

NIBLEY RECREATION SOCCER RULES 7th/8TH GRADE

LAW 1: THE FIELD

175' long x 105' wide

- *Goals outdoors will be secured to the ground.
- *Lines are part of the playing field. Each field will have 2 build out lines. When there is a goal kick, the defense must be behind the build out line. Once the ball is kicked, the defenders may cross the line.

LAW 2: THE BALL

Size #5

- *Home team (listed on schedule) supplies the ball for their match only. *should be inflated from 5-8 lbs.
- *If the ball becomes damaged, a drop ball will restart the match.

LAW 3: NUMBER OF PLAYERS

*Co-ed 5v5. With a goalie. (potential for 6v6 games)

*Must have at least 1 of each gender on the field at all times.

- *Free substitution anytime. Change goalie during stoppage of play.
- *In the event of a serious injury, game will be stopped and player should be replaced.
- *In the event of a minor injury play will be stopped at the next dead ball and player will be assessed.

*Goalies can change with any player of his/her team that is already playing. Referee must be notified or a yellow card may be issued to both players involved.

*Drop kick is allowed by goalie but there is no heading the ball from a drop kick.

*High kicks (any kick above the waist, with any player nearby) will result in an indirect free kick.

LAW 4: PLAYER'S EQUIPMENT

- *Players must not wear anything that is dangerous to herself/himself or other players.
- *Casts can be worn if covered and approved by 1) Referee & 2) Player's coach. CASTS MUST BE APPROVED PRIOR TO THE GAME.
- *Soccer cleats can be worn. NO METAL OR TOE CLEATS. Cleats or gym shoes required.
- *SHIN GUARDS ARE MANDATORY.
- *Jersey must be worn and tucked in. Cold weather clothes can be worn underneath the jersey.

*Goalies need to wear top distinguishing them from other players and referees.

LAW 5: REFEREE

2 Referee

- *Ensures correct number of players for the start of the match. Forfeit time is 5 min. after scheduled start time. Games can be started late but the time will be adjusted to end the game at the normal time.
- *Makes sure Law 4 is enforced prior to game.
- *Enforces all rules. Does not call incidental contact, focuses on intent of breach. Does not control the match by continually blowing the whistle.
- *Stops play by blowing whistle and using correct hand gestures.
- *Starts halves, restart after goal, and penalty kicks with a whistle. Other restarts do not require a whistle.
- *Acts professionally. Acts as a timekeeper.
- *Provides **8-yards** distance, when requested, for free kicks.
- *Stops game the moment anyone sees lightning. Can also cancel due to harsh weather conditions. If game is into **3rd, 4th qt.** no rematch. Optional if canceled earlier. Coach's discuss at that time.
- *Administers red/yellow cards. Let's make it a goal not to have any of these. This is a recreation league. Treat players and referees with kindness.
- *The Advantage Rule: The Referee has the responsibility to NOT call an obvious foul if, by stopping play at that moment, the effect would be to cause greater harm to the team that was fouled with the advantage.

LAW 6: DURATION OF GAME

Four 10 minute quarters

*2 minute interval between 1st & 3rd quarters. (play restarts where the ball was when the quarter break was called)

5-minute halftime interval or when kids are ready (play restarts with Home team kicking off)

LAW 7: RESTARTS

- *Home team chooses which goal to attack at start of game.
- *Away team kicks the ball off at start of the game.
- *Goals can't be scored on the kick off.
- *Defense on own half of the field and outside of the center circle.

*Offense on own half of field and **inside or outside of circle.**

*Ball must roll forward or backward. Distance does not matter.

*If the kicker touches the ball a second time indirect kick is awarded to the other team.

LAW 8: BALL IN & OUT OF PLAY

*100% rule, Entire ball must cross the line to be in/out of play or score a goal.

LAW 9: METHOD OF SCORING

*Can't score on throw-in, kickoff, and any free kick since they are all indirect. Can score on corner kicks.

LAW 10: OFFSIDES

***Offside will be called when you receive a pass on your opponent's half of the field and there wasn't 2 defenders between you and the goal you're attacking when the ball was kicked.**

***Can't be offside on a goal kick, corner kick, throw-in, if you have the ball, or if you're on your half of the field.**

***Offside position won't be called until you are part of the play.**

LAW 11: FOULS AND MISCONDUCTS

*Heading the ball is allowed.

*Kicking, tripping, jumping at, charging, striking, pushing, tackling (before contacting the ball), holding, spitting, touching ball with hand or attempting to do any of these will result in an indirect free kick.

*Slide tackling or kicking while on the ground will result in an indirect free kick.

*High Kicks (any kick above the waist) will result in an indirect free kick.

*Any play that is considered overly dangerous or aggressive will result in a yellow card and the player will sit out until they have calmed down or for the entire game upon the referee's judgement.

***If goalie touches/picks up ball after being passed the ball by their own teammate, this is a hand ball and will result in Penalty Kick for opposing team.**

LAW 12: FREE KICKS

*Indirect: Ball must touch another player before going into the goal.

*Ball must be stationary before played, and kicker does not touch a second time or indirect awarded to opposing team. Don't need to wait for referee signal unless asking for space (5 yards).

LAW 13: PENALTY KICK

***Will be taken from the indicated penalty kick spot 20-feet from the goal.**

***All players, except the kicker and goalie, must be outside the penalty box until the ball is kicked.**

***Once the kicker starts their approach, they must continue in a forward motion.**

***The goalie must have at least one foot on the goal line when the ball is kicked.**

LAW 14: THROW IN

***100% rule. If 100% is not in play same team re-throws until ball is in play.**

***Thrower can't touch ball before it has touched another player. Indirect kick is awarded.**

LAW 15: GOAL KICK

*Kicking team players can be inside of penalty area.

*Kick taken by any team member anywhere inside the goal box.

*Each field will have 2 break out lines. When here is a goal kick, the defense must be behind the break out line.

*Ball becomes live as soon as the ball is kicked. The ball does NOT have to leave the penalty area before becoming live.

LAW 16: CORNER KICK

***Distance will be given if asked for (8 yards). *Can score goal directly.**