

Lamar Youth Soccer League Local Rule Adjustments

RULES: The official rulebook is “FIFA Rules of the Game,” as revised, superseded only by the following local league exceptions / alterations as indicated below.

DIVISIONS:

Divisions	Game Duration		Ball Size
Kindergarten	4 – 10 minute quarters		3
1 – Grades 1 & 2	4 – 10 minute quarters		3
2 – Grades 3 & 4	4 – 12 minute quarters		4
3 – Grades 5, 6, 7, & 8	2 – 25 minute halves		5

Breaks between quarters: 3 minutes Breaks between halves: 5 minutes

PLAYERS:

For regulation game, each team shall play with **the same number of players on the field.**

Example: If one Div.2 team can only field 7 players, both teams play with 7. If players arrive, the number for both teams may be increased at the quarter, upon notification to the referee.

TIE SCORES: Games tied at the end of regulation **shall remain tied.** No overtimes.

SUBSTITUTIONS: Substitutions shall be allowed at the following times:

1. Prior to a “throw in” in your favor.
2. Prior to a “goal kick” by either team.
3. After a goal by either team.
4. After an injury, when the referee stops play.
5. At the quarters and a half-time.

Unlimited substitutions are allowed for (1) & (2), but only after obtaining permission from the referee.

Unlimited substitutions are permitted for (3) & (5) without obtaining permission from the referee.

Substitutions for (4) shall be allowed but only after the referee has stopped play and checked the seriousness of the injury. **The referee must be informed prior to any goal keeper changes.**

COACHES & ASSISTANTS:

Division K One coach may be on the field during the entire game.

Division 1 One coach may be on the field the first 3 games.

They must remain on the sideline during the 4th through 6th games.

Division 2 & 3 Must remain on the sideline during the game, all 6 games

HANDBALL BY GIRLS: Girl players shall not be called for a handball if their arms are crossed, protecting their chest area.

POSTPONEMENTS: Games which must be canceled due to weather will be posted on the Parks & Recreation answering machine at 682-5851 no sooner than 8:00 AM on game day. In general, cold weather and mist/ fog will not cause postponement.

LINESMEN: Each team is to provide one linesman to watch to see if the ball goes out. They **may NOT coach** from their linesman position. They are considered “ref staff” They function under the jurisdiction of the referee and are to remain neutral with NO coaching during the game. Failure to provide a linesman will result in a point being awarded the opposing team at the start of the game.

CONDUCT: Proper demeanor by the players and all coaches is at all times a **higher** priority than the correctness of a referee’s decision. If coaches have a question concerning a referee’s call, the coach shall not talk to the referee about his/her concern until time is stopped at the quarter or half-time, and then in a respectful and positive manner.

PLAYER'S TIME: Each player shall play at least HALF of the game.

SPORTSMANSHIP: Coaches should emphasize good sportsmanship before, during, and after the game and practices.

In youth soccer we use what is called a short-sided field which is smaller than regulation. It gives players more "touches" on the ball and the ability to learn skills quicker. The kids find it more fun too!

The 4 positions in soccer are:

- **Goalkeeper:** also known as the "keeper," this position is responsible for guarding the team's goal and preventing the opposing team from scoring.
- **Defender:** this position's primary duty is to prevent the opponent from having a good shot at the goal. The defender also works to gain possession of the ball and pass it to a teammate for an attack.
- **Midfielder:** also known as the "halfback," this position plays a "transitional" game from defense to offense and vice versa. Usually the midfielder is the most active player on the field and key to maintaining team continuity.
- **Forward:** this position has the primary responsibility of scoring and also assists the midfielder in shifting from defense to offense.

It's important to remember that any player may score a goal, regardless of position.

THE (VERY BASIC) RULES OF THE GREAT GAME OF SOCCER

Rules in soccer are called **Laws** and there are seventeen (17) of them.

We won't get into all seventeen here, but give you a general outline so that you can get a feel for how the game is played. Generally, the Laws require that referees stop the game when something has happened which is unfair or unsafe.

THE OBJECT The object of soccer is for players to get the ball into their opponent's goal using any part of their body except their arms and hands. Only goalkeepers may use their hands while inside their own penalty area, called the box.

KICKOFF A kickoff is taken from the center circle at the beginning of the game, beginning of the second half and after each goal.

THROW IN After the ball has completely crossed the side boundary lines - *called touchlines* - a throw in is awarded against the team that last touched the ball. The throw in is taken from where the ball left the field and **must be** thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touchline.

GOAL KICK The goal kick is taken by the defending team each time the ball crosses the goal line and was last touched by an attacking player. The ball may be placed anywhere in the goal area and is not considered back in play until it has been kicked out of the penalty area.

CORNER KICK The corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line. The ball is placed within the three-foot arc in the corner of the field (nearest to where the ball went out of play) and kicked into play by the attacking team.

PENALTY KICK The penalty kick is awarded when a defending player commits one of the 10 penal (major) fouls within their own penalty area while the ball is still in play. The penalty kick is taken by a player from the offended team from a spot 12 yards from the goal. All players must remain outside the penalty area, 10 yards from the ball and behind the penalty-kick mark until the kick is taken, except for the kicker and the goalkeeper. The goalkeeper's feet must remain

stationary on the goal line until the ball is kicked. At the referee's signal, the kicker attempts to kick the ball into the opponent's goal and the goalkeeper tries to stop the ball from scoring.

MISCONDUCT There are two kinds of misconduct:

- Actions resulting in a caution (yellow card) from the referee.
- Actions resulting in a player being sent off or ejected from the field (red card).

A referee may also warn a player to improve his or her conduct (or unsportsmanlike behavior) before an official caution is issued.

OFFSIDE (Not used in Div. K & 1) A player is offside if they are **ahead of the ball, except** if they:

- are in their own half of the field.
- have two opponents even with or between him and the opponent's goal line. The referee's "moment of judgment" is the instant the ball is played, not when it is received.
- are the first to receive the ball from a throw in, corner kick or goal kick.
- are not involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

PENALTY FOULS

There are 10 major fouls that result in a **direct free kick** (DFK) and from which a goal may be directly scored against the opponents. Should a player of the defending team intentionally commit one of the above nine offenses within his own penalty area, he shall be penalized by a penalty-kick. A penalty-kick can be awarded irrespective of the position of the ball, if in play, at the time an offense within the penalty area is committed.

To be a major foul, the offense must be, in the referee's judgment, intentionally committed. The 10 fouls are divided into two groups:

These six require that the foul be committed carelessly, recklessly or with disproportionate force:

- **Kicking** or attempting to kick an opponent.
- **Striking** or attempting to strike an opponent.
- **Pushing** an opponent.
- **Charging** an opponent.
- **Tripping** an opponent.
- **Jumping** into an opponent.

These four require only that they be committed:

- When **tackling** an opponent, making contact with the opponent before the ball.
- **Spitting** at an opponent.
- **Holding** an opponent.
- **Handling** the ball deliberately.

NON-PENALTY FOULS

There are five (5) minor fouls that result in an **indirect free kick** (IFK). At least one additional player of either team *must* touch the ball before a goal can be scored from an IFK. A player committing any of the five following offenses shall be penalized by the award of an indirect free-kick to be taken by the opposing side from the place where the infringement occurred.

Dangerous Play: including high kicking near another player's head or trying to play a ball held by a goalkeeper.

Fair Charge Away From the Ball: fairly charging when the ball is not within playing distance.

Impeding the Progress of an Opponent: getting between an opponent and the ball when not playing the ball.

Charging the Goalkeeper: shoulder-to-shoulder contact within the penalty area.

Goalkeeper Infringements:

1. taking more than four steps while controlling the ball with their hands or otherwise intentionally disrupting the flow of the game. playing ball with hands when ball is kicked by a teammate.
2. Intentional delay of game (2002 Rule changes say 6 seconds)

Ball in and out of play

The ball is out of play:

1. When it has wholly crossed the goal line or touch-line, whether on the ground or in the air.
2. When the referee has stopped the game.

The ball is in play at all other times from the start of the match to the finish including:

1. If it rebounds from a goal post, cross-bar or corner-flag post into the field of play.
2. If it rebounds off either the referee or linesman when they are in the field of play.
3. In the event of a supposed infringement of the Laws, until a decision is given.

Cautions:

A player shall be cautioned if:

1. He enters or re-enters the field without the referee's consent.
2. He persistently infringes the Laws of the Game.
3. He shows, by word or action, dissent from any decision given by the referee.
4. He is guilty of un-sportsman-like conduct.

For any of these three offenses, in addition to the caution, an indirect free-kick shall be awarded to the opposing team.

A player shall be sent off the field of play, if, in the opinion of the referee, he:

1. Is guilty of violent conduct or serious foul play.
2. Uses foul or abusive language.
3. Persists in misconduct after having received a caution.

If a player is sent off the opposing team shall be awarded an indirect free-kick from the place of the infringement.

LAW XIII Free Kick

When a player is taking a direct or an indirect free-kick inside his own penalty-area, all of the opposing players shall be at least ten yards from the ball and shall remain outside the penalty-area until the ball has been kicked out of the area.

When a player is taking a direct or an indirect free-kick outside his own penalty-area, all opposing players shall be at least ten yards from the ball, until it is in play. The ball shall be in play when it has traveled the distance of its own circumference.