In-House Soccer Rules/Information

Please keep in mind that this is a Recreational League, designed to further the players' enjoyment and skills to play this beautiful game.

The laws of the game as set down by **FIFA** (International Soccer Federation) will apply except as modified below:

1. **COACHES RESPONSIBILITIES**
The coach of each team is responsible for the team players, and for their own actions on the field and those of the team parents and spectators. The coach is responsible for providing a safe, fun environment for the players and spectators. This includes maximizing the players' playing time! Set a good example for your players and parents. Do not yell at or abuse your players, the referees, the other teams' players, or coaches. Any profane or abusive language, other unsporting conduct, violations of the laws of the game, or coach's/spectator's presence on the field without referee permission will result in an immediate warning to the coach and possible ejection from the game at the discretion of the referee.

2. **CONCERNS**
All concerns by coaches, referees, parents and/or players should be immediately brought to the attention of ***PASC*** through your Age Group Coordinator (AGC).

3. **REFEREES**
PASC will provide referees based on the published game schedule. Referees will be 14 years old or older. All referees must have completed a league-sponsored referee training session or its equivalent. The referee shall have total control of the playing field and all adjacent areas, as well as keeping accurate time of the game. Only coaches may communicate with the referees prior to the start of the game, half time, and at the end of the game. Coaches are encouraged to meet with the referee before the game to clarify any questions or rules. All decisions on the field are final. Any opposing views should ONLY be expressed to ***PASC*** through your Age Group Coordinator.
In other words, respect and encourage the referee's authority.

4. **REFEREE NO-SHOWS**
If the referee does not show up for your game, you must notify the Referee Coordinator. Please send an email to the Referee Coordinator containing the following information: age group, boys or girls, field location, date and time of game, and the name and number of both teams. The Referee Coordinator's email can be found on our website.

5. **REFEREE FEES AND PAYMENTS**
Coaches must pay the referee in cash *PRIOR* to the start of the game. If ***PASC*** fields are open, but after arriving to the field it is raining or the field is unplayable, you, the other coach, and the referee may cancel the game however you still must pay the referee. If the game is rescheduled, you will need to pay the referee fee again. The current referee fees for the ***PASC*** are $8 per team for U8.

6. **WEATHER CANCELLATIONS**
Coaches, referees, parents and players should check our website or other coach's direction prior to the game to determine the status of play, especially in the event of questionable weather. Decisions on whether or not ***PASC*** will be playing will be posted on our website. If ***PASC*** cancels play, games are NOT to be played. If ***PASC*** is playing, but after arriving at the field and it is raining or the field is unplayable, you, the other coach and the referee may cancel the game but you still must pay the referee. If the game is rescheduled, you will need to pay the referee fee again.

7. **GAME SCHEDULES**
Game schedules will be communicated through the Age Group Coordinator and posted on our website. Coaches are encouraged to check with the Age Group Coordinator to determine if there have been any changes made to the game schedule. The official schedule is reflected on the website.

8. **GAME CANCELLATIONS**
If you need to cancel a game, you must notify the other coach, Referee Coordinator , and the Age Group Coordinator by 5 PM the Wednesday prior to the game. Please notify the contacts by sending an email containing the following information: age group, boys or girls, field location, date and time of game, and the name and number of both teams.

9. **FIELD INFORMATION**
Information about the playing fields, along with driving directions are posted on our website

10. **FIELD and GOAL DIMENSIONS**
These are the recommended field and goal sizes for the various age groupings:
Field Size Goal Size: U7/8 35 yards wide by 50 yards long 6 feet high by 12 feet wide

11. **THE BALL**
The ball size shall be as follows: U7/8 #3
The home team as listed on the game schedule is responsible for providing the ball used for the game.

12. **NUMBER OF PLAYERS ON THE FIELD (including goalkeeper)**
U7/8 6 vs. 6
Equal Playing Time***: Coaches will play all players an equal amount of time. There is no exception to this rule.***

Players should not be slotted to play only one position on the field, especially at the younger age groupings. Coaches are encouraged to adjust field strength to match the opposing team. For example, if one team can only field six players, the opposing team should only field six players. If a team is short players, coaches are strongly encouraged to share players and play a 'friendly' game.

13. **ROSTERS**
Maximum number of players on a roster: U7/U8 12 players
Important Notes: Coaches may only play players that are officially registered with ***PASC*** (must complete RG-6 and Medical Release Forms). Travel and Recreational players are not to play in this League.

14. **AGE GROUPINGS**
PASC uses the current Eastern Pennsylvania Youth Soccer Association's (EPYSA) age group cutoff date to determine the players age grouping. For example, a player must be younger than 8 years old prior to August 1st to play on a U8 team. The current age groupings are on the **EPYSA's AGE GROUP CHART.**

15. **SUBSTITUTION**
Game substitutions shall be made only at the end of a quarter for U7 and U8 divisions or due to an injury on the field, however if due to the lack of players you need to substitute outside of this rule please discuss with the opposing coach and referee (as applicable). You are not to substitute to obtain an advantage.

16. **GAME TIMES and LENGTH**
All teams must be at the field ready to play, as games will begin promptly at their scheduled times. If a game extends beyond the scheduled time, and there are other teams waiting to play, the teams running late must leave the field.

Game Durations: U7/U8 40-minute game broken into 10-minute quarters
Half time is five (5) minutes long, with three (3) minutes between the other quarters. Teams will be called back to the field a minute before this so the next quarter or half can start on time.

17. **GAME INCIDENTS**
If you need to report a game or field incident, such as; a player gets hurt, a team runs up the score, a parent or coach abuses the referee, the field is not lined, etc., please send an e-mail to the appropriate Age Group Coordinator containing the following information: age group, boys or girls, field location, date and time of game, the name and number of both teams, and a description of the incident.

18. **LOPSIDED GAMES**
If a team is up by 4 goals, **the coach having the lead shall make a serious attempt to not allow the score to be run up**. This can be done by moving players around, instructing them to use their opposite foot, or directing them to pass more often. If a team goes up by 5 goals, that team must remove one (1) player from the field of play. If a team is up by 7 goals, than two (2) players must be removed from the field of play. Coaches should notify their club contact if this rule is not followed.

19. **CONCLUSION OF GAME**
At the conclusion of each game, all players and coaches should immediately:
· Acknowledge and thank the referee, and
· Acknowledge the other team by lining up at mid-field and shaking hands.
Coaches must make sure this is done without incident.

20. **PLAYER'S EQUIPMENT / SAFETY**
Coaches shall confirm that all players are dress appropriately.

Uniforms
All players shall have a jersey as their top garment that was provided to them by ***PASC.*** Jerseys must have uniform colors for each team. All goalkeepers must be dressed in a different colored jersey or use a pinnie. One team may use pull over vestments of a different color in the event two teams with similar colored jerseys play each other.

Safety
· Coaches must inspect the field for any unsafe conditions prior to the start of practice and/or play.
· If, after arriving at the field and the field is not playable, for whatever reason; you, the other coach, and the referee may cancel the game. If lightning is evident, everyone must leave the field immediately.
· Slide tackling, tackling from behind, and running the goalkeeper are strictly forbidden in this league.
· All players must wear shin guards. Shin guards are to be worn with socks over the shin guard, not underneath, and then folded over the top. Players will NOT be permitted to play without shin guards.
· Jewelry, except for medical alerts, may not be worn during a game. This includes, but is not limited to such items as earrings, bracelets, necklaces, watches, rings, etc. Taping of

the jewelry, such as newly pierced earrings, is not acceptable. They must be removed in order to play.

- No *hooded* sweatshirts are to be worn.
- Baseball/Softball type cleats - ones that have toe cleats - may NOT be worn.
- A bleeding player will be immediately asked to leave the field of play. This player may be immediately substituted. The injured player may return to the field of play once the bleeding has stopped, per normal substitution rules.
- Players wearing splints or hard casts will not be permitted to play. This is to prevent re-injury to the player, as well as injury to others.

21. **WHERE TO SIT and STAND**
Each team shall set-up on opposite sides of the field. The only exception to this is if there is not enough room on one of the sidelines. Parents are also encouraged to stay on the same side as their team. No one may be behind the end line (i.e., behind the goalkeeper) during play. Parents and other spectators must sit a minimum of 5 yards back from the sidelines. This is for the safety of the players. No parents or coaches will be allowed to run up and down the sidelines. Coaches, parents and/or spectators are not allowed on the field at anytime unless given permission by the referee.

22. **LINESMEN**
If requested by the referee, each team shall provide a "voluntary" linesman. The linesmen shall call only out of bounds on the sidelines.

23. **BALL IN / OUT OF PLAY**
The ball must pass completely over the boundary lines, whether on the ground or in the air, for those boundaries to have an effect. These lines are considered to be *in* the field of play. For example, the ball is out of bounds only when the ball is completely over the outside of the line. A goal is scored only when the ball is completely over the goal line.

24. **SCORING**
The ball must be entirely over the goal line and between the goal posts and under the cross bar to be considered a score (i.e., a goal). A ball caught by a goalkeeper that is subsequently brought over the goal line by the goalkeeper, by falling or otherwise, is considered a goal.

25. **THROW-INS**
Throw-ins are awarded to the opposing team when the team with possession loses the ball entirely over the sideline, whether on the ground or in the air. The throw-in is taken at the point where the ball left the field of play. Per FIFA rules, if the ball is thrown illegally, the other team takes possession with a free throw from that same spot. Referees shall use their discretion on the violation of the throw-in law. Meaning, for the first three games only, the referee may allow the throw-in to be retaken at least once. After the third game, FIFA rules shall apply. Coaches should determine how the referee will enforce this rule prior to the start of the game.

26. **GOAL KICKS**
The goal kick is taken anywhere within the goal box and may be taken by any player on the defending team. A player may place the ball wherever they wish in the goal box area. Most referees will put the ball on the outer most corner of the area. This will put the ball further in the middle of the field of play.

27. **CORNER KICKS**
A corner kick is awarded to the attacking team, when the defending team kicks the ball

entirely over their own goal line. The balled is played from the corner, closest to where it left the field of play. The ball must take one full revolution, and must touch another player before the kicker can play it a second time. For U7 and U8 teams, corner kicks are taken where the touch (side) line and goal line meet. There will usually be a one-yard arc painted at this corner.

28. **PENALTY KICKS**
U7 and U8 teams do not take penalty kicks. If there was a foul committed inside the penalty box that would be considered a penalty in regulation play, the foul would be taken as a corner kick instead of at the penalty mark. This corner kick would be taken where the touch (side) line and goal line meet.

29. **OFF-SIDES**
Off-sides will not be called in the U7/U8 division. Coaches should discourage "cherry picking," especially at the U7/U8 level.

30. **SLIDE TACKLES**
Slide tackling, tackling from behind, and running the goalkeeper are strictly forbidden in this league. These fouls will be considered rough play and result in a direct free kick.

31. **GOALKEEPER**
Here are some points concerning the goalkeeper position.

- The goalkeeper is considered to have control of the ball whenever he/she is *touching it with any part of the hand or arms, even though it may not look like the goalkeeper has control over the ball. This rule will be strictly enforced for the safety of the players.*
- Arms and hands can only be used when the goalkeeper and ball are inside the penalty box area.
- After controlling the ball, the goalkeeper must play the ball within six (6) seconds.
- The goalkeeper may not use their hands on a pass from a teammate's foot or a teammate's throw-in. For U7/U8 teams, the game is stopped and the rule is explained to the keeper. The game is continued with an indirect kick outside the 18-yard box by the opposing team.

32. **SOCCER FIELD MARKINGS and USES**
- TOUCH LINE (SIDE LINE) - defines the field of play, when the ball goes completely over this line, whether on the ground or in the air, it is out of play.
- GOAL LINE (END LINE) - defines the field of play, when the ball goes completely over this line, whether on the ground or in the air, it is out of play, or a goal has been scored.
- CENTER MARK - used for kick offs, the ball is placed on this mark to start each quarter and after a goal has been score.
- CENTER CIRCLE - used for kick offs, the opposing team must stay outside this circle until the kicking team has played the ball.

- CENTER LINE (HALFWAY LINE) - for kick offs, each team must be on their half of the field until the ball is played. Also used in the offside rule. A player can't be offside on his own half of the field.
- GOAL BOX (6 yard line) - the ball is placed on or behind this line when taking a goal kick.
- PENALTY BOX AREA
  - The area in which the goalkeeper is allowed to handle the ball.
  - If a defending player commits a major foul inside this area, the opposing team gets a penalty kick instead of the normal direct free kick.

- o During a penalty kick, all players except the kicker and the goalkeeper must stay out of this area until the ball is played.
- o When a goal kick is taken, no one may touch the ball until it clears this area.
- o When a goal kick is taken, no one from the opposing team may enter the penalty box area until the ball clears the penalty area.

33. **VIOLATIONS, FOULS AND OTHER ROUGH PLAY**

There are clear FIFA guidelines on what is allowed and what is considered rough play. These are summarized below. All coaches are strongly encouraged to review these rules carefully with the players and their parents. Referees will be encouraged to control rough play early.

Note: A few of the violations are waived for U7/U8 teams. Please take note of them.

MINOR Violations result in an INDIRECT FREE KICK

- Trying to kick the ball from the goalkeeper while the goalie is in possession. The goalkeeper's safety is of primary concern. Therefore, the goalkeeper is considered to be in control of the ball when *touching it with any part of his hand or arms* and a foul will be called on any player trying to kick at a ball that meets this condition.
- Interfering with the goalkeeper.
- Obstructing or interfering with an opponent (e.g. throwing a 'pick').
- Engaging in dangerous play. This includes a player lowering their head below the waist, making a play at the ball while lying on the ground, or trying to kick at the ball above the waist all with an opponent within playing distance.
- Goalkeeper takes too long to play the ball. The goalkeeper has six (6) seconds to put the ball back in play. *(Waived at U7/U8)*.
- Goalkeeper handles a deliberate foot pass or throw-in from a teammate with their hands or arms. *(Waived at U7/U8)*.
- Touching the ball twice before another player touches it on a throw-in, kick off, free kick, corner kick, goal kick, or penalty shot. *(Retake at U7/U8 with a teaching moment).*
- Off-sides. *(Waived at U7/U8).*

MAJOR Violations resulting in a DIRECT FREE KICK

- Kicking or tripping an opponent. Incidental contact with an opponent while trying to play the ball is not considered kicking an opponent.
- Striking an opponent.
- Jumping into an opponent.
- Deliberately handling the ball with hands or arms.
- Holding an opponent (includes grabbing the uniform).
- Pushing an opponent.
- Charging an opponent in a violent or dangerous manner. Shoulder-to-shoulder contact is allowed provided at least one foot is on ground and both players are upright with arms close to their sides.

Violations resulting in a VERBAL CAUTION and an INDIRECT FREE KICK

- Abusive or foul language.
- Persistent violations.
- Unsporting conduct (e.g., taunting, kicking the ball away after play is stopped).

Violations resulting in an EJECTION.

- Intentional spitting at an opponent or the referee.
- Fighting.

34. **STARTS and RESTARTS**

There are different ways play can be started, or restarted, depending on how the ball went out of play. For most violations of the restart rules, the restart is simply redone. For example, if on a kick-off, the ball is kicked backwards or the other team moves into the circle before the kick, the play is stopped and the kick-off retaken.

Kick-off - this is a kick taken from the center of the field at the beginning of each quarter or half, and after a goal is scored.

- The team taking the initial kick off at the beginning of a game is determined by a coin toss.
- Teams then alternate at the beginning of the remaining quarters.
- After a goal, the team against whom the goal was scored takes the kick off.
- The ball must travel into the opponent's half of the field on the first touch (i.e., the ball must move forward).
- If the ball does not travel in a forward direction, the kick is retaken.
- A goal cannot be scored directly off the kick off.
- The player kicking off may not touch the ball again until another player touches it.
- If the kicking player touches the ball twice before another player touches it, the other team gets an indirect free kick.
- Each team's players must stay on their half of the field, until the ball is kicked.
- The team not kicking off must stay outside of the center circle until the ball is kicked.

Throw-Ins - this is a free throw awarded to the opposing team when the team with possession loses the ball entirely over the sideline, whether on the ground or in the air. The free throw is taken at the point that the ball left the field of play.

- Both feet must be on or behind the sideline.
- Both feet must stay on the ground when the ball is thrown.
- Ball must be thrown with both hands.
- Ball must be thrown directly over the head.
- The thrower may not touch the ball again until someone else touches it first (you can not throw the ball to yourself).

Goal Kick - this is a kick taken when the ball crosses the end line and is last touched by the attacking team.

- The kick is taken from anywhere within the 6-yard box (goal box area) of the defending team.
- The ball may be kicked by anyone on the defending team.
- The ball must pass beyond the 18-yard box (penalty area) before another player can touch it.
- The kicker cannot touch the ball again until someone else touches it.
- A goal cannot be scored directly from the goal kick.
- Opposing players must stand outside the penalty area when the goal kick is taken.

Corner Kick - this kick is taken when the ball crosses the end line and is last touched by the defending team.

- The kick is taken from the corner where the sideline meets the end line on the side of which the ball crossed the end line.
- The ball may be kicked by anyone on the team.
- The opposing team must stay at least ten yards away from the ball until it is kicked.
- Once kicked, the ball must touch another player before the kicker can play it a second time.
- A goal can be scored directly from the corner kick.

Drop Ball - this occurs when the referee cannot determine who touched the ball last.
- A member of each team stands at the drop ball point facing the goal at which they are trying to score.
- The referee drops the ball between them and they kick it after it touches the ground.
- They may continue to play the ball (there is no second touch rule for drop balls).

35. **FREE KICK RULES**

When a foul occurs (described later) the referee may blow the whistle to stop the game. The team that fouled loses the ball. The other team will restart the game with a free kick from the point of the foul.
- The ball is placed on the ground at the point of the foul.
- Anyone on the team that was fouled may kick the ball.
- All players on the fouling team must stay at least 10 yards away from the ball, until the ball is kicked.
- The kicker may not touch the ball again until someone else touches it (you cannot kick the ball to yourself).
- There are two types of free kicks: Indirect and Direct.
- The referee should tell the players if it is an indirect or direct free kick. On an indirect free kick, the referee should keep his hand extended above his head until the ball is touched the second time.

Indirect Free Kick - kick awarded after an infraction (see section on violations).
- The ball must touch another player before it can go into the goal for a score. Note: That touch could be the goalkeeper attempting to save the ball.
- The free kick is taken from the point where the infraction occurred.
- The opposing team must stand at least ten yards away on the kick.
- Once kicked the ball must touch another player before the kicker can play it a second time.

Direct Free Kick - kick awarded after an infraction (see section on violations).
- A goal can be scored directly from a direct free kick.
- The free kick is taken from the point where the infraction occurred.
- The opposing team must stand at least ten yards away on the kick.
- Once kicked the ball must touch another player before the kicker can play it a second time.

Penalty Kick - a penalty kick is a direct free kick awarded to the attacking team when a defending player commits a major foul within the 18-yard penalty box area.
- The penalty shot is taken from the penalty spot (12 yards in front of the goal).
- Any player may take the penalty kick.
- All players, except the kicker and the goalkeeper, must remain outside the penalty area including the penalty-restraining arc when the kick is taken.
- The kicker must move forward, without stopping and kick the ball forward.
- Once kicked, the ball must touch another player before the kicker can play it a second time.
- A goal can be scored directly from a penalty kick.
- The goalkeeper must stand on the goal line and is not allowed to move until after the ball is kicked.
- The ball is in play after the kick. That is, if it does not score and bounces into the field of play, the game continues and anyone may kick it. The kicker may not touch the ball again until someone else touches it. If the ball bounces off the goalkeeper, anyone can play it. If the ball rebounds off the goal post, the kicker must not touch it until someone else does first.

· U7 and U8 teams do not take penalty kicks. They are replaced with a corner kick taken where the penalty box and goal line meet.

36. **ADVANTAGE RULE**
If calling a foul would punish the fouled team and help the fouling team, the referee may ignore the call by using the advantage rule. As an example: a player dribbles past the last defender and moves in to shoot on goal. The last defender grabs the player's shirt to try to keep him from shooting, but the player breaks away. If the referee calls a foul now, the player would lose his chance to shoot on goal. The referee should let the play go on. The referee will signal the advantage rule by holding both arms out in front of his/her body and shouting "Play on." Once the advantage is given, the referee cannot call that foul later if the person does not shoot or score.

37. **REFEREE SIGNALS**
· Throw-In - The referee will point in the direction of the throw-in.
· Goal Kick - The referee will point to the goal area.
· Corner Kick - The referee will point to the corner of the field.
· Goal Scored - The referee will point to the center circle.
· Free Kick - The referee will move to the point of the foul and point in the direction of the kick.
· Indirect Free Kick - Same as the free kick, but the referee will extend hands above his/her head..
· Advantage - The referee will extend both arms out in front if his/her body.
· Whistle - The referee will blew his/her whistle 3 times to signal the end of the quarter, half and game.