

STANDISH PARKS & RECREATION

SOCCKER Grades K-8 RULES OF THE GAME

Rev 08/15

RULE #1 Maintaining the Field of Play

Teams and coaches should position themselves on one side of the field. All spectators should be directed to the other side. Only coaches and parent helpers should be on the team side of the field. No one should be allowed to remain behind either end line.

It is the coaches responsibility to maintain clear sidelines (this is a safety concern).

RULE #2 The Ball

Size 3 balls will be used for Pee Wee & K-1. Size 4 balls will be used for Grades 2-4. Size 4&5 balls will be used for Grades 5-8. With limited balls, sizes may vary for practice. Game balls should be age-appropriate.

RULE #3 Number of Players

Teams in the K-1 grades will play **with five field players and no goalie.**

Teams in the 2-4 grades will play **with five field players and one goalie.**

Teams in the 5-8 grades will play **with seven field players and one goalie.**

(One coach per team will be allowed on the field at all times to direct play)

Teams should play with whatever numbers arrive at the field. Each team should play with the same number of players on the field unless a coach decides to play one player down in order to balance a one-sided game. **If a team has 11 or more players at grade K-4 you may add an additional field player.**

Substitutes may enter the game at any stoppage of play and after the referee has signaled the subs to enter the game. Please make subs quickly. Try to have someone on the bench to tell the players where they are going and who they are going in for. Officials may delay play near the middle of each half for the convenience of substituting players. Substituting on the fly can be used to ensure equal playing time and the safety of each player.

If a player is injured or bleeding they must leave the game until it is deemed safe for the injured player to return to the game. Players must change out of any clothes with blood on them. There are basic medical supplies in the shed. Please notify Parks & Rec Dept. if supplies are low 642-2875.

RULE #4 The Player's Equipment

Shin guards are mandatory for all players. Socks should cover the shin guards Team shirts should be worn and visible at all times (sweatshirts and jackets should be worn under the team shirt). Sneakers or cleats (optional) should be worn. No jewelry should be worn. No hard casts should be exposed. Appropriate padding should be used to cover any cast. Mouth guards are optional for all grades but are strongly encouraged. Each goalkeeper should

wear a different color shirt or cover to distinguish themselves from their teammates. A goalkeeper may wear hats or visors only.

RULE #5 Officials

Coaches referee his/her own game (one coach per team).

The officials will:

- Whistle to start or stop play.
- Keep time.
- Stop play immediately for any suspected injury regardless of who has possession of the ball.
- Appropriately signal fouls and for subs to enter the game.
- Stop play when warranted and report any incidents of concern.

Grades K-4 will have two coach/parent referees

Grades 5-8 will have a center referee and two assistant referees to help with out of bounds and offsides. If parents/coaches referee, they can use two.

RULE #6 Assistant Officials

Will aid in performing any of the above duties including keeping time, calling out of bounds, stopping play for injuries, signaling fouls and reporting any incidents to the Parks & Recreation Dept. It is usually best to keep time off the field with a stop watch or smartphone.

RULE #7 Duration of the Match

Each match shall consist of two halves. Running time will be kept, but no time will be added to the game for injuries or stoppages of play. Officials will whistle a stoppage of play for injuries, ball out of bounds etc. The games will restart by the appropriate method indicated by the circumstances that caused the stoppage of play.

Officials will give a verbal two minute warning before the half and the end of the game.

Grades K-4 will play two 20-minute halves with a three or five-minute half time.

Grades 5-8 will play two 25-minute halves with a three or five-minute half time. Games maybe shortened because of weather or loss of light. Games must be finished in one hour and MUST start on time.

RULE #8 Start and restart of Play

The team listed first on the schedule controls the ball first.

The game starts with each team on its own side of the field. The defending team must be outside the center circle. Officials will check the player count and readiness of the goalies.

The kick-off takes place after the official has signaled with a whistle. An offensive player shall kick the ball while stationary at the center of the field. The original kicker may not touch the ball a second time until another player from either team has touched the ball.

The Drop Ball is used to restart play when it is undetermined who touched the ball last before it left the field of play, or after an official time out was called when neither team had possession of the ball.

RULE #9 The ball in and out of play

Ball is out of play when it has wholly crossed the goal line or touch line on the ground or in the air or play has been stopped by the referee.

The Ball is in play at all other times including when, it rebounds from a goalpost, crossbar or corner flag post and remains on the field and if it rebounds from either the referee or an assistant referee when they are on the field of play.

RULE #10 Method of Scoring

A goal is scored when the entire ball passes over the goal line and between the goal post and under the crossbar.

A goal can be scored by the offensive team through a direct kick, a penalty kick, a corner kick, a drop ball, the kickoff or a goalkeepers punt or throw. A goal cannot be scored from a handball, goal kick or throw in.

RULE #11 Offside – Grades 5-8 Only

Offside Position A player is in an offside position if: He is nearer to his opponent's goal line than both the ball and the second to last opponent including the goalkeeper.

Onside Position A player is not in an offside position if: He is in his own half of the field of play, he is level with the second last opponent including the goalkeeper, he is level with the last two opponents or if a player receives the ball from a goal kick, corner kick, throw in or drop ball.

Offsides will be called at the moment an offensive player plays the ball beyond the last defender and at the time of the kick another offensive player is also behind the last defender creating an offensive advantage over the goalkeeper.

Offsides results in an indirect free kick awarded to the defensive team.

Offsides will not be called in Grades K-4. Please discourage goal hanging by any player. All players should clear their offensive zone once the ball has been moved to the other end of the field.

RULE #12 Fouls and Misconduct

Deliberate kicking, striking, pushing, holding, tripping, jumping into or spitting at other players will not be tolerated.

Charging the goalie within the penalty area. Offensive players must give the goalie at least three feet to handle any ball in the penalty area. Penalty for this will be a direct free kick.

Grades 5 - 8 Only Direct Free Kick will be awarded if a player commits any of the following offences in a careless, reckless manner or uses excessive force. A direct free kick is taken from where the offence occurred.

- 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
- Tackles an opponent without making contact with the ball before the opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the keeper in the penalty area)

Any person on the fouled team may take the kick. The opposing team must be ten yards away from the ball. If the foul occurs in the penalty area all players must be outside the penalty box.

Penalty Kick is awarded if any of the above offences occur in the penalty area (**No Penalty Kicks in grades K - 4**). If a penalty occurs in the box an indirect free kick is taken at the top of the goal box.

Grades K - 4 – ALL kicks are indirect and must be touched by another player before going into the goal.

Indirect Free Kick is awarded to the opposing team if a goalkeeper inside his own penalty area commits any of the following: touches the ball with his hands after it has been deliberately kicked to him by a teammate or touches the ball with his hands after he has received it directly from a teammate's throw in.

Slide Tackling is not allowed in grades K - 4 , this will result in an indirect free kick. An indirect free kick is awarded if a player plays in a dangerous manner, impedes the progress of an opponent, prevents the goalkeeper from releasing the ball or commits any offence not mentioned that play is stopped to caution or dismiss a player. An indirect free kick takes place from the spot of the occurrence.

A player, coach or fan may be cautioned for distasteful dissent of a call, unsportsmanlike conduct, exiting or entering the field without official approval or persistent infringement of the rules.

A player, coach or fan may be ejected from a game, and premises for serious fouls, violent conduct, abusive or foul language and persistent infringement of a rule after being cautioned.

A player attempting to play the ball while on the ground and or kicking toward a player that is on the ground. Players must have a chance to stand up before the ball is played.

Any cautions or ejections should be reported to the Parks & Recreation Department immediately.

RULE #13 Free Kicks

Direct Free Kicks maybe kicked into the goal without it touching another player, a goal will be awarded. 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 Kicks must be touched by another player before entering the goal for a goal to be awarded.

RULE #14 The Penalty Kick

No penalty kicks will be allowed in grades K - 4. The ball will be placed **at the top of the box** and an indirect kick will be awarded.

RULE #15 The Throw In

A Throw In takes place when the ball crosses over a sideline. Possession of the ball goes to the team, which did not touch the ball last. Any player on that team may retrieve the ball and take the throw in.

To throw the ball in bounds, the player must hold the ball evenly with both hands, extend the ball behind ones' head, and throw it into the field of play. Both feet must be on the ground at the time of the throw. Both feet must be on or behind the sideline. A defender may not interfere with a throw in. The thrower may not play the ball again until another player has touched it.

All Throw In infractions should be called with a stoppage of play but will not result in a loss of possession. The original player should be instructed on how to do a proper Throw In and given another chance to perform it.

RULE #16 The Goal Kick

A Goal Kick takes place when the ball crosses over an end line after being touched by an offensive player. Possession of the ball goes to the defending team. The opposing team shall move to a position in their defensive zone across the center line. The defense shall place the ball on the ground anywhere in the goal box and kick it. The kick must clear the penalty area or it is retaken. The kicker may not play the ball again until another player touches it. Once the ball has been touched the defensive team may cross the center line to play the ball.

RULE #17 The Corner Kick

A Corner Kick takes place when the ball crosses over the end line after being last touched by a defender. Possession of the ball goes to the offensive team. The ball shall be placed on the ground within the corner arc nearest to where it went out of play. Defenders must move ten yards off the ball. The kicker may not play the ball again until another player touches it.

Standish Parks & Recreation guidelines

Grades 5-8 teams will use rules provided by the Multi-town Recreation League (Buxton/Hollis) if playing against other towns. Some rules may supersede the above rules.

A Team Handshake is acceptable and encouraged at the end of each game. All volunteer coaches and officials should also be acknowledged.

While every attempt should be made to keep the games as competitive as possible there are times when games will be one-sided. It is up to that coach to try to influence his or her players to make the opposing team as comfortable as possible. There should be no taunting or announcing of the score. The players on the field know the score but should be discouraged in announcing it as they play the game. Coaches can institute additional passes before shooting or passing to specific players especially younger players can be encouraged. Teams can play a person down but that sometimes calls attention to the field of play so make sure the players do not use that as a point to taunt the opposing team.

The Standish Parks and Recreation Soccer Program is about children having fun and wanting to return to play the game again!

Trophies and end of the year parties are not allowed. We are trying to keep everything as even as possible and some teams may not have the means to provide these things. Standish Parks & Recreation will provide participation certificates at the end of the season.

Your first meeting with the team should include a parents meeting to go over the rules and expectations with them. They then will have a chance to ask any questions they may have of you.

This department is available to help you with any game and practice situations. Please feel free to call us for any help.

HAVE FUN!

Any questions or concerns should be immediately reported to the Standish Parks & Recreation Director, Jen DeRice. The phone number is 642-2875 or email jderice@standish.org Check the website www.standishrec.com and facebook for updates!