

## Star Parks and Recreation Soccer League

### Rules for the 3<sup>rd</sup> & 4<sup>th</sup> grade division (U10)

This document details the rules for games in the 3<sup>rd</sup> & 4<sup>th</sup> grade division. The first section contains a quick summary of the important points for reference. The second section outlines some general etiquette that coaches should follow. The third section is for coaches, parents, and referees and goes into detail regarding modifications to each of FIFA's 17 laws of the game.

#### Child should know by the end of the season:

- **Passing the ball to players** (passing with the inside & outside of the foot)
- **Receiving the ball from players** (using the inside & outside of the foot)
- **Playing true positions** (have your players playing positions)
- **Offside** (should follow the rule of offside)

#### Quick Summary:

- 7 v 7 with a goal keeper (7 total players).
- **150 feet X 220 feet field.**
- 6.5' x 18' goal.
- Two 25 minute halves.
- Substitutions:
  - a) After a goal is scored and before the restart to play
  - b) A goal kick for any team
  - c) Your teams throw-in or if your opponent is subbing on their throw-in.
  - d) Half time
  - e) An injury
- Size #4 ball.
- USSF certified center referee.
- Offside from dash line not mid field.
- For goal kicks: attackers must withdraw behind dashed line until the ball goes past the dashed line or the ball is touched by a second defender.
- Coaches are responsible for managing the game. When a team is up by more than 5 goals, the other team may add a player if possible or the leading team should remove a player.
  - **New this season; no punting allowed, goalies must throw the ball.**
  - **New this season; no heading the ball is allowed, if a heading occurs the call is an indirect free kick from the spot of the foul, if the foul occurs in the penalty box the ball is placed at the nearest point of the penalty box line parallel to the goal line.**

#### General Etiquette:

- Coaches are expected to conduct themselves in a calm and positive manner.
- There will be zero tolerance to dissent to any decision of the referee.
- Coaches are expected to manage the game in the event that the teams are unevenly matched. If a team has a large lead they should allow the weaker players more playing time and have the stronger players sub out or play defense or the coach should instruct them to pass instead of going to goal.

- If a team has a lead of more than 5 goals, the other team may add a player if possible. If it is not possible to add, the leading team should remove a player.
- Players and coaches should sit on one side of the field, parents on the other. All members of a team should restrict themselves to one half of the team sideline.
- Proper substitution procedure should be followed. While substituted, players should remain away from the intersection of the touch line and center line. When a coach wishes to substitute, the players should go to the intersection and wait. The referee then may allow the substitution during any stoppage at his/her discretion. If a team is looking to restart quickly to pursue an advantage, the referee may choose to not allow the substitution. The substitutes call off the players, and then wait for the referee to indicate they should enter the field.

## **Modified Laws:**

### **Law 1 – The field of play:**

The field will be 40 yards wide, by 55 yards long.

All markings will be present, with the exception of the penalty arc, scaled appropriately. In addition to the standard markings there will be dashed lines parallel to the center and goal lines. The dashed lines will be positioned half way in between the goal line and the center line. These dashed lines are used for goal kicks and offside explained in more detail in Law 11 & 16.

### **Law 2 – The ball:**

Size #4 balls will be used for games in this division.

### **Law 3 – The number of players:**

Teams are allowed to field at most 7 players at a time, unless a team is up by 5.

A team must have at least 6 players in order to start the game.

If a team is up by more than 5 goals, the other team may add a player and have 8 players on the field. If that is not possible, the team that is ahead should reduce to 6 players on the field.

### **Law 4 – The player's equipment:**

Each player must have City shirt, black shorts, shin guards, and black socks that cover shin guards. Cleats are not required but highly recommended, cleats must be soccer cleats only, no metal cleats allowed. Soccer cleats are plastic bottoms with a missing front cleat at the tip of the shoe.

### **Law 5 – The referee:**

USSF Certified referee Grade 8 or 9 or Star Certified Referee. Star Certified referee takes the same course as the USSF referee however, they did not sign up with USSF which means they can only ref in Star.

### **Law 6 – The assistant referee:**

Assistant referees may or may not be provided by the league. Center referees may ask for parents to serve as assistant referees if desired.

Offside's is enforced only for blatant offsides. If parent ARs are used, they should only assist with the enforcement of law 9 – ball in and out of play. The center referee should call all fouls and offsides.

**Law 7 – The duration of the match:**

Matches will consist of two 25 minute halves and a 5 minute half time.

**Law 8 – The start and restart of play:**

The start of games and half will be a Kick off (the ball may go forward or backwards), players lined up at center field.

**Law 9 – The ball in and out of play:**

A ball is out of play if the entire ball crosses over the touch line or goal line (out of bounds lines). Players are never out of bounds only the ball.

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**Law 10 – The method of scoring:**

The entire ball must pass over the goal line into the goal. The goal is in bounds, so balls hitting the goal are a live ball.

**Law 11 – Offside:**

Offside will be called **per referee discretion**. Offside should be called when player is beyond the dash line, not mid field, like regulation rules.

**Offside Position:**

It is **not** an offense in itself to be in an offside position.

A player is in an offside position if:

- He is nearer to the opponents' goal line than both the ball and the second to last opponent (goalkeeper is usually the last opponent)

A player is not in an offside position if:

- He is in his own half of the field of play or
- He is level with the second to last opponent or
- He is level with the last two opponents

**Offense**

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- Interfering with play or
- Interfering with an opponent or
- Gaining an advantage by being in that position

## No Offense

There is no offside offense if a player receives the ball directly from:

- A goal kick or
- A throw-in or
- A corner kick

In the event of an offside offense, the referee awards an indirect kick to the opposing team to be taken from the place where the infringement occurred.

**Basic Ref training:** A player is offside if they are past the 2<sup>nd</sup> to last player at the time the ball is kicked and the offside player goes toward the ball, usually a ref will wait until that player touches the ball so they know where to mark the indirect kick for the opposing team.

### Law 12 – Fouls and misconduct:

The referees are highly encouraged to explain any calls to the players. Cautions should only be given in cases of persistent or flagrant misconduct.

### Law 13 – Free kicks:

There are 2 types of free kicks, Direct and Indirect, depending on the penalty. **Direct kick** may enter the goal without anyone touching the ball; an **Indirect kick** the ball must touch another player before entering the goal and is indicated by the referee lifting their arm over their head until the ball is touched by another player.

### Direct Kick Infractions:

- 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
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except goal keeper within his own penalty area)

### Indirect Kick Infractions:

**If a goalkeeper, inside his own penalty, commits any of the following four offenses:**

- Controls the ball with his hands for more than six seconds before releasing it from his possession.
- Touches the ball again with his hands after he has released it from his possession and before it has touched another player

- Touches the ball with his hands after it has been deliberately kicked to him by a team-mate
- Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

**An indirect kick is also awarded to the opposing team if, in the opinion of the referee, a player:**

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his hands
- Commits any other offense, not previously mentioned above, for which play is stopped to caution or send off a player

**Basic ref training:** If the foul involves physical contact it is a Direct Kick, if the foul is concerning rules violation that does not involve physical contact it is an Indirect Kick.

#### **Law 14 – The penalty kick:**

Penalty kicks will take place at the standard 12 yard mark regardless of the size of field markings. A penalty kick is awarded to the attacking team if the defensive team commits a direct kick foul in the penalty box. If the offense is an indirect kick for the attacking team the ball will be placed on the top of the penalty box line parallel to the touch line.

#### **Law 15 – The throw-in:**

A legal throw in consists of; at the moment of throwing in the ball the thrower must be facing the field of play, has part of each foot either on the touch line or on the ground outside the touch line, holds the ball with both hands, and delivers the ball from behind and over their head.

#### **Law 16 – The goal kick:**

A goal kick is when the ball touches the attacker last, then goes out of play past the goal line. The ball is placed anywhere on the goal box lines and any player can kick the ball. Attackers must withdraw beyond the dashed line. The ball is in play when it crosses the dashed line or touches a second defender. The attacking team is not allowed to cross the dash line until the 2<sup>nd</sup> defender touches the ball, the kicker was the 1<sup>st</sup>.

#### **Law 17 – The corner kick:**

A corner kick is when the ball touches a defender last, then goes out of play past the goal line. The ball is placed on the corner nearest out of play and any offensive player can kick the ball, this is a direct kick (it can go into the goal without someone touching it).

**Please note that referees are teenagers and it takes years for a referee to become good, they will make mistakes, please use a tone of voice that you would use with your own child. Yelling at a referee will not be tolerated and you may be asked to leave the grounds.**

