



## Recreation Soccer League Rules and Regulations

### Rules and Regulations:

- 40 minute games with 2 twenty minute halves and a 2 minute half-time for instructional purposes
- All games will start at their scheduled time – NO EXCEPTIONS
- The head referee will start the score clock for both fields at the scheduled start time
- Once schedules for the season are posted there will be no changes made (unless weather related)
- Shin guards are mandatory for all players
- There will be 7 regular season games with no playoffs
- Game scores and standings will NOT be kept for this league – it is for FUN! No wins or losses!
- All players MUST wear their team shirt – if they can't they may wear a shirt the SAME color
- Please stay off of the field when the other league games are playing

### All FIFA rules apply except for the following:

- No off sides and no slide tackling
- Goalies cannot punt or throw the ball past mid-field. If the ball does go past mid-field the other team receives an indirect free kick at mid-field
- Free substitution on the fly
- Number of players on the field to be determined by the coaches/referee at game time. We play 7v7 for grades PreK-2<sup>nd</sup> and 6v6 for 3<sup>rd</sup> and 4<sup>th</sup> grades. Referees can adjust if needed to avoid blowouts.
- Teams down by 4 or more goals MAY put another player on the field until the deficit is less than 4
- Goal kicks must be taken from inside the “small” goal box and may not go past half field
- Goalies can use their hands in the “bigger” box designated by the yellow lines
- All restarts are indirect free kicks except penalty shots which are taken from the top of the “bigger” yellow box
- Balls played out of bounds are restarted with a throw in at the point of exit (taken as many times as needed to use the proper technique – remember it is an instructional league!)
- Ball can be played in any direction from a restart
- If a yellow card must be issued, the player must take a 2 minute “break” and the player's team does NOT play shorthanded
- All players should play equal amounts of time. Coaches please be fair.

**Please always keep in mind that this is a non-competitive league and that all of the players should have fun! Any parents and/or coaches that lose focus on this will be removed from the facility.**