



Youth Sports Soccer Rules updated Spring 2019

Feather River Recreation and Park District offers recreational leagues where emphasis is on gaining a positive team experience and not winning or losing. We strive to provide a safe, healthy and enriching environment for our young athletes where they can become better athletes and most importantly better people. There is a **zero tolerance policy** for all unsportsmanlike behavior from all coaches, parents, players and spectators. We reserve the right to ask anyone to leave at any time if they are showing poor sportsmanship.

General Information:

1. All players must turn in a FRRPD Youth Sports Registration form and be on the Roster in order to be eligible to play. A roster must be filled out by coaches or school administrator and submitted by email to brian@frrpd.com, dropped off directly the FRRPD office or turned in onsite to the official on the day of your first scheduled game.
2. Persons or players participating in the activities sponsored by FRRPD are not covered in any way for personal liability, property damage, medical injuries, etc.
3. A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered, or the uniform is changed.

League:

1. The league will be composed of 4th-5th & 6th-8th COED teams. Schools which combine 5-8th grades will play in the 6th-8th league. Leagues may be combined up to the discretion of FRRPD Recreation Supervisor. All teams would be notified prior to combining leagues.
2. The season will be 7 weeks long. The "regular season" will conclude after 6 weeks and an optional tournament will take place during the 7th week (and weekend if necessary) of the season.

GAME RULES:

Start of Game/Second half

1. Team captains (no more than 2) will be summoned to the center of the playing field and a coin toss will ensue. (The toss will be called by the visiting captain)
2. The winners of the coin toss choose what goal they want to defend for the first half and the opposing team kicks off. The team that chose the goal they defended at the start of the game will kick off at the beginning of the second half. The kick-off is taken from the center half circle and the ball must move into the opposition's half. Officials use a whistle to start, stop and restart game. 1 loud whistle signals start of game, 2 loud whistles signal end of first half of play and 3 loud whistles signal end of regulation.



Clock Time/Time Outs

A game consists of two 20 minute halves running clock. The clock will be stopped during an official's request or for an injured player. There will be a half-time break of ten (10) minutes.

Number of Players

Roster will not exceed 10 players.

Minimum number of players on the field: (including the goalie): 5

Maximum number of players on the field (including the goalie): 7

Substitution

With the permission of the referee: All stoppages.

Playing Field

1. The playing field is a maximum length of 65 yards and a maximum of 45 yards in length.
2. Goal sizes will not exceed 8' wide x 6' high

Equipment

1. Players must wear closed toed shoes.
Cleats: Molded cleats are allowed. Metal cleats/spikes are not permitted.
2. Jewelry: No jewelry.
3. Shin guards: **Are Required.**
4. As a safety precaution, we recommend protective mouth pieces.

Colors

1. The two teams must wear colors that distinguish them from each other and the match officials.
2. Each goalkeeper must wear colors that are distinguishable from the other players and the match officials.

League Specific Rules:

Players, coaches, and spectators are expected to conduct themselves within the spirit of the Laws of The Game as well as the letter of the Laws of The Game.

- All fouls result in indirect kick
- Opposing player must be 5 yds away from ball on all restarts
- Kick-ins, not throw-ins
- No penalty kicks
- No off-side
- No "slide tackles"
- The goalkeeper may not punt or drop kick the ball but instead can distribute with a throw, normal place kick or dribble kick. Keeper may not throw the ball over mid-field line.
- Goal keeper will release the ball within 10 seconds



Regular Season Tie Games/Overtime

1. In the event of a tie, the game remains a tie no overtime period shall be played.

Tournament Overtime

1. Captains will be summoned to the center of the field. First possession choice goes to the winner of regulation coin toss.
2. The team that scores first wins.

LAWS OF THE GAME

Off-Sides This league will not enforce off-side rules.

Fouls

All fouls will result in an indirect kick.

Fouls occurring in the penalty area will be restarted at the top of the penalty box.

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Strikes or attempts to strike an opponent
- Pushes or holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his/her own penalty area)
- Plays in a dangerous manner
- Prevents the goalkeeper from releasing the ball from his/her hands

Penalty Kicks

1. Penalty Kicks will not be awarded in this league

Throw-In

1. Throw-ins will not be taken. A ball that goes out of play will be put back in play with a kick-in.

Corner Kick

1. A corner kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the defending team, and a goal is not scored. A goal may be scored directly from a corner kick.

Goal Kick

1. A goal kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the offensive team, and a goal is not scored.
2. The ball may be placed anywhere inside the penalty area for the re-start. Keeper may not kick the ball over the midfield line.



Fouls and Misconduct

1. **Yellow Card:** (Warning) Player must give name to referee. Player not giving name to official will receive a red card and penalty will fall to the team coach.
 - Is guilty of unsporting behavior
 - Shows dissent by word or action
 - Persistently infringes the Laws of the Game
 - Delays the restart of play
 - Fails to respect the required distance when play is restarted with a corner kick or free kick

1. **Red Card:** (Ejection) Player must give name to referee and is suspended from further play in game.
 - Is guilty of serious foul play
 - Is guilty of violent conduct
 - Spits at an opponent or any other person
 - Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
 - Denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
 - Uses offensive or insulting or abusive language and/or gestures
 - Receives a second caution in the same match. (2 yellow cards equal a red card)