



Spring Hill Recreation Commission Soccer

Rules of the Game

National Federation of State High School Associations

The Laws of the Game, as periodically amended and updated by the N.F.S.H.S.A., shall control all Spring Hill Recreation Commission Soccer games except as superseded by these rules.

Equipment

1. Game Ball

A ball in good condition is to be furnished by one of the two teams. The ball must not be too soft or too hard. A hand stitched ball is recommended, especially during cooler weather when some laminated balls have a tendency to become hard. Games for Grades Pre-K - K will be played with a Size 3 ball, games for Grades 1 – 4 will be played with a Size 4 ball, and games for Grades 5-8 will be played with a Size 5 ball.

2. Uniforms

All teams must wear the league issued uniform. A player without a team jersey will not be allowed to play.

If there is a conflict in the similarity in colors, the HOME team is responsible for changing jerseys. Conflict jerseys will be available at the field prior to the game.

The goalkeeper is to wear a shirt of a color/design, which distinguishes them from all other players on the field.

3. Shoes

Soccer shoes, turf soccer shoes, jogging shoes, rubber cleated shoes and sneakers are generally acceptable. The hard plastic or nylon cleated soccer shoes must be checked to determine that no sharp edges exist and that the diameter of the cleats is sufficient not to cause injury.

Shoes should always be inspected prior to each game for any sharp objects that might cause injury, such as loose rivets.

Metal cleated shoes of any type are not permitted. Baseball shoes are acceptable if the cleats are soft plastic or rubber with no protruding front, center cleat.

4. Shinguards

Shinguards are **mandatory** for all players. Socks **must** be pulled up over the shinguards, and the shinguard must not have any sharp or protruding edges.

5. Illegal Equipment

Any equipment considered dangerous to one's self or to another player is considered illegal. A player with illegal equipment will be temporarily sent off the field; he may re-enter with the referee's permission at any stoppage of play. He must report to the referee to show that the problem has been corrected to the satisfaction of the referee.

Examples of illegal equipment (by referee's discretion): hard casts or splints not completely covered with soft padding, jewelry such as watches, bracelets, earrings, hair pieces, rings, etc.

Players wearing eyeglasses must use restraining bands or other similar restraints to insure that the eyeglasses will not be accidentally knocked off.

Officials

1. Linesmen

Each team is responsible for providing one linesman for their games. This linesman will work their team's side of the field. Since he/she must remain neutral, he/she is not permitted to coach from the sidelines. The linesman is to signal the referee by raising a flag when the ball completely crosses the touch line and is out of play. It is important to note that the line is part of the field of play; therefore, the whole ball must cross the touch line.

The referee may request that the linesman, alone, assist in determining which team is to take the throw-in (have possession of the ball). The referee's decision regarding throw-ins, goals, or other decisions are final. The referee in his/her sole discretion may replace or substitute a linesman at any time.

2. Referee

In general, the league will furnish only one referee for a game. (If no referee is available, or if the referee is unable to continue the game, a neutral referee may be appointed by mutual consent of the coaches. Please contact the league coordinator if this occurs.) The referee's jurisdiction begins the moment he enters the field of play and extends after the game until he/she leaves the field of play. This includes periods of time where play has been temporarily suspended or when the ball is out of play.

The referee has the discretionary power to stop a game for any infringement of the rules and to suspend or terminate a game by reason of weather, condition of the field, interference by spectators or for any other cause, which he may deem necessary.

The referee may warn or caution a player or coach for misconduct or unsportsmanlike behavior; and if it persists, suspend him/her from further participation in the game. When cautioning a player or coach, the referee shall display a yellow card and indicate the individual concerned. When suspending a player or coach, a red card is to be displayed. The suspended player or coach must leave the field of play.

If a player is seriously injured in the opinion of the referee, the play will be stopped immediately. If a player is not seriously injured, the play should be allowed to continue until the ball is out of play or cleared from the goal area. If play is stopped and the coach comes on the field, the injured player must leave the field of play until the next available opportunity to substitute. After an injury, the game is restarted by a drop ball if there was no clear possession by either team at the time of stoppage; or an indirect kick by the team with possession.

The referee is also responsible for:

- (a) Keeping the official game time and half-time intervals;
- (b) Determining illegal equipment, and;
- (c) Determining goals.

Coaching

Coaching from the sidelines is permitted by the SHRC as long as it remains positive and is directed toward one's own team. (Distracting an opponent is not permissible.) Sideline coaching must come only from the team's side of the field. Parents or assistant coaches are not permitted to instruct the players from your opposing teams sidelines. This includes the sideline volunteer you get to help the referee. We strongly encourage that all parents remain on your side of the field throughout the entire game.

In the Pre-K through 2nd grade division each team may have **ONE** coach on the playing field and **ONE** coach positioned near the teams defensive goal, but off the field of play. The on field coach shall be considered part of the field of play if the ball should strike him/her during play. The on field coaches shall strive to avoid interfering with the flow of play.

Playing Time

The Spring Hill Recreation Commission soccer league makes every attempt to make this league a recreational and fun soccer league. In striving to keep the league on this level we require coaches to give equal playing time to all players.

Game Time

All teams are requested to be ready at the field before game time. Because of the number of games that have to be scheduled, little time is available on the field for warm up and practice between games. There will be situations where no field time is available because previous games have run late. The referees have been requested to start the games on time.

Each team should take separate sides of the field. The HOME team has the choice. The HOME team is the team that is listed first on the schedule. Players and spectators should remain six (6) feet behind the touch lines to give players room to play the ball on the lines and to allow the linesman a clear line of sight along the touch line.

A team may start a game with as few as five (5) players, and the maximum number is 7.

The normal half-time interval is five (5) minutes. The referee may shorten the half-time interval and the length of the second half in order to maintain scheduling.

<u>Division</u>	<u>Grade</u>	<u>Length of Halves</u>	<u>Ball Size</u>	<u>Corner Kicks</u>
Girls/Boys	5th – 8th	30 Minutes	No. 5	Long
Girls/Boys	3rd – 4th	25 Minutes	No. 4	Long
Girls/Boys	1st – 2nd	20 Minutes	No. 4	Long
Girls/Boys	PreK - K	20 Minutes	No. 3	Long

Ball in Play

1. Kick-Off

A coin toss, or similar fair method, shall be used by the referee to determine the team that is awarded the choice of a kick off or direction at the beginning of the game.

The kick-off may be taken only after the referee has blown his whistle. The game does not actually begin until the ball moves forward into the opponents half of the field. A goal can be scored directly from a kick-off. Opposing players must remain 10 yards away from the ball, as defined by the center circle, until the ball has been played. The person taking the kick may not touch the ball a second time until it has been touched by another player. If the kicker touches the ball a second time before another player, an indirect free kick is given to the opposing team. In K-2 the kick-off will be retaken by the kicking team.

The ball is in play at all times from the start of the match until the finish except when: (1) The ball crosses out of bounds; (2) The game has been stopped by the referee; or (3) The ball hits a foreign object that does not belong on the field, such as a dog. A ball hitting the referee, a goal post, cross bar, or corner flag and rebounding on to the field is still in play. The touch lines (side lines) and the goal lines are considered part of the field; therefore, a ball must pass completely over a touch line or a goal line either on the ground or in the air before it is out of play.

2. Scoring a Goal

A goal is scored when the entire ball crosses the goal line between the goal posts and under the cross bar. Being on the line is not over the line. It is only the position of the ball which determines a goal. A goalkeeper or other defending player, may be behind the line and play the ball in front of the goal. Goalkeepers, standing behind their goal line, have scored goals against their own teams by simply pulling the ball across the goal line into their chest.

3. Throw-In

A throw-in is used to put the ball back into play after it has passed completely over the touch line (side line) at the spot where the ball crossed the line. The throw-in is to be taken by the opposite

team that last touched the ball. The player taking the throw-in shall not advance the ball forward or backward from this spot before taking the throw-in.

A throw-in cannot be thrown to the goalkeeper who in turn picks the ball up with his/her hands. The penalty for this is an indirect kick for the opposing team.

The thrower is not allowed to lift either of his/her feet to gain an advantage. The throw must be completed with both hands and delivered from behind and over his/her head in one continuous motion.

The thrower may not touch the ball a second time until it has been touched by another player. (Penalty: Indirect kick from point of infraction.)

An opponent may not jump up and down or wave his/her hands in front of the thrower to distract him/her, nor may he/she place himself/herself directly on the line to prevent or obstruct the throw. (Penalty: Indirect kick and yellow card for unsportsmanlike action.) **A goal may not be scored directly from a throw-in.**

An illegal throw will result in awarding a throw-in to the opposing team at the spot of the throw, except in grades PreK - 2 where the throw shall be retaken by the same player committing the infraction.

4. Corner Kick

When the ball completely passes over the goal line after it was last touched by a member of the defending team, it is put back into play by a member of the attacking team with a corner kick.

Grades 5 and up take the kick from the corner circle on the edge of the field. The ball must be placed completely within the quarter circle and the corner flag must not be moved.

Grades 4 and younger take short corner kicks from where the penalty box line meets the goal line.

All players of the defending team must remain ten (10) yards away from the ball until it has been put into play. (Penalty: The kick is to be retaken by the attacking team.) If a short corner is played the referee shall determine the distance the defending team must be from the corner kick spot. In no circumstance shall the distance be greater than 10 yards.

A kicker may not touch the ball a second time until it has been touched by another player. (Penalty: Indirect free kick awarded to the opposing team at point of infraction.)

Note: There is no off-side on the initial kick, and a goal can be scored directly from a kick.

5. Goal Kick

When the ball completely passes over the goal line without being a goal after being last touched by a member of the attacking team, it is put back into play by a goal kick. The goal kick may be taken from anywhere in the goal area.

Players of the opposing team must remain outside of the penalty area until the ball clears the penalty area. The team taking the kick may have any number of players inside the penalty area, but they may not play the ball until it first clears the penalty area. If a ball does not clear the penalty area or is played before it clears the penalty area, the kick is retaken.

Any player may take the goal kick, including the goalkeeper. The ball must be kicked off the ground. It may not be picked up and punted by the goalkeeper. The kicker may not kick the ball a second time before it is touched by another player. (Penalty: Indirect free kick awarded to the opposing team at the point of infraction.)

A goal can be scored directly from a goal kick.

Substitutions

Substitution rules vary by divisions (age grouping) as follows:

Grades 3 and up

Any number of substitutions may be made:

- On a throw-in by the team in possession of the ball
- On a goal kick by either team
- After a goal by either team
- At half-time by either team
- On a corner kick by the team in possession of the ball
- A player that receives a caution, only that player may be replaced. If the player receives a second yellow resulting in a red card, the player may not be replaced.
- A player that has been injured (Unlimited substitutions by both teams.)

The substitute may not take a penalty kick or a restart kick.

No substitution is allowed:

- On a penalty or foul

Pre-K through 2nd Grade

Substitutions are fully open in this group. This means that in addition to all of the above, substitutions may be made:

- "On the fly". This type of substitution may be made without the stoppage of play or the permission of the referee, except for the goalkeeper which is subject to section 4 below.
- On either team's throw-in

Goalkeeper Substitution

With the permission of the referee, a goalkeeper can be changed with any player on the field at any time play is stopped. **EXCEPTIONS:** (a) a player entering the field as the result of a caution may not change with the goalkeeper until another stoppage of play, (b) goalkeepers are not subject to "on the fly" substitutions and may only substitute at a stoppage of play; (c) a goalkeeper may not be replaced to defend a penalty kick or at the stoppage of play for a corner or free kick to be taken by the opposing team.

Note: Continual substitution in order to delay the game is considered unsportsmanlike action. The referee will caution the team for such action and may penalize for multiple infractions.

Off - Sides

The off-side rule is one of the most confusing rules of the game. To understand the rule, you must first understand the distinction between being in an off-sides position and being off-side.

- a. A player is in an off-sides position if he/she is ahead of the ball on the opponents' half of the field and is nearer to the opponents' goal line than at least two of his opponents. (A 1990 rule change allows him/her to be even with the second to the last player.)

- b. A player will be judged off-side if he/she is in an off-side position the moment the ball is played to him/her by one of his/her teammates or to where he/she can get to the ball. A player in an off-side position may not be judged off-side by the referee if: He/she is not involved in nor makes any attempt to be involved in the play; he/she does not influence the play and/or he/she is not attempting to gain an advantage from being in that position.
- c. A player is never to be judged off-side if he/she received the ball directly from:
 - A corner kick
 - A throw-in
 - A goal kick
 - A drop ball by the referee

Once off-side, a player can not put himself/herself on-side unless (1) an opponent next plays the ball; (2) he/she is behind the ball; or (3) he/she has two opponents between him/her and their goal line when the ball is played by one of his/her teammates. A ball rebounding off the goal post will not put a player on-side if he/she was off-side when the ball was last played to him/her by a teammate.

Penalty for being off-side is an indirect free kick awarded to the opponents at the point of infraction.

Off-sides will not be called at the Pre-K – 2nd grade levels. Blatant off-sides will be given a warning in these grades. Blatant off-sides shall be in the discretion of the referee, but shall generally be determined to be a player who is in an off-side position without making an effort to be in an on side position or more than 3 yards off side regardless of the players intention.

Goalkeeper

The goalkeeper has special privileges inside of his/her penalty area. He/she may carry, strike or propel the ball with his/her hands or arms. He/she may not be charged, interfered with or impeded in any manner by an opponent while he/she is in possession of the ball. Possession includes the act of tossing the ball into the air and catching it or dropping the ball for the kick.

Once the goalkeeper obtains possession of the ball with his/her hands, he/she has 6 seconds to put the ball into play. The goalkeeper may not touch the ball a second time with his/her hands unless the ball has cleared the penalty area or if it has been touched by an opponent. A goalkeeper may not delay in releasing the ball into play. (Penalty: Indirect free kick by the opponent at the point of infraction.)

When a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch it with his/her hands. If, however, the goalkeeper does touch the ball with his/her hands, the penalty is an indirect free kick for the opposing team.

The goalkeeper is not allowed to parry an easily "catchable" ball and then pick it up with his/her hands. (Penalty: Indirect free kick.)

In grades Pre-K through 2nd goalkeepers may not be charged while making an attempt to pickup or otherwise play a ball in the penalty area with his/her hands. No offensive player may be nearer than 1 yard to the goalkeeper.

Fouls and Free Kicks

A free kick is used to restart a game. The ball must be stationary when kicked, and all players of the opposing team must be at least ten yards from the ball. Free kicks may be taken immediately

unless the referee stops play and directs that the free kick not be played until the whistle is blown restarting play. These kicks can be direct or indirect as follows:

1. Direct Free Kick and Related Offenses

As the name implies, a goal can be scored directly from a direct free kick. If a direct kick foul is committed in the penalty box, it results in a penalty kick. The following is a list of the fouls that will result in a direct free kick:

- Kicking or attempting to kick an opponent (includes kneeing)
- Tripping or attempting to trip an opponent
- Jumping at an opponent
- Charging an opponent in a violent or dangerous manner (includes charging a player that has both feet off the ground)
- Charging an opponent from behind. Charging or tackling from behind with cleats exposed shall be an automatic yellow card violation.
- Striking or attempting to strike an opponent
- Holding an opponent
- Pushing an opponent
- Intentionally handling the ball by any one other than the goalkeeper in his/her own penalty area. The intentional handling of the ball in the penalty area by anyone other than the goalkeeper shall be an automatic penalty kick in Pre-K through 2nd grade and a yellow card in 3rd grade and up.
- Goalkeeper striking or attempting to strike an opponent with the ball

Tripping an opponent includes throwing or attempting to throw him/her by the use of the legs, or by stooping in front of or behind an opponent so to cause him/her to fall or lose balance. A slide tackle is a legal tackle only when used to tackle the ball which is under the control of an opponent. There should be no intent to trip an opponent. Initial contact is to be made with the ball and not the opponent. The slide tackle must be done in the normal peripheral vision of the opponent.

Jumping at an opponent is not jumping into the air to play a ball by jumping upward.

Intentionally handling the ball or striking or carrying the ball with the hand or arm is a foul. Unintentional handling occurs when the ball inadvertently bounces or otherwise strikes the hands or arms of a player; this is not a foul unless the hand or arm is moving toward, or directing the ball. Girls are permitted to protect the chest with the hands and arms tight against the chest; boys may protect the groin in the same manner. Hands or arms coming off the chest or groin and directing the ball is a "hand ball foul".

Pushing an opponent with the hand away from the body or with the arms extended or pushing with the elbow is a foul.

Holding an opponent with the hand or any part of the arm extended from the body to obstruct the opponent is a foul.

2. Indirect Free Kick and Related Offenses

A goal can not be directly scored from this kick. A referee will extend one arm upward to signal that the kick is indirect. The following offenses result in an indirect kick:

- Dangerous play
- Charging an opponent when the ball is not within playing distance
- Obstruction
- Charging the goalkeeper
- Goalkeeper taking more than 6 seconds while in possession of the ball or delaying in releasing the ball
- Entering or leaving the field of play without referee permission (except in Pre-K through 2nd grade division)
- Playing a ball a second time before it has been touched by another player at the kick off, throw-in, free kick, corner kick or goal kick
- Off-side
- Misconduct, foul or abusive language
- Impeding the goalkeeper in releasing the ball
- A ball is played by a teammate back to their goalkeeper whom picks the ball up with their hands.

A player may be charged fairly if the player is within playing distance of the ball as long as the charge is not in a dangerous manner. A fair charge consists of contact near the shoulder when both players are in an upright position and have at least one foot on the ground. Charging into an opponent who is in the air in an attempt to play the ball is a foul. Intentionally charging the goalkeeper when the keeper is in possession of the ball is a serious foul.

Dangerous play includes such items as raising the foot above the waist to kick the ball or lowering the head below the waist to play the ball with another player in playing distance, withholding the ball from play by covering it on the ground with your body; kicking the ball, or attempting to kick, the ball in possession of the goalkeeper is dangerous play.

Obstruction occurs when a player, not in possession of the ball and/or not attempting to play the ball, interposes his/her body, or arms as an obstacle to an opponent forcing him/her to change course.

Warnings, Cautions, and Ejections

1. Warning - No Card

A warning may be given by the referee at any time; this, in general, informs the player or coach that his/her play or action on the field or off the field is of concern to the referee. A warning need not be given by the referee before a caution or ejection.

2. Caution - Yellow Card

The player or coach/spectator is being notified that his/her playing or action is unacceptable. A player is to receive a caution for the following actions:

- An intentional foul, especially those that are serious in nature

- Continually violating the rules of the game (especially after a warning)
- For acting in an unsportsmanlike manner
- Dissenting with a decision of the referee
- Charging or tackling from behind with cleats exposed

3. Ejection or Disqualification - Red Card

A player receiving a red (ejection) card must immediately leave the field of play and may not participate for the remainder of the game. No substitution is allowed for the player being ejected. A disqualification is given to a player for the following reasons:

- Committing a second cautionable (yellow) offense
- Persisting in misconduct
- Using foul or abusive language
- Exhibiting violent conduct or committing any foul in a violent manner

The coach is responsible for the actions of the suspended player and must make sure that a suspended player does not become a disruptive influence.

An SHRC coach may receive a caution or disqualification for:

- Dissenting with the referee
- Coming on the field of play without permission or not leaving the field of play when requested to do so
- Using foul or abusive language
- Unsportsmanlike conduct
- Not controlling the actions of his fans or parents

Any player or coach receiving a red card may not play or coach for the remainder of that game and is also disqualified from the next game played.

The accumulation of more than one red card or three yellow cards, by the coach or player, shall be subject to disciplinary action that may result in suspension for the remainder of the season. Disciplinary ruling will be made by the league coordinator.

Penalty Kicks

A penalty kick is awarded instead of a direct free kick if the foul occurs inside of the penalty box area. The penalty kick is taken from the penalty mark regardless of where the foul occurred.

All players, with the exception of the goalkeeper, and the player taking the kick, must remain outside of the penalty box and 10 yards away from the penalty mark as defined by the penalty arch until the ball has been kicked (put into play). If there is infringement by a member of the defending team, the kick is retaken if a goal has not been scored. (If a goal is scored, the infringement is ignored.) If the infringement is by the attacking team, the goal is disallowed and the kick retaken. (If a goal is not scored, the infringement is ignored.)

The goalkeeper must stand on the goal line between the goal posts until the ball has been kicked (the goalkeeper can move laterally on the goal line). If the goalkeeper moves his/her feet off the line forward before the ball is kicked, the kick is retaken if a goal is not scored.

The kicker may not kick the ball until the referee blows his/her whistle. If while kicking he/she starts and stops his movements in an attempt to confuse or draw the goalkeeper off line, the kick is to be retaken. As with any free kick, the kicker may not play the ball a second time until it has been touched by another player even if the ball hits the goal post or cross bar and rebounds to the kicker. (Penalty: Indirect free kick at point of infraction.)

Note: Indirect free kicks are not penalty kicks and are handled as any indirect kick from the point of infraction with the exception that any point of infraction inside of the goal box is positioned on the goal box line.

Cancellations

If any type of inclement weather is forecasted or occurring at game times or practice times, please contact the **SHRC Rain-Out Line** at **(913) 643 – 3123** for up to date playing condition information.

Every attempt will be made to re-schedule a game if a request is turned in to the league coordinator 48 hours prior to your game. The league will work with most conflicts of schedule except for conflicting **sporting events**.

Rescheduled games will not have a referee provided by the league.

If the league coordinator is not notified 48 hours in advance of a schedule conflict the game may not be made up. If there is no notification of cancellation and the referee shows up to officiate the game that was scheduled, the game will not be made up.