

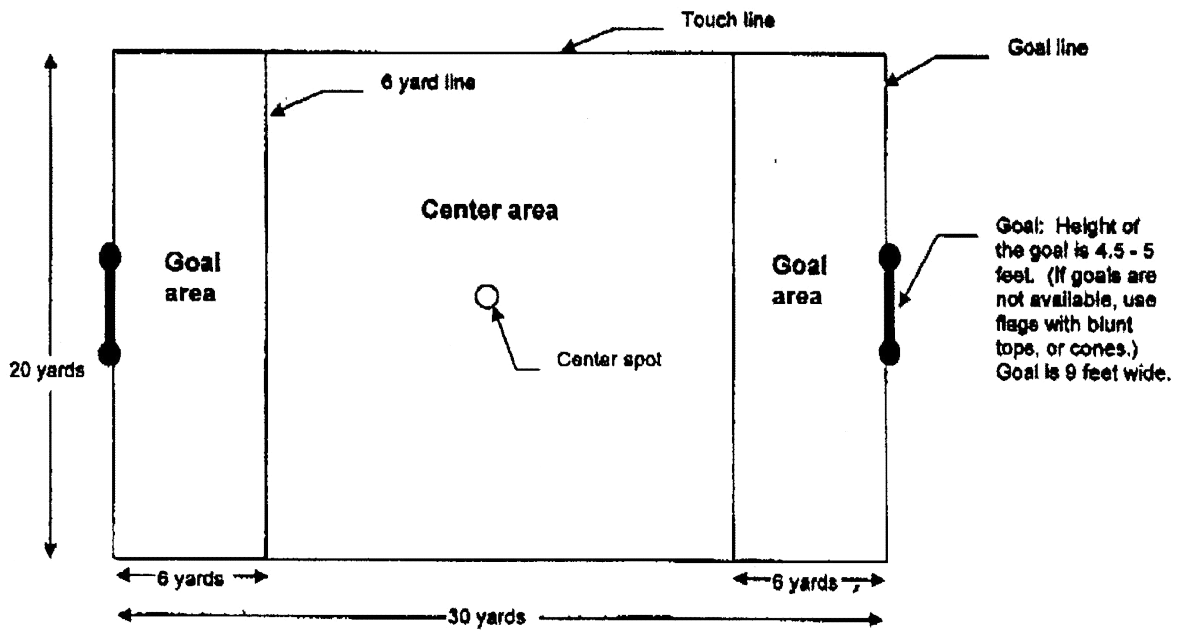
Gunston Soccer Club – Recreational Soccer Rules

April 2013

1. The Field

Gunston Recreational Soccer fields start at approximately 30 yards by 20 yards for U5, and progressively increase in size for each age division up through U14, when the field used is regulation sized. Normally, you will be assigned to a field that will already be set up and marked correctly.

There are three areas of the field: two goal areas and the center area.



The Field: The referee will inspect the field to ensure it is safe to play on. Games can be played in the rain at the option of the coaches. Play will stop immediately in cases of weather-related hazards, such as lightning, strong winds, etc.

Goal Area: The Goal Area is where the goalkeeper can handle (that is, use his/her hands on) the ball or play with his/her feet, body, etc. like any other player. The goalkeeper is not restricted to this area, but can venture anywhere on the field. If he or she leaves their Goal Area they follow the same rules as any other player on the field and may not handle the ball.

Center Spot: The Center Spot is where the ball is placed for kickoffs at the beginning of periods and after a goal is scored.

Goal: Goal size starts at 4 by 6 feet and increases progressively with each age division.

2. The Ball

The ball is provided by the home team. The size of the ball is determined according to the age of the players. See “Addendum to the Rules, Quick Matrix for all Divisions” for ball size for each division. It should be free of nicks, cuts, or anything else that might be dangerous to a player.

3. The Number of Players

The number of players is determined by the age of the players. The U5 and U6 division have teams play 3 vs. 3, without a goalie. At U7 this number increases to 4 vs. 4, which includes the goalie. The number of players increases progressively at each division, see “Addendum to the Rules, Quick Matrix for all Divisions” for number of players for each division. One of the players will be designated a goalkeeper and will wear something to distinguish him/her from the other players. In unusual circumstances the number of players can be changed by mutual agreement on the part of the coaches. This occurs mainly when one team has a shortage of players, or when both teams have large rosters.

Each child will play, at least, one half of each game played. At the U7 and U8 age divisions, no one player will play goalkeeper for more than one quarter during the game. It is the coach’s responsibility to enforce these rules. In cases of flagrant disregard for the rules, the referee will report the coach to the League Commissioner. See “Addendum to the Rules - Fair playing time” for additional information about playing time.

Players can be substituted according to the ”Addendum to the Rules- Substituting” for Guns ton's FIFA substitution exceptions.

4. Players Equipment

Players will wear uniforms that distinguish one team from the other. If this is a problem, the home team must change. All players must wear shin guards, shorts, socks and shoes. Shoes must be safe. Socks must always be worn over the shin guards. A player without shoes or shin guards will *NOT* be allowed to play

The referee will inspect the players’ equipment to ensure it is safe. All other equipment (and all parents, coaches, and spectators) will be kept off the field at a safe distance. . The referee’s judgment in matters of safety is final.

If the referee discovers that these requirements have not been met, then he/she must instruct the player and the coach to fix the equipment. If it is not fixed by the next stoppage of play, the player will be removed from the field to fix the equipment. Another player may be substituted. The player removed can return to the field only at a stoppage, only from the touchline and only after the referee inspects the equipment.

5. Referees

Referees are provided by the home team or appointed by the Club.

The referee is responsible to (1) ensure the players are safe, (2) teach the rules of the game, and (3) enforce the rules. The referee is the timekeeper. No one keeps score in the U5 thru U8 age groups.

Neither Head Coaches nor Assistant Coaches can referee a game.

6. Assistant Referees

Assistant Referees (linesmen) are not used for divisions U5 through U8. At the U10 division and above, Assistant Referees (linesmen) are used to assist with out of bounds calls.

7. Duration of the Game

See “Addendum of the Rule, Quick Matrix for all Divisions” for the minutes played for each division. No more than two minutes should be allowed between periods or half time.

The referee must ensure that the total length of the game does not infringe on the start time of the next game. If the game does not start on time the actual playing time may need to be shortened to complete the game before the next game is scheduled to start. Note that if this is necessary all quarters or both halves will be of equal length.

8. The Start of Play

The game starts from a kickoff at the beginning of each period and after a goal is scored.

The team that gets to kickoff to start the game is determined by a coin toss, and kickoff will alternate for each successive period. After the scoring of a goal, the team giving up the goal will take the kickoff.

A kickoff is taken from the Center Spot while the ball is stationary. All players must be on their own side of the field prior to the kick. The players on the team not taking the kick must be at least five yards from the Center Spot. The ball must be kicked forward. The player taking the kickoff cannot kick it again (i.e., second play) until it is played or touched by another player.

If the kick is not taken correctly, a re-take is granted after the child has been instructed in the correct method. If the child cannot master the skill after two attempts, give the ball to a teammate.

A goal cannot be scored directly from a kickoff (i.e., because it was not passed to another player before entering the goal).

If the referee stops play for an injury or unsafe situation, he/she will restart by dropping the ball where the ball was when play was stopped, unless the ball was inside a Goal Area. If the ball was inside a Goal Area, it will be dropped at the nearest point on the 6-yard line.

A goal can be scored directly from a drop ball (i.e., even though it has not touched another player before entering the goal).

9. Ball In and Out of Play

The ball is out of play (and play – but *NOT* time – is stopped) when (1) the ball goes over the Touch Line (100% of the ball, 100% over the Touch Line), or (2) the ball goes over the Goal Line (100% of the ball, 100% over the Goal Line), or (3) the referee blows the whistle (e.g., for safety, injury, or weather).

A ball that bounces off a goal post, flag, cone, or the referee does not stop play unless (1), (2), or (3) above occur as a result.

10. Method of Scoring

The object of the game is to kick the ball into the Goal. A goal is scored when 100% of the ball goes 100% over the Goal Line, between the uprights, below the cross bar.

A goal can be scored from anywhere on the field after the ball has been properly put in play and has been touched by at least two players, unless thrown (or handled) by an attacking player who is not the goalkeeper. A ball that enters directly into the goal from a kickoff, throw-in, free kick, goal kick, or corner kick is not a goal; rather it is either a Goal Kick or a Corner Kick, depending upon which side touched it last.

11. Off-side

See “Addendum to the Rules - off-side for comments on off-side.

12. Fouls and Misconduct

When tripping, handling or kicking the ball while lying on the ground, **slide tackling**, “high kicks” and other dangerous actions, or any “unsportsmanlike” things happen, the opposing team will be awarded a free kick.

To prevent injury, players must stop kicking the ball when the goalkeeper has his/her hands on the ball. The opposing team will be awarded a free kick.

Foul language, taunting, and fighting are strictly prohibited. The player will receive a warning and, depending upon the severity, sit out a period (a substitution is permitted), for such behavior. The opposing team will be awarded a free kick.

In instances where a “second play” is prohibited but occurs, a free kick is awarded.

The referee’s decision is final. At all times, coaches, parents and players should show respect for the rules, the referees and the referee’s decisions in a dignified manner.

Coaches, parents, and players who cannot control themselves WILL BE asked to leave the area. If the person who has been asked to leave does not depart within five minutes, the referee can abandon the game. In this instance, the referee must report the incident to the League Commissioner.

13. Free Kick

When the referee has stopped play for an infringement of the rules, play will be restarted with a free kick.

A free kick is taken from the place the infringement occurred, while the ball is stationary. The players on the team not taking the kick must be at least five yards from the ball. The ball is in play as soon as it is kicked and moves. The player taking the free kick cannot kick it again (i.e., second play) until it is played or touched by another player.

A goal cannot be scored directly from a free kick (i.e., because it was not passed to another player before entering the goal).

When an infringement resulting in a Free Kick occurs inside a Goal Area, special rules apply, notably;

- If the infringement is committed by the defense inside their own Goal Area, the Free Kick is taken from the nearest point on the 6-yard line.
- If the infringement is committed by the attackers inside the opponents’ Goal Area, the Free Kick is taken from anywhere inside that Goal Area. In this case, the ball is in play, and can be played or touched by another player, only after it leaves the Goal Area. All members of the team that committed the infringement must stay out of the Goal Area until the ball leaves the Goal Area.

14. Penalty Kick

No Penalty Kick will be called on games played in the U5 thru the U8 age divisions.

15. Throw-in

When the ball goes over either sideline, the referee restarts play by awarding a throw-in to the team opposite the one last touching or playing the ball before it left the field. The throw-in is taken within 1 yard of the spot the ball left the field.

The throw-in is taken by a player standing on or behind the Touch Line. The thrower must have both feet on the ground, and the ball is thrown with both hands, from behind the head, onto the field.

If the throw-in is not taken correctly, a re-take is granted after the child has been instructed in the correct method. If the child cannot master the skill after two attempts, give the ball to the other team. The player taking the throw-in cannot kick it again (i.e., second play) until it is played or touched by another player.

A goal cannot be scored directly from a throw-in (i.e., because it was not passed to another player before entering the goal).

16. Goal-kick

When the ball goes over a Goal Line, last touched by an attacking player, the referee restarts play by awarding a Goal Kick to the defending team.

The Goal Kick is taken from anywhere inside the Goal Area, while the ball is stationary. The players on the attacking team must be at least five yards from the ball and outside the Goal Area. The ball must travel outside the Goal Area before it is in play and can be touched again. The player taking the goal kick cannot kick it again until it is played or touched by another player.

If the kick is not taken correctly, a re-take is granted after the child has been instructed in the correct method. If the child cannot master the skill after two attempts, give the ball to a teammate. The player taking the kick cannot kick it again (i.e., second play) until it is played or touched by another player.

A goal cannot be scored directly from a goal kick (i.e., because it was not passed to another player before entering the goal).

17. Corner Kick

When the ball goes over a Goal Line, last touched by a defending player, the referee restarts play by awarding a Corner Kick to the attacking team.

The Corner Kick is taken from inside the Goal Area, within 1 yard of the corner on the side the ball left the field. The ball must be stationary. The players on the defending team must be at least five yards from the ball. The ball is in play when it is kicked and moves. The player taking the Corner Kick cannot kick it again until it is played or touched by another player.

If the kick is not taken correctly, a re-take is granted after the child has been instructed in the correct method. If the child cannot master the skill after two attempts, give the ball to a teammate.

A goal cannot be scored directly from a corner kick (i.e., because it was not passed to another player before entering the goal).

18. Age Groups and Eligibility

Gunston places players on teams according to VYSA – Virginia Youth Soccer Association – age group brackets (www.vysa.com). Age groups ranges from August 1 thru July 31. With the approval of the Recreation Commissioner, a player with an August birth date would be allowed to play up an age group. Gunston does not allow playing down an age group.

Gunston allows recreation players that have moved on to play travel to remain in Recreation and play both – Recreation and Travel – at the same time for a season, no more than two, in order to ease the transition.

Gunston Soccer Club – Recreational Soccer Rules Addendum to the Rules April 2013

Offside

No offside will be called at the U5 thru the U8 age divisions. Offside will be called at the U10, U12 and U14 age divisions.

Substituting

U5 thru U8

Preferably, though not mandatory, at the end of every quarter. However, coaches may agree before the game to allow substitutions during quarters due to roster sizes. All coaches' mutual agreements must be relayed to the center referee before the game.

U10 - U12 - U14

FIFA substituting laws.

Fair playing time

One of the main focuses of recreational soccer is to have kids play the game. The teams are established where each team's maximum number of players on a team is double the number of players number of players on the field plus one player (i.e. at U5 it is 3 v 3 and the team maximum is set at 7 players). Your job as a coach is to ensure that all players get in the game by the second quarter. To facilitate this task, you are allowed and you should substitute players during, and not just after, every quarter.

Ideally the coach would keep track of this to ensure that the players all get as close to equal playing time as possible. At no time should a player play the entire game unless you have no substitutes available.

Sportsmanship

Gunston does not keep an official score until there are certified referees on the field (U10 and up) and then only the center referee keeps the score. The League (other than teams playing in SFL) does not record the scores or post standings within our Recreational League. Having said that, most coaches know the score, and if your team is involved in a game when you are winning by more than 3 goals your opposing coach will have the option of adding a player on his team on the field. If the team that was losing by more than 3 goals scores, then a player needs to come off that team.

Gunston Soccer Club – Recreational Soccer Addendum to the Rules Quick Matrix for all Division

April 2013

Division	Minutes Played	Ball Size	Players on Field Per Team	Field size	Is offside called	Substitution
U5	5-minute quarters	3	3 No GK	30 x 20 yards	no	Preferably at the end of quarter (*)
U6	7-minute quarters	3	3 No GK	30 x 20 yards	no	Preferably at the end of quarter (*)
U7	8-minute quarters	3	4	35 x 25 yards	no	Preferably at the end of quarter (*)
U8	10-minute quarters	3	5	50 x 35 yards	no	Preferably at the end of quarter (*)
U10	30-minute halves	4	7	70 x 45 yards	yes	FIFA
U12	30-minute halves	4	8	80 x 60 yards	Yes	FIFA
U14	35-minute halves	5	11	Full size 100 x 70 yards	yes	FIFA
SFL U14 thru U19	40-minute halves	5	11	Full size 100 x 70 yards	yes	FIFA

(*) Unless you carry larger roster sizes than the standard, if so, subbing on the fly is allowed.