute)

Prior to a corner kick by either team

Prior to a goal kick, by either team

After a goal, by either team

After an injury, by either team, (if the referee stops play)

At half time, by either team

All Substitutions Should enter and leave at midfield.

Coaches **must** make referee aware of goalkeeper substitution.

**There will be no substitutions with less than two minutes to play in each half.**

# Length of the Game

P-6<sup>th</sup> grade= 2, twenty three minute halves with a 4 minute halftime  
7<sup>th</sup>-9<sup>th</sup>= 2, thirty minute halves with 4 minute halftime.

Time shall be extended to permit a penalty-kick to be taken at or after expiration of normal time with 3<sup>rd</sup>-9<sup>th</sup> grade divisions.

# Start of Play

Choice of ends and kick-off shall be decided by the schedule. Team listed first on the schedule will kick-off the first half and the team listed second may choose which end of the field to defend.

Players start in their own half of the field. Opponents must be outside of the center circle until the ball is played.

After the referee's whistle, the ball is in play when it is kicked and moves forward. Kicker cannot play ball again until touched by another player. **An improper kick-off should be retaken.**

After each goal, the game shall be restarted in like manner by a player of the team scored upon.

After half time, ends shall be changed and the kick-off shall be taken by a player of the opposite team that kicked off at the first of the game.

After a temporary suspension of play for Pre-School – 2<sup>nd</sup> grades, the game shall be restarted by an alternate possession rule, with opponents at least 8 yards from the ball.

After a temporary suspension of play for 3<sup>rd</sup>-12<sup>th</sup> grades, the game shall be restarted by the referee dropping the ball at the place where the play was suspended. If a player touches the ball before it touches the ground, the referee shall drop the ball again. Opponents must be at least 10 yards from the ball.

# Ball In & Out of Play

Ball is in play at all times unless:

Whole of the ball crossed the goal-line or touch-line, whether on the ground or in the air.

Ball is in play when it rebounds from goals, flags, or official. The goal lines and the touch-lines belong to the field of play.

## Throw-In

A Throw-In is taken at the spot where the entire ball crossed over the touch-line.

Throw-Ins are taken by team opposite to that of the player who last touched the ball.

### Execution

1. Both feet on the ground during delivery outside of field, or part of one or both feet on touch-line
2. Delivery from behind and over the head
3. Both hands on the ball (equally)
4. Player must face in the direction they are throwing the ball.

### Penalty

Pre-School-2<sup>nd</sup> grade: Retry each time, and then allow game to play on.

3<sup>rd</sup>/4<sup>th</sup> grade: Second throw-in will be allowed if the player makes an improper throw-in. If the second attempt is improper, the opposing team will receive the ball for the throw-in play.

5<sup>th</sup>-12<sup>th</sup> grade: Turn-over . . . opposing team's throw-in.

If the thrower plays the ball before another player – indirect free kick (IFK) at point of infraction.



# Goal Kick

1. Taken by the defender after the whole of the ball passed over goal line when last touched by the attacker.
2. Taken from that half of the goal area nearest the point where the ball went out of bounds
3. Must clear penalty area (re-kick if not) before being touched by another player
4. Opponents must be outside penalty area
5. Kicker cannot play ball twice consecutively

# Corner Kick

1. Taken by the attacking team after the whole of the ball passes over goal line when last touched by the defending team
2. Taken from the nearest corner
3. Opposition must be eight yards away from corner kick
4. Kicker cannot play ball twice consecutively

# Offside

A player is in an offside position when he or she is in the opponents' half of the field and closer to the opponents' goal line than both the ball and the second-to-last opponent (usually the last defensive player in front of the goalkeeper). If a player is caught offside, an indirect free kick shall be taken from the spot in which he was offside when the ball was played forward.

## Penalty:

Preschool-2<sup>nd</sup> grade: Not enforced.

3/4 grade: No penalty will be assessed at this level. Referee should stop play, point out the infraction, then restart the game with a throw-in from touch line with the team who last possessed the ball.

5<sup>th</sup> - 9<sup>th</sup> grade: Offside is fully recognized and enforced.

# Fouls & Misconduct

The penalty for Preschool-2<sup>nd</sup> is in each case an indirect free kick.

\*Note\* All cases and penalties below are for 3<sup>rd</sup>- 12<sup>th</sup> grade.

## FOUL

## PENALTY

- |  |                     |
|--|---------------------|
| 1. Kick or tempts to kick others. . . . .  | Direct Free Kick    |
| 2. Trips or tempts to trip. . . . .  | Direct Free Kick    |
| 3. Jumps at an opponent. . . . .   | Direct Free Kick    |
| 4. Charges in violent or dangerous manner. . . . .   | Direct Free Kick    |
| 5. Charges from behind unless obstructed. . . . .  | Direct Free Kick    |
| 6. Strikes or attempts to strike opponents. . . . .  | Direct Free Kick    |
| 7. Holds opponent with hand or arm. . . . .  | Direct Free Kick    |
| 8. Pushes opponent with hand or arm. . . . .   | Direct Free Kick    |
| 9. <u>Deliberately</u> carries, strikes or propels the ball with ANY part of<br>the arm or hand. . . . .   | Direct Free Kick    |
| -Instinctive, self-protection arm reactions which involve contact<br>with the ball should not be penalized under the handling definition.  |                     |
| -Accidental (non-deliberate) contact of the ball with the "Hand" should not be<br>penalized even if an advantage is gained.  |                     |
| 10. If defender commits any of the above nine fouls inside his<br>penalty area. . . . .  | <b>Penalty Kick</b> |
| 11. Dangerous play (i.e. kicking ball when held by goalkeeper, high<br>kicking near opponent). . . . .   | Indirect Free Kick  |
| 12. Slide tackling is prohibited, but players can legally slide to play the<br>ball if there is no danger of contact or injury to<br>an opponent. . . . .  | Indirect Free Kick  |
| 13. Charging fairly, but not playing ball. . . . .   | Indirect Free Kick  |
| 14. Obstructing (blocking) an opponent . . . . .   | Indirect Free Kick  |
| 15. Charging or unduly molesting the goalkeeper when he has possession<br>of the ball (having a hand on the ball and under control). . . . .   | Indirect Free Kick  |
| 16. When playing as a goalie within his/her own penalty area, taking<br>more than 10 seconds to release the ball, or having released<br>it, touching it again with a hand before it has been touched by<br>another player or touching the ball with a hand when it was<br>deliberately kicked to the goalie by a teammate. . . . . | Indirect Free Kick  |
| 17. Holds up game by waisting time. . . . .  | Indirect Free Kick  |
| 18. If after making a throw-in or a free-kick a player plays the ball again<br>before the ball is touched by another player. . . . .   | Indirect Free Kick  |

# Free Kick

There are two types of free kicks, direct and indirect.

1. Direct: Can result in a goal scored.
2. Indirect: Cannot score directly, ball must be touched by another player (either offensive or defensive) to be counted as a goal.

How executed:

- When taken by a player in his/her own penalty area, all opposing players must remain at least 10 yards away from the ball and outside the penalty area until the ball has cleared it. The ball is in play when it has moved after being touched by an offensive player.
- When taken by a player outside his/her own penalty area, all opposing players must remain at least 10 yards away from the ball until it is in play UNLESS they are standing on their own goal line in between the goal posts.
- The ball must be stationary when a free kick is taken, and may not be replayed by the kicker until touched by another player.

## Penalty Kick - 3<sup>rd</sup>-12<sup>th</sup> grades only

Placement of ball from goal line:

- 3/4 grade - 8yds
- 5/6 grade - 10yds
- 7-12 grade - 12yds

All players except kicker and goalie outside penalty area

Goalie's feet on his goal line

Kicker cannot play rebound from goal post or crossbar: plays ball only once unless touched by another player

**Punishment:** Defense Fouls – Re-kick if no goal

Offense Fouls

1. Kicker – Indirect Free Kick
2. Others – Re-kick if goal

# Yellow Card / Red Card

**Yellow Card** – Formal caution that may be issued by the official for the following:

1. Player is guilty of unsporting behavior
2. Shows dissent by word or action
3. Persistently infringes the Laws of the game.
4. Delays the restart of a play
5. Fails to respect the required distance when play is restarted with the corner kick, free kick or throw in.
6. Enters or re-enters the field of play without the referee's permission

**Red Card** – Formal removal of the player be issued by the official for the following:

1. Player is guilty of serious foul play
2. Player is guilty of violent conduct
3. Spits at an opponent or at any other person
4. Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball. (This does not apply to the goalkeeper within his/her penalty area)
5. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
6. Uses offensive or insulting or abusive language and/or gestures.
7. Receives a second caution in the same match

*Your example is powerful, for better or worse. If you insist on fair play, if you concentrate on your players' enjoyment of the game and their overall, long term development, and if you support the referee, your players and their parents will notice.*