



NORTHERN PARKS & RECREATION

Soccer League Information and Rules

LEAGUE OBJECTIVES

1. To teach the fundamentals of soccer.
2. To have fun and learn teamwork and good sportsmanship.
3. To understand the nature of competition.
4. To ensure each youth participant has a positive and rewarding youth sports experience.

GENERAL GUIDELINES

1. In co-rec, boys and girls shall play on the same teams.
2. All participants will play regardless of ability.
3. There will be no tryouts.

AGE DIVISIONS

There shall be four age divisions determined by grade level: Grades 1-2 (Mites), Grades 3-4 (Squirts), and Grades 5-6 (Pee Wee). Pre-School (Mini Mites, Ages 4-6) plays with different rules.

QUICK RULES

1. **The Field:** A lined field approximately 25x50 yards, Grades 1-2 (45x70 yards, Grades 3-6) with netted goals.
2. **The Ball:** Ages 3-8 years old = Size 3.
Ages 9-12 years old = Size 4.
3. **Players:** Games will be played with a goalie plus seven (7) other players on the field. Thus, a total of eight (8) players will be on the field at one time.
4. **Game Time:** Grades 1-2: 10 minute quarters with half quarter sub break
Grades 3-4: 12 minute quarters with half quarter sub break
Grades 5-6: 30 minute half's with mid half sub break
*Quarter Break – 2 minutes, Halftime – 5 minutes
5. **Start of Game:** A coin toss by the referee with a captain (or two) from each team to decide who receives kickoff at the start of the game. Winning coin toss chooses defending end or the kickoff.
6. **Kickoff:** A kickoff is completed by one child kicking the ball forward or backwards to another player on his or her team. Opponents must be at least 3 yards from the center mark (or outside the circle) while the kickoff is in progress.
7. **Substitutions:** These are unlimited. See Substitutions section in rules to know when these are allowed.
8. **Conclusion of game:** Teams should shake hands after each game, including coaches and refs.

RULES

The following rules are a condensed version; where differences exist, these rules supercede the National Federation Rules:

START OF PLAY

1. The start of play at the beginning of each quarter and after a goal shall proceed with a kickoff. Winning coin toss chooses defending end or the kickoff.
2. A coin toss by the referee shall decide the choice of defending end or the kickoff at the start of the game.
3. On the kickoff, the ball must start stationary on the center mark and is in play when it is kicked forward or backward into either team's half of the field. Opponents must be 3 yards from the center mark when the kickoff is in progress.

4. The kickoff is an indirect free kick and thus a goal cannot be scored directly from a kickoff. After a temporary suspension of play, the referee shall restart the game by a drop ball where the ball was when play was stopped. A drop ball must hit the ground before it can be played. A goal can be scored directly from a drop ball. If play was stopped in the penalty area, the game should be restarted with a drop ball at the nearest point outside the penalty area.
5. Kickoff to start each quarter shall be alternated between teams.

SAFETY RULES

1. Shin guards are required for all participants. The referee will do shin guard checks before each and every game.
2. Dangerous Play – The referee will blow their whistle if they feel there is (in their opinion) a dangerous play or situation. They will restart play with a drop ball.
3. Participants must remove all bracelets, watches, necklaces, and earrings. If jewelry is medically necessary, the item must have tape placed over it.
4. There will be no sliding tackles.
5. Cleats are allowed to be worn. We do not allow any metal spikes. Screw in spikes are allowed but there must be NO metal showing. Refs will do a pre-game check before each and every game.
6. For all grades and levels heading the ball is prohibited. If the ball is headed during the game, the whistle is blown and it results in an indirect free kick for the other team.

BALL IN AND OUT OF PLAY

1. The ball is out of bounds when it crosses the goal line or sidelines in its entirety, either in the air or on the ground.
2. A throw-in is taken when the ball crosses a sideline and leaves the field. The two basic soccer rules for a proper throw-in are to have both feet on the ground and to throw the ball with both hands over the head. Both feet must be on the ground when the ball is thrown. Dragging the toes of one foot is considered legal.
3. If the ball legally crosses the goal line between the goal posts, a goal is scored.
4. If the ball goes across the goal line, not between the goal posts, and was last touched by a member of the defending team, a corner kick is awarded to the offensive team.
5. A corner kick or goal kick is taken when the ball leaves the field across a goal line. If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick. The goal kick is taken from anywhere inside the “goalie box” as it is affectionately called. It can be taken by any player, not just the goalkeeper. The corner kick is taken from the corner nearest to where the ball left the field.
6. Ball kicked out:
 - Sideline** – throw in by opposite team.
 - Goal line** – (by offensive team) kicked from the ground in goal area corner on the side it was kicked out on, this is called a goal kick.
 - Goal line** – (by defensive team) offensive team is awarded a corner kick.

OFFSIDES

1. **A player is in an offside position if:** he is nearer to his opponents' goal line than both the ball and the second last opponent.
 - a. An offensive or attacking player can't be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper. Or, you can't hang out at the other team's goal waiting for the ball.
 - b. You can't be offside if you are standing on your half of the field. Also, the offside rule applies when the ball is kicked, not when the player receives the ball.
2. A player is offside when he/she is ahead of the ball **and the ball is played by a member of his/her own team** unless:
 - a. He/she is in his/her own half of the field.
 - b. Two opponents are nearer their goal line than he/she is.
 - c. The ball is touched by an opponent, or
 - d. He/she **received** the ball direct from a corner kick, goal kick, drop ball or throw in.
3. For an infraction of the offside rule, an indirect kick is awarded the defending team at the point of infraction.
4. Off-sides will be called in every level except 1st and 2nd grade.

FREE KICKS

1. Indirect free kicks are awarded for minor violations; a goal cannot be scored directly, that is, another player must touch the ball before the goal can be scored. Indirect free kicks are awarded the opponent from the position of the ball at the time of the infraction if a player:
 - a. Plays the ball a second time before the ball is touched by another player when kicking off, throwing in, or taking corner or goal kicks.
 - b. Does not kick the ball forward on a penalty kick.
 - c. Dissents by word or action from a referee's decision.
 - d. Is guilty of dangerous play.
 - e. Commits a dangerous play.
 - f. Obstruction.
 - g. No more than six seconds with ball in hand.
 - h. Persists in coaching from sidelines.
2. Opponents must be at least 10 yards away from the ball when the ball is put into play. If this rule is violated, the free kick is retaken.
3. If the point of infringement is closer to the goal line than these distances, the opponents must be on the goal line.
4. The ball must be stationary and on the ground, must travel the distance of its circumference before being in play, and the player shall not play the ball a second time before the ball is touched by another player.
5. On free kicks within its penalty area by the defending team, the ball must travel outside the penalty area; all opponents must be outside the penalty area and at least 10 yards away from the ball.

FOULS AND MISCONDUCT

1. Fouls and misconduct are penalized by awarding free kicks to the opponents or by ejecting the guilty player.

2. Kicking, striking, tripping, holding, pushing, kneeling, charging violently, and intentionally handling the ball are personal fouls and are penalized by **DIRECT FREE KICKS**.
3. Direct kick or penalty kick, happens only when the penalty was committed in the penalty box area around the goal.
4. **No sliding tackles** allowed; penalty is an indirect free kick.
5. **No punting from goalkeeper.**
6. Any player who intentionally charges the goalkeeper shall be suspended from further play in that game.
7. A goal can be scored directly on a **DIRECT FREE KICK**.
8. **Hands** – will be called only if the ball was touched **deliberately** (hitting or touching the ball with hand purposely), resulting in an **indirect kick (grades 1-2 only)** or **direct kick (grades 3-6 only)** from the scene of the penalty.
9. **No offensive language!**
 First offense.....team warning
 Second offense.....player out of game
10. **Threats or harassment of the referees are strictly forbidden**
 First offenseout of the game (player)
out of the park (fan and/or parent)
 Second offense.....out of the league (no refunds will be given)
11. **Coach or referee harassment**
 First offensewarning
 Second offense.....suspension from the game
 Third offense.....forfeit of game and report to league director
12. **Fighting** – is prohibited, suspension will be enforced.

GAMES

GAME LENGTH

- Grades 1-2: 10 minute quarters with half quarter sub break**
 Grades 3-4: 12 minute quarters with half quarter sub break**
 Grades 5-6: 30 minute half's with mid half sub break

**Quarter Break – 2 minutes, Half Break – 5 minutes.

IMPORTANT NOTE: On warm weather days, the quarters/half's can be shortened. Both coaches must agree to the change. For the 5th-6th grade level, if coaches insist on playing quarters due to the heat, games would consist of 12 minute quarters (in order to keep games on schedule).

HALFTIME

There should be a five (5) minute half time after the second quarter of play.

TIES

No tie breakers – games end in a tie.

REFEREE NO SHOW

If a referee does not show, coaches should referee the game each officiating half of the time. Coaches please alert your Parks and Recreation program supervisor of the official no show.

SUBSTITUTIONS

Substitutions are unlimited, and can only be made during these times:

- Prior to a throw in.
- Prior to a goal kick.
- After a goal, by either team.
- After an injury, by either team.
- During half time or substitution break.

Automatic sub break:

There will be an automatic 30 second sub break halfway through each quarter. This is intended to give coaches a regular opportunity besides the normal breaks of the game to make substitutions.

PLAYERS

Games will be played with goalie plus seven (7) other players for all grade levels. Thus, only a total of eight (8) players will be on the field at one time. If teams do not have enough players, coaches will need to agree on the number of players to play with. **Under no circumstances should one team participate with more players than the other team.** If at all possible, it is best to play with at least one sub. In the event that one team has significantly more players than the other, borrowing players to even out the teams is an option but must be agreed upon by both sides. Whenever possible, coaches should rotate players from position to position.

COACHES

1. If a referee is present, coaches of grades 3-6 (Squirts and PeeWee) are not allowed on the field. Grades 1-2 (Mites) are allowed but not required to have one coach from each team on the field. If a referee is not present, all age groups may have one coach from each team on the field to help make calls.
2. Although our league does not keep score, if one team is dominating another, it is our philosophy that coaches attempt to rotate and sub players to try and avoid “running up the score”.

RAIN RULE – ROSEVILLE WEATHER LINE #651-792-7417

1. If it is pouring at game time, games will be cancelled for the entire evening. If it is misting or drizzling, games will be played.
2. When a game is in progress, referee will make the deciding judgment.

3. Rained out games will be rescheduled by the coaches. Please call the Parks & Recreation Department to schedule a field AT 651-792-7105.
4. If a player/parent wants to know if a game is cancelled, please contact your coach.

CONCLUSION OF GAME

At the conclusion of the game, all players, coaches, and referees should stay to shake each other's hands.

IMPORTANT NOTE

Rules can be changed and/or modified if they are:

- Fair to both sides and agreed upon by both coaches.
- Made known to the referee.
- Intended to make the game more fun for the kids.

DEFINITIONS

Corner kick – a direct free kick that is awarded when the defending team puts the ball over the end line. A corner kick is taken by the offensive team from next to the corner flag.

Dangerous Play – an action by a player that the referee considers dangerous to that player or others. Examples are high kicking, playing while lying on the ground, or playing the ball while it is in the possession of the goalkeeper. A high kick is defined as a player kicking their leg higher than the waist and is only enforced when an opponent is within arm's reach.

Direct Free Kick – a free kick that is awarded at the spot of the infraction for a physical contact foul such as tripping, holding, pushing, tackles from behind, jumping into an opponent. A direct free kick can score by going directly into the goal. It does not have to be touched by anyone other than the kicker.

Drop Ball – a method of restarting a game where the referee drops the ball between 2 players facing each other. A drop ball restarts the game after play is stopped for no penalty situation (e.g. after an injury) and in other circumstances (more than one soccer rule about this). The ball is dropped where it was last in play or at the nearest point outside the penalty area.

Foul – when the referee judges a violation against an opposing player. The team that suffers the foul is awarded with a direct free kick unless the foul is committed by a defensive player inside his own penalty area, in which case the foul results in a penalty kick.

Goal Kick – a type of restart that is awarded when the attacking team puts the ball over the end line. The ball is kicked from anywhere inside the goal area away from the goal to restart play. After the kick is taken, the ball cannot be touched again by any player until it is outside of the penalty area.

Indirect Free Kick – a free kick that is awarded at the spot of the infraction for other fouls that are judged not to be serious such as obstruction, dangerous play or charging (non-contact fouls), as well as for offside. Indirect kicks must touch another player (either team) before the ball goes into the net in order to score.

Offside – A violation that occurs when an offensive player is closer to the opponent's goal than both the ball and the second-to-last opposing player at the time that the ball is passed to the offensive player by his or her teammate. Players cannot be called offside if they are in their own half of the field or if they receive the ball from a throw in,

corner kick, or goal kick. When a player is called offside, the opposing team is awarded an indirect free kick.

Obstruction – a foul in which a defensive player, instead of going after the ball, illegally uses their body to prevent an offensive player from playing it.

Penalty kick – A kick taken from 12 yards in front of the goal as a result of a contact foul or hand ball that takes place inside the penalty area.

Throw-in – a way to restart play when the ball goes out over the sidelines. The team that did not touch the ball last is allowed an overhead throw.

THE GOAL OF EACH PARK & RECREATION DEPARTMENT IS ...

**TO CREATE A HEALTHY, SAFE, POSITIVE AND FUN
SPORTS EXPERIENCE FOR EVERY CHILD!**