

# MID-SUBURBAN RECREATION SOCCER LEAGUE GAME RULES

## THE RULES OF RECREATION SOCCER

1. The following rules shall apply to all games played between park district soccer teams as identified as current members of the Mid-Suburban Soccer League (MSSL). The Park Districts Include: Addison, Bensenville, Glendale Heights, Itasca, Medinah, Roselle, Villa Park, and Wood Dale. Any rules not covered here, will be covered by the FIFA LAWS of the GAME as published by the United States Soccer Federation [USSF].
2. Certain rules are highlighted in boldface type for easy review by all program participants. In some cases, they are rules recently changed, rules adapted for youth play, or simply rules in need of special attention.

## RULE 1: REFEREE GAME RESPONSIBILITIES

1. It is the referee's responsibility to enforce the rules and maintain control of the game. All decisions made by the referee before, during and after all games are FINAL.
2. It is the referee's responsibility to refrain from whistling fouls in cases where it would give the offending team an advantage, and to promote continuous play of the game, calling only those fouls necessary to controlling the game (those which give one team an advantage over another). Players are entitled to cover their torso with their arms for protection from the ball, and as long as the arm does not move to play the ball, no hand ball will be called.
3. It is the referee's responsibility to stop, suspend, or terminate any game due to weather, unsafe playing conditions, or repeated and continuous misconduct by any player, coach, parent or spectator.
4. It is the referee's responsibility to insure that any player bleeding from a wound (bloody nose, cuts, etc.) leaves the field of play. Such player may not return to the field of play until the bleeding has been stopped. The player must then wait until the referee signals approval for the player to return to the field.
5. It is the referee's responsibility to caution (**yellow card**) any player, coach, or parent/spectator guilty of misconduct or unsportsmanlike behavior. The referee will record the name of the individual and report the events in detail in writing to the home team's park district soccer supervisor as soon as practical after the game.
6. It is the referee's responsibility to disqualify and eject (**red card**) any player, coach, or parent/spectator guilty of continuous misconduct or unsportsmanlike behavior.

Such individual must leave the field (out of sight and out of sound) before play can resume. The referee will record the name of the individual and report the events in detail in writing to the home team's park district soccer supervisor as soon as practical after the game.

7. In cases where **no referee appears for a game**, if the game is between teams from the same park district, the two coaches are expected to take the field and co- referee the game.
8. In cases where no referee appears for a game between teams from differing park districts, the coaches should search for a volunteer to referee the game. Certified referee volunteers are always preferred to having coaches or other parents work in this capacity.
9. If a parent (certified or uncertified) volunteers to officiate the game, both coaches must agree to allow the volunteer to referee the game. In such case, all parents must be reminded by the coaches, prior to the game, that no questioning of any calls made by the referee will be allowed or condoned.
10. If no acceptable volunteer is located, both coaches will co-referee the game.

## **RULE 2: PLAYER AND PARENT/SPECTATOR LOCATION**

1. Both teams will occupy one side of the field, and all parents/spectators will occupy the other side of the field. No one is allowed to sit or stand in any areas behind the goal line. Each team is granted one-half of the sidelines, and that team's spectators will occupy one-half the sideline opposite that team for the entire game.
2. A maximum of three coaches may occupy the player's side of the field. Coaches may not coach players from the parent/spectator side of the field. Coaches and players must remain between the centerline and the penalty line (top of the penalty area) on their half of the sideline.
3. Players not in the game and all coaches, parents, and spectators must remain at least two (2) yards from the sideline. This is necessary to allow players on the field to play freely along the sideline and to allow the ball to cross the line unencumbered.

## **RULE 3: FIELD OF PLAY**

1. Referees and coaches shall inspect the field of play prior to the start of the first game of the day. If required, each team will assist in removal of glass or other dangerous debris from the field. The first game of the day will not begin until the safety check is completed.

2. Games shall be suspended by the referee if the condition of the field is in any way dangerous to the safety of the players. The home team's soccer supervisor must be notified in the event of any game suspension.
3. The field for U-6 & U-8 is approximately 25x30 yards. The field for U-10 & U-12 is approximately 45x70 yards. The field for U14 shall be regulation size (no smaller than 50x100 and no larger than 55x110).
4. The goal size for U-6 & U-8 levels will be approximately 6' x 4'. The goal size for U-10 & U-12 shall be 18½' x 6 ½'. U14 goal size can vary between 24' x 8'.

#### **RULE 4: PLAYER EQUIPMENT**

1. Referees and coaches share the responsibility to inspect player equipment and apparel. Referees have the final approval of all apparel.
2. Players on each team must, at a minimum, wear jerseys or shirts of matching color, and socks. In cases where two teams wear the same color jersey, it is the responsibility of the visiting team to wear pinnies or alternate-color jerseys. Goalkeepers shall be distinguished from other players and referees by a different color jersey.
3. Players must wear suitable shoes for soccer. Cleated shoes must have rounded cleats made of nylon, rubber, or plastic. Square baseball-type cleats are not allowed. Players must also wear either thick foam shin guards or hard-plastic shin guards which are completely covered by the socks.
4. Players shall wear warm-up suits (sweatshirts, coats, etc.) under their jerseys and shorts during inclement weather. Players will be allowed to wear plain solid-color knit or pullover caps during inclement weather.
5. All illegal clothing items must be removed by players. Watches, earrings, bracelets, rings, eyeglasses, sunglasses, helmets, multi-color hats or caps, and visors are examples of illegal items. Safety goggles are acceptable, as are shatter-proof eyeglasses with retaining neck straps. Any other equipment (such as splints, casts, etc.) which may be dangerous to themselves or other players are also prohibited, unless the item is properly covered in foam padding (at least one inch thick) and in the opinion of the referee the item no longer threatens the safety of players on the field.
6. All religious, medical, or other types of medals or medallions attached to necklaces must be taped inside the players' uniforms in order to prevent them from falling out during the game. If these items cannot be secured, they must be removed.

## **RULE 5: PLAYERS**

1. Game should be played with the number of players indicated in the following table. If one team has fewer than the allowable number of players, both teams will play with this lower number according to the Spirit of Sportsmanship Rule.

2.

<b>Age Groups</b>	<b>Calendar Year Born</b>	<b># Of Players On The Field</b>	<b>Field Size (yards)</b>
U-6	2011 or 2012	3 vs. 3 (no Keeper)	25 x 30
U-8	2009 or 2010	4 vs. 4 (no Keeper)	25 x 30
U-10	2007 or 2008	6 vs. 6	45 x 70
U-12	2005 or 2006	8 vs. 8	45 x 70
U-14	2003 or 2004	11 vs. 11	Regulation*

*\* Recommended regulation field sizes are no smaller than 50 x 100 and no larger than 55 x 110.*

3. Each player must play one-half (1/2) of the game before any player may play the entire game. This ruling would not supersede any case where disciplinary action is needed against a player. The coach may, at his or her discretion, suspend a player or play that player for only one-quarter (1/4) of a game. The coach should notify his or her park district soccer supervisor of this disciplinary action as soon as is practical.
4. All players at U-10 team levels must play both offensive and defensive positions during each game. At the U-10 level, any player can play the position of goalkeeper for a maximum of one-half (1/2) of the game. U-12 and U-14 teams are allowed to have a player at one position for the entire game.

## **RULE 6: BALL SIZE**

<b>Age Groups</b>	<b>Ball Size</b>
U6	#3
U8 - U10	#4
U12 - U14	#5

## **RULE 7: GAME DURATION**

1. U6 games will be four 8 minute quarters. U8 plays four 12 minute quarters. At the U-10 level, there will be 25 minute halves. At the U-12 level, each half is 30 minutes in length for a 60-minute game. At the U-14 level, each half is 35 minutes in length for a 70-minute game. Each game will include a 5-minute intermission at half-time. No overtime period or sudden death play will be allowed for non-tournament games ending in a tie.

2. A clock-time period of 90 minutes will be adequate to schedule each game and still allow adequate preparation time for a subsequent game.
3. Tournament games will differ in length from regularly-scheduled games. Refer to Tournament Rules for the playing time in tournament games.
4. If any half ends before a penalty kick can be taken, the half will be extended to allow the penalty kick to be taken before the half is officially completed. A referee may also add time to the end of any game to make up for time lost due to injury, stalling tactics, or other appropriate causes.

### **RULE 8: END OF FIELD DETERMINATION**

1. Team captains will meet with the referee at the center circle prior to the game for a coin toss. The visiting team will call the toss, which will determine which team will kick off and which end of the field each team will defend.
2. The team winning the coin toss will decide which goal it will defend during the first half. The team losing the coin toss will kick off to begin the game.
3. Once the opening kick-off is determined, the kick-off will alternate between the teams at the start of each period. Teams will exchange ends of the field at the intermission between halves.

### **RULE 9: START OF PLAY**

1. After a goal has been scored, the team kicking off will line up in its half of the field at the center line. The opposing team will line up in its half of the field at least ten yards from the ball. The ten-yard mark is indicated by the half-circle on each side of the center line at midfield. The referee will sound the whistle to inform both teams that the game may be restarted by the kick-off.
2. The kick-off is complete and the game is restarted when the ball has been kicked forward into the opposing team's half of the field. The referee will stop play on an incomplete kick-off and the kick-off will be retaken.
3. If an opposing player enters the kicking team's half of the field or the center circle before the kicking team's player strikes the ball, the kick-off will be retaken. If a player on the kicking team enters the opposing team's half of the field before the kick-off is completed, the kick-off will be retaken.
4. If the player kicking the ball kicks it a second time before another player from either team touches it, the opposing team will get an indirect free kick from the spot of the second kick.

## **RULE 10: DROP BALL**

1. A drop ball will restart the game for any cause not specifically mentioned elsewhere in these rules. An example might occur when two players make contact with the ball at the same time and neither the referee nor the linesman can determine which team kicked it out of bounds. Drop ball situations occurring inside the penalty area will be taken at the nearest point outside the penalty area.
2. In such case, a player from each team will line up on either side of the referee. The players will face one another. The referee will drop the ball to the ground, and both players may kick the ball as soon as it has touched the ground. The drop ball will be retaken if either player kicks the ball before it has touched the ground.

## **RULE 11: SCORING RULES**

1. A goal is scored when the whole of the ball passes over the goal line beneath the crossbar and between the goal posts in the air or on the ground. A goal may be scored during normal play directly from a **kick-off**, direct free kick, penalty kick, corner kick, drop ball, **goal kick**, or goalkeeper's throw, punt, or drop-kick.
2. No goal can be scored directly from a throw-in or directly by the defensive team on its own goal via kick-off, goal kick, or direct free kick.
3. No goal can be scored by a player in an off-sides position, on an improperly-taken indirect free kick, or after an infraction has been called by the referee.
4. The recorded score of a forfeited game shall be 1-0.

## **RULE 12: BALL IN/OUT of PLAY**

1. The ball is out of play when the whole of the ball has crossed the touch-line on the ground or in the air, or when the whole of the ball has crossed the goal line on the ground or in the air above the cross-bar in the area between the goal posts and the corners of the field. The ball is also out of play when the referee has stopped the game.
2. The ball is in play at all other times from the start of the game until the end, including when the ball rebounds off the referee or the linesman onto the field of play, and when it rebounds from a goal post, cross-bar, or a corner flag into the field of play.

## **RULE 13: PLAYER SUBSTITUTIONS**

1. Either team may substitute between periods, on a goal kick, after a goal has been scored, or when play has been stopped for an injury. In such case, the injured player

must leave the field as soon as safely possible and must be replaced by another player.

2. Either team may substitute when a player has been cautioned or when a player has been sent off (disqualified). Disqualified players cannot be replaced.
3. Only the team in possession of the ball may substitute on a throw-in.
4. The referee must be informed of all changes of goalkeeper, including those changed made between halves. Goalkeepers may be changed only during a stoppage of play.
5. **Coaches must request and receive permission of the referee to have substitutes enter the game.**

### **RULE 14: FREE-KICKS**

1. Free-kicks are awarded by the referee when a player on the opposing team violates certain rules of play. Opposing players must be positioned ten (10) yards away from the ball on any free-kick unless the ball is spotted less than ten yards away from the opponent's goal line. In such case, the defending players may stand on the goal line between the posts.
2. A **direct free-kick** is awarded for all major fouls and misconduct. A goal may be scored directly from a direct free-kick. An **indirect free-kick** is awarded for all minor fouls. No goal may be scored directly from an indirect free-kick; the ball must be played by another player from either team before going into the goal.
3. The ball must be stationary when the free-kick is taken. The free-kick may be taken as soon as the kicking team is ready; the referee will inform players when he or she wants them to wait for a whistle to signal restart of play. The kicker may not play the ball a second time until another player from either team has played it. Penalty for a two-touch foul is an indirect free-kick.

### **RULE 15: OFFSIDE (INDIRECT FREE-KICK AWARD)**

1. Players are not allowed to wait near the offensive goal hoping to get the ball on offense. Players are encouraged to participate in play offensively and defensively over the entire field of play.
2. An offensive player is offside at the moment the ball is played by a teammate if he or she is ahead of the ball and has fewer than two defending players between himself or herself and the goal line. In order for the offside to be recognized, the offside player must participate in play after the ball is kicked; that is, he or she must play the ball

kicked to him or her, or he or she must interfere with a defensive player trying to gain control of the ball from another offensive player.

3. A player is not offside if he or she is in his or her half of the field, or if he or she is in possession of the ball. A player is not offside if the ball was last played by an opponent or if the ball was received directly from a goal kick, corner kick, throw-in, or drop ball. A player is not offside if he or she is in an offside position but is not involved in the play.

### **RULE 16: FOULS (DIRECT FREE-KICK AWARD)**

1. A **direct free-kick** is awarded to the opposing team whenever a player commits, in the opinion of the referee, any of several acts using excessive force. This includes kicking or attempting to kick an opponent, tripping an opponent (including tackling from behind), jumping at, charging, or pushing an opponent, or striking or attempting to strike an opponent.
2. A **direct free-kick** is awarded to the opposing team whenever a player tackles an opponent by making contact with the player before contact is made with the ball, charges the goalkeeper in the goal area, or holds or spits at an opponent.
3. A **direct free-kick** is awarded to the opposing team whenever a player carries, strikes, or propels the ball with his or her hand (**hand ball**). An exception is the goalkeeper, who may use his or her hands while in his or her defensive penalty area. However, a **direct free-kick** is awarded to the opposing team whenever a goalie touches the ball with his or her hands while outside his or her defensive penalty area. This includes a case where the goalkeeper's feet are inside the penalty area but the hands are outside the penalty area.

### **RULE 17: FOULS (INDIRECT FREE-KICK AWARD)**

1. An **indirect free-kick** is awarded to the opposing team whenever a player plays in a manner considered dangerous by the referee, such as attempting to kick a ball which is being held by the goalkeeper. An **indirect free-kick** is awarded to the opposing team whenever a player charges unfairly into an opposing player while playing for position rather than playing the ball (not being within playing distance of the ball).
2. An **indirect free-kick** is awarded to the opposing team whenever a player charges the goalkeeper, interferes with the kicker on a penalty kick, or intentionally impedes an opposing player by position himself or herself without playing the ball himself or herself (obstruction foul).
3. An **indirect free-kick** is awarded to the opposing team whenever a goalkeeper touches the ball with his or her hands after it has been deliberately kicked to him or her by a teammate, or whenever a **goalkeeper touches the ball with his or her hands after it has been received directly from a throw-in** by a teammate.



4. An **indirect free-kick** is awarded to the opposing team whenever a goalkeeper takes more than four (4) steps without releasing the ball back into play, **or takes longer than 5-6 seconds to put the ball back into play via kick or throw**. This ruling is designed to eliminate time-wasting by the goalkeeper.
5. An **indirect free-kick** is awarded to the opposing team whenever a goalkeeper touches the ball with his or her hands a second time without another player from either team playing it after he or she releases it back into play, or whenever a goalkeeper indulges in tactics not listed here which, in the opinion of the referee, delay the game.

### **RULE 18: MISCONDUCT (YELLOW CARD CAUTION)**

1. Any player shall be **cautioned and shown a yellow card** if he or she enters or reenters the playing field without permission from the referee, shows by word or action dissent over any decision made by the referee, or is guilty of unsportsmanlike conduct. The yellow card should also be awarded if he or she persistently violates the rules of the game.
2. Any player shall be **cautioned and shown a yellow card** if he or she **fails to respect the required distance when play is restarted by corner kick, direct free-kick, or indirect free-kick**, or if he or she acts in a manner which delays restart of the game.
3. Penalty for any player being **cautioned and shown a yellow card** is an indirect free-kick from the spot of the infraction.

### **RULE 19: MISCONDUCT (RED CARD DISQUALIFICATION)**

1. Any player shall be **sent off (disqualified) and shown a red card** if he or she, in the opinion of the referee, is guilty of violent conduct such as striking another player, or is guilty of serious foul play such as slide-tackling an opponent from behind. No player who is sent off may be replaced; his or her team will play short-handed for the remainder of the game.
2. Any player shall be **sent off (disqualified) and shown a red card** if he or she uses offensive, insulting, or abusive language, or if he or she receives a second yellow card in a game, or if he or she strikes a referee or a linesman.
3. In each case of a player being **disqualified and shown a red card**, the opposing team will be awarded an indirect free-kick or a direct free-kick depending upon the type and location of the foul. In any case where no foul has occurred, including striking an official, the award will be an indirect free-kick.

## **RULE 20: PENALTY KICK**

1. When a defensive player commits a foul in his or her own penalty area, the opposing team is awarded a penalty kick. The ball will be spotted on the penalty spot, located twelve (12) yards from the goal line in the penalty area, and the designated kicker waits for the referee to whistle to restart play. The opponent's **goalkeeper is positioned on the goal line and between the goal posts. The goalkeeper must remain standing on the line facing the kicker until the ball has been kicked** by the designated kicker.
2. All other players must remain outside the penalty area behind the twelve (12) yard mark (the penalty spot) and outside of the restraining area (the half-circle at the top of the penalty area) until the ball has been kicked by the designated kicker.
3. The designated kicker must approach the ball for the kick in one continuous motion. The kicker is not allowed to stop and restart, to jump, or to move in any manner which causes the goal keeper to move from his or her position on the goal line before the ball is played. The kicker must not play the ball a second time until another player from either team has played it.

## **RULE 21: THROW-IN FROM THE TOUCHLINE**

1. When the opposing team last plays the ball before the entire ball passes beyond the touch-line, a throw-in is awarded. The ball will be thrown into the field of play from the point where it crossed the touch-line.
2. The thrower must face the field of play and have both feet on the ground outside the touch-line at the time of the release of the ball. The thrower shall deliver the ball with both hands, from behind and over the head in one continuous motion. If the ball fails to enter the field of play, the throw-in shall be retaken.
3. If the throw-in is not taken properly, such as by a player who has lifted one foot on the release, the opposing team will be awarded a throw-in from the same spot.
4. The thrower may not play the ball inside the field of play until another player of either team has played it.

## **RULE 22: GOAL KICK**

1. When the entire ball crosses the goal line, excluding the portion under the cross-bar and between the goal posts, a goal kick is awarded to the opposing team.
2. The ball will be kicked by a member of the offended team from any point within the goal area. Play may be restarted as soon as the offended team is ready to kick the ball. The referee will indicate to the players in any case where he or she wants them to wait for a whistle to restart play.

3. All opposing players must take their positions outside the penalty area, and such players may not reenter the penalty area until the ball has completely cleared the area. The kicker may not play the call a second time until another player from either team has played it.

### **RULE 23: CORNER KICK**

1. When the entire ball crosses the goal line, excluding the portion under the cross-bar and between the goal posts, having been last played by the defensive team, a corner kick is awarded. The offensive team will kick the ball from the corner area closest to where the ball went out of play.
2. The ball must be placed in the corner arc and no portion of the ball may touch the field outside the corner arc. Play may be restarted as soon as the offensive team is ready to kick the ball. The referee will indicate to the players in any case where he or she wants them to wait for a whistle to restart play.
3. All defensive players must remain at least ten (10) yards from the ball when it is kicked. The kicker may not play the call a second time until another player from either team has played it.

### **RULE 24: GAME COMPLETION**

1. The referee will signal the end of the game by sounding his or her whistle and signaling the end of play.
2. At game completion, both teams and their coaches will immediately line up at the center of the field and shake hands with their opponents.
3. No display of negative sportsmanship, such as spitting on the hands prior to greeting the opponent, will be tolerated. Any player engaging in such lack of sportsmanship will be reported to the local park district soccer supervisor. Such player shall receive a one (1) game suspension.

### **RULE 25: COACHES' RESPONSIBILITIES & WEATHER DECISIONS MADE BY HOME COACH OR HOME SITE SUPERVISOR**

1. It shall be the responsibility of the coaches to maintain appropriate coaching certification. Such certification would be that mandated by the local park district. It shall be the responsibility of the coaches to insure the safety of all players at all times and to be responsible for all conduct by himself/ herself, the players, and the team's spectators.

2. For the safety of all players, coaches must not allow the wearing of any hard or plastic holders, of any hooded sweatshirts unless the hoods are tucked in, or of steel cleats of any type, or of the square baseball-style cleat in any pattern. Coaches must insure that all players must wear shin guards at all practices and in all games.
3. Coaches must display sportsmanship toward all players, coaches and referees. Any conduct unbecoming of the coach which involves violent behavior or language to a player, referee, other coach or parent will go before the board for a vote on dismissal from the program.
4. **Visiting coaches are expected to call the home coach during the week prior to the game. The coaches should verify the game date, the game time, the field location, and the color of the jerseys. In the event that both teams have the same color uniform, the visiting team must switch to an alternate color or provide different colored pinnies. Home coaches are asked to contact the visiting coach in any case where the visiting coach has not completed the call.**
5. **“Home Coaches” have the responsibility to reschedule games not played as scheduled for weather or any other reason. Such games shall be rescheduled to mutual agreement within 72 hours. All coaches must notify their respective park districts of any schedule changes.**

## **RULE 25: SPIRIT OF SPORTSMANSHIP**

1. If one team has fewer than the allowable number of players, both teams will play with this lower number (10 vs. 10, for example).
2. If one team takes a **FOUR-GOAL LEAD** over the opponent, the leading team must rotate offensive and defensive players or substitute players upon gaining a four-goal lead.
3. If one team takes a **FIVE-GOAL LEAD** over the opponent, the trailing team will be allowed to add players to the game and play with a manpower advantage until the lead has been reduced to a four-goal lead. The trailing team is entitled to a one-player advantage (12-11) with the 5-goal lead, to a two-player advantage (13-11) with a 6-goal lead, or to a three-player advantage (14-11) with a 7-goal or greater lead. The trailing team would remove a player from the game upon scoring a goal.
4. If the teams began the game with less than a complete team (see #1 above), the relative player advantages would remain as listed. If the trailing team has no additional players, the team with the lead would remove one or more players to meet the requirements of this ruling. The minimum number of players would be seven (8).

## **RULE 26: APPLIES TO U-6 and U-8 LEVEL**

1. To help players learn the field layout a goal area and penalty area will be used.
2. Each park district will stripe two boxes, a penalty box and a goal area. Players are allowed to enter the penalty box, but not the goal box.
3. Goalkeepers are not allowed in these age groups.
4. Game is four (4), eight (8) minute quarters will be played at the U6 level and four (4), twelve (12) minute quarters will be played at the U8 level. Continuous clock. *The clock will stop for injuries.*
5. Three (3) minute breaks between the quarters. Ten (10) minute break at the half.
6. Coaches have the opportunity to explain each call to the offending player(s) during the game.
7. Players and coaches will be located on the opposite side of the field from parents. One coach from each team may be on the field to assist in game progression. *No one is allowed to stand behind the end line or goalie box.*
8. Obvious offside is enforced. A player is offside if, while in his attacking half of the field and not in possession of the ball, he is in front of the ball and there are fewer than two defenders, including the goalie, between him and the goal. Offside is only called when an offside player affects the development of the play or if the player is attempting to gain advantage. The opposing team is awarded an indirect free kick where the player was offside.
9. If the whole ball goes over the side line, it is a throw in against the team who last touched the ball. If the "throw in" is improperly done, the coach may explain proper technique and a second attempt are allowed. Play resumes after the second attempt, without a turnover to the other team.
10. If the ball goes over the end line, it is an automatic goal kick regardless of which team kicked the ball out. No corner kicks are played in this league. Any player can take the goal kick; no hands can be used. The opposing team must be ten yards from the goal area at the beginning of the goal kick.
11. No player can touch the ball with their hands. A free kick is awarded to the opposing team if a player uses hands. No penalty kicks on goal will be done. If a hand ball occurs near a goal, back the ball off the goal a reasonable amount.
12. Allow the game to flow as much as possible, at the referees (coaches) discretion unintentional hands do not need to be called.

13. Dangerous play situations are awarded to the opposing team to the player who created the situation. Use wide latitude when calling this foul. Players may not kick the ball if they are on the ground. Players may not kick above their waist when other players are close to them. Players may not charge the goal keeper. Players may not side tackle opponents without first contacting the ball. Any time a situation looks dangerous, this penalty should be called.
14. If a player is injured stop the game and make the other players sit down on the field. Coaches may go out on the field to examine the player. If a player cannot easily move himself/herself from the field then emergency medical service should be called. Do not move an injured player.
15. Coaches always have the final say on how their team works. If you feel your team is too tired, exhausted or over heated, stop the practice/game and take a break or even cancel. Health and safety are first. If you feel a child should not continue, you have a right as a coach to pull him/her from the game. It is the coaches call, not the parents (unless the parent wants the child removed from the field).
16. U-6 and U-8 goal size will be 6' x 4'.
17. Coaches are reminded they have volunteered to introduce the sport of soccer. Proper instruction and a fun, rewarding experience is the objective.