

Redding Recreation Youth Soccer League

Rules and Guidelines

A. OBJECT OF THE GAME

The object of soccer is to move the ball towards and into the opponent's goal.

B. ORDER OF THE GAME

1. Beginning the game – A toss of the coin by the referee determines choice of ends and possession. The team winning the toss shall have the choice of ends. Coaches must coach from opposite sidelines. **NOTE: Coaching is not permitted behind the goal line.**
2. The kick-off is taken at the mid-field line. The ball must move in a forward direction before it can be touched by another player, defense or offense. The defensive team must be outside the center circle at the kick-off. Both teams must be in their respective halves at the kick-off. The kicker may not touch the ball again until it is touched by another player.
3. All players must play a minimum of ½ of the game.
4. The goalkeeper must finish the quarter he/she begins unless injured.
5. Number of players on the field:
9 players including the goalie play at one time. A minimum of 7 players are needed to start the game.

K-3rd Division: One coach may be on the field during play but must stay at least 10 feet from the ball at all times.

4th-5th Division: Coaches must remain on the sidelines during play.

Note: No coaching is allowed from the goal line or behind the goal.

6. Teams will complete all quarters of any game regardless of the presence of the head coach.
7. Players, coaches and spectators are responsible for exhibiting good sportsmanship and positive support of the game activity.
8. Coaches and spectators may not criticize game officials under any circumstances. The coach will receive a warning on the first offense. On the second offense, the coach must leave the playing area.

C. SCORING

1. A ball that is kicked, headed or propelled in any legal manner between, but not over, the goal posts is scored as 1 point. **NOTE: The ball must completely cross the goal line in order to be scored as a goal.** The ball does not have to touch or make contact with the net to score a goal.
2. The team with the highest number of goals at the end of the game is the winner. If both teams have the same number of goals, the game will be called a tie. In the event of a tie, there will be no additional time played.

3. A goal is not scored in the following circumstances:
 - a. If the ball is knocked across the goal line between the goal posts by the action of an arm or hand;
 - b. If the ball crosses the goal line as a result of a kick-off, goal kick or indirect free kick where no player other than the kicker touches the ball.

Note: No score is kept in our league

D. PLAYER PRIVILEGES

1. Goalkeeper – The goalie may touch the ball with his hands as long as he remains in the Penalty area. He must put the ball in play within 6 seconds.
2. The Goalkeeper may not pick up a ball that is kicked back by a fellow defender. The penalty is an indirect free kick for the opposing team. A penalty will not apply if the ball played by an offensive player unintentionally comes in contact with or deflects off a defender.
3. A goalie may still protect the goal as a **regular player** whenever the ball is passed to him by a member of his own team.
4. Field Players (Forwards, Halfbacks, Fullbacks) may play the ball with any part of their bodies except their upper arms, forearms or hands.

E. FOULS RESULTING IN A DIRECT FREE KICK

1. Kicks or attempts to kick an opponent.
2. Trips or attempts to trip an opponent.
3. Jumps at an opponent.
4. Charges an opponent.
5. Strikes or attempts to strike an opponent.
6. Pushes an opponent.
7. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
8. Holds an opponent.
9. Spits at an opponent.
10. Handles the ball deliberately (except for the goal keeper in his own penalty area)

***Note: An action does not have to be intentional in order to be a foul. It is not the intention that determines the foul, but the outcome.**

F. FOULS RESULTING IN AN INDIRECT FREE KICK

1. Plays in a dangerous manner
2. Impedes the progress of an opponent
3. Prevents the goalkeeper from releasing the ball from his hands.
4. A player is called offside (see section L)
5. Prevents any other offense not previously mentioned for which play is stopped to caution or dismiss a player.

Note: Slide tackling is considered “playing in a dangerous manner” and is not permitted in our league.

***Fouls 6-9 pertain to the goal keeper only**

6. Takes more than six seconds while controlling the ball with his hands before releasing it from his possession.
7. Touches the ball again with his hands after it has been released from his possession and has not touched any other player.
8. Touches the ball with his hands after it has been deliberately kicked to him by a teammate.
9. Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate.

G. FREE KICKS (continued)

A Free Kick is a place kick. The kicker may not play the ball again until it is touched by another player. All opponents must be at least ten (10) yards away from the kicker. There are two kinds of Free Kicks

1. **Direct Free Kick:** A goal can be scored directly by the kicker.
2. **Indirect Free Kick:** The ball must be touched by another player before a goal can be scored.

*A free kick is taken from where the offense occurred with the exception of an indirect free kick awarded to the attacking team within the defending teams' goal box. In this instance, the ball is placed just outside the goal box at a point correlating to where the offense occurred.

H. PENALTY KICK

1. The ball will be placed in the center of the top line of the Penalty Box. The ball must be kicked forward towards the goal.
2. All players except the goalie and the kicker must remain outside the penalty area until the ball is kicked.
3. The goalie may move (left and right, not forward) before a player begins a penalty kick as long as the goalie stays on the line.
4. The kicker may not touch the ball until it is touched by another player, including the goalie.
5. Penalty Kick is awarded to the opponent when a player on the defending team, commits any of the fouls resulting in a direct free kick inside his own penalty area.
6. If a goal is made, 1 point is scored. If the goal is not made the ball remains in play unless it crosses the goal line not between the goal posts.

I. CORNER KICK – Applies only to 4th & 5th Grade Division

1. A corner Kick is awarded to the attacking team if a member of the defending team, intentionally or not, causes the ball to cross over the goal line but not between the goal posts.
2. The ball is placed on the ground within the corner quarter circle on the side of the field nearest the point where the ball left the field of play.
3. Members of the defending team must be at least 10 yards from the corner circle until the ball is played.
4. The kicker may not touch the ball again until another person has touched it.
5. A goal may be scored directly from a corner kick.

***K-1st and 2nd-3rd grade divisions are awarded a corner throw** instead of a corner kick. All of the same rules apply as with a corner kick and the same technique of a throw-in applies.

J. GOAL KICK

1. A goal kick is awarded to the defending team when an offensive player causes the ball to cross over the goal line but not between the goal posts.
2. The ball may be placed anywhere within the goal box
3. No player may touch the ball until the ball crosses the Penalty Box line into the larger field of play. If the ball does not go outside the Penalty Box or is touched by a player while in the Penalty Box, a re-kick is awarded.
4. The kicker may not touch the ball again until it is touched by another player.

K. TOUCH (Throw-In)

A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded when the whole of the ball passes over the touch line, either on the ground or in the air. The throw is taken from the point where the ball crossed the line and is awarded to the opponents of the player who last touched the ball.

At the moment of delivering the ball, the thrower:

1. faces the field of play
2. has part of each foot either on the touch line or on the ground outside the touch line
3. uses both hands
4. delivers the ball from behind and directly over his head in a forward motion

The thrower may not touch the ball again until it has touched another player. All opponents must stand no less than two yards from the point at which the throw-in is taken. The ball is in play immediately when it enters the field of play. (Either on the ground or in the air)

L. OFFSIDE

Applies only to 4th & 5th Grade Division

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 his opponents' goal line than both the ball and the second to last opponent.

A player **is not in an offside position if**:

1. he is in his own half of the field of play
2. he is level with the second to last opponent
3. he is level with the last two opponents

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

1. interfering with play
2. interfering with an opponent
3. gaining an advantage by being in that position

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

1. a goal kick
2. a throw-in
3. a corner kick

M. DEFINITIONS

1. **BLOCKING**: Intercepting the ball with a part of the body other than the hands or arms.
2. **DRIBBLING**: A succession of kicks in which the player keeps control of and advances the ball.
3. **HEADING**: Hitting the ball with the forehead to control it.
4. **TACKLING**: Kicking or attempting to kick the ball away from an opponent. The opponent may not be grasped or hit. The object is to tackle the ball, not the player.
5. **TRAPPING**: Stopping the ball by securing it under the foot, between both feet, or between the front of the legs or the legs and the ground. The object is to gain control of the ball.
6. **DROPPED BALL**: A ball put into play by the referee by dropping it between two (2) opponents. The ball is not live until it touches the ground. A dropped ball occurs when the referee cannot determine which team is responsible for kicking the ball out of play.

7. **CLEARING GOAL:** The goalie may clear the ball from the goal area in the following manners:
 - a. Throw it
 - b. Punt it
 - c. Goal kick
8. **KICK-OFF:** Used to start the game and the second half. A kick-off is also given after a goal is made.
9. **SUBSTITUTION:** Player substitution is only permitted when your team is in possession of the ball. Substitutions **MAY NOT** be made while the ball is in play.

N. PLAYING TIME

K-1st and 2nd-3rd GRADE DIVISIONS:

- 4) 8 minute quarters
- Two minute rest between quarters
- Six minute rest between halves
- Game time: 42 minutes

4th/5th GRADE DIVISIONS:

- 4) 11 minute quarters
- Two minute rest between quarters
- Six minute rest between halves
- Game time: 54 minutes

O. SOCCER BALLS

All divisions shall use a size 4 soccer ball.

P. FIELD DIMENSIONS

	Division	Length x Width	Goal Width
Redding Soccer Park (2 Game Fields)	All	165' x 105'	12'
Enterprise Park (3 Practice Fields)	All	165' x 105'	no goals

Q. CLOTHING

Plastic soccer cleats are permitted and suggested. **FOOTBALL AND BASEBALL-STYLE CLEAT WITH A TOE CLEAT ARE NOT ALLOWED.**

Team players must wear team shirts to all scheduled games. Team shirts may not be altered (e.g., sleeveless, cropped, u-necklines, etc.). Shin guards and straps for eyeglasses are advised.

R. RAINY DAY POLICY

On rainy days, or days which follow rainy days, it is possible that fields may be too wet to play on. Team managers and parents are instructed to be aware of the following:

1. Call 225-4095 on weekdays between 3:00 and 5:00 pm for information of field conditions;
2. If fields are unplayable, games are cancelled
3. If fields are considered playable at 3:00 pm, but weather persists, referees will determine field condition at game time;
4. After hours and on weekends, referees will determine field conditions at game time.

NOTE: Make-up games may be scheduled ON SATURDAYS.

For more information about Redding Recreation Youth Soccer League please call Redding Community Services, Recreation Division at 225-4095.