

LAWS OF SOCCER
PARDS Recreational League
Updated 2/14/19

1. The Field of Play

Field must be rectangular and longer than it is wide. Field will be appropriate in size to age of players.

2. The Ball

U4 – U6: No. 3 ball

U8 - U10: No. 4 ball

U12 - U14: No. 5 ball

3. Teams

All teams are co-ed and may **not** be composed of all male or female players. Each team is required to have a minimum of 2 male or female players on their roster.

4. The Players

U4: 3 v 3 – **No Goalie** – 3'x 6' Goal

U6: 4 v 4 – **No Goalie** – 3'x 6' Goal

U8: 6 v 6 – Includes Goalie – 6'x12' Goal

U10: 7 v 7 – Includes Goalie – 6'x12' Goal

U12: 8 v 8 – Includes Goalie – 8'x24' Goal

U14: 8 v 8 – Includes Goalie – 8'x24' Goal

** Number of players on fields subject to change due to number of players in league.*

A team may substitute during a stoppage of play as follows: on their throw-in, either team's goal-kick, after a goal is scored, a player is injured or if a player needs replacing. Substitutions are not allowed on corner kicks or penalties. The referee must be notified **and approve of** a substitution prior to a player leaving or entering the field of play.

5. Equipment

All players **must** wear a team jersey, shorts, **shin-guards**, socks and soccer cleats. Baseball cleats (with a front toe cleat) are not allowed. **Shin-guards should be worn underneath socks**. No jewelry (earrings, rings, bracelets, necklaces, etc.), or other equipment deemed unsafe by the referee is allowed. Goalies **MUST** wear a jersey differing in color from either team.

6. The Referee

The referee has full authority to make all decisions regarding all laws. The referee's decisions are final and not subject to appeal. The referee's authority extends to the coaches and other spectators. The referee's primary objective is insuring the player's safety, but he/she should permit the game to flow and not call trivial fouls, or should he/she call fouls where stopping play for a free kick would be less beneficial to the fouled team than permitting play to continue. Especially at younger ages, a referee is encouraged to explain calls to assist players in learning.

U4 – U6 – Coaches/Parent ref. Coaching allowed on field, but must be objective and helpful to **both** teams. Encouragement of both teams is allowed, but cheering exclusively for your team is inappropriate.

U8– U14 - Ref supplied by PARDS.

Referees, whether licensed or volunteers, must be trusted to use their best judgment with integrity and objectivity, to insure the safety of the players at all times. Their calls should not be questioned by coaches, parents or players, but should be supported by all with thanks for their efforts on the field.

7. Duration of Game

Games are played with equal halves or quarters. **Time is continuous – the clock is not stopped for injuries or balls out of bounds.** No “stoppage time” is added in recreational soccer.

U4 – U8: Four 10 minute quarters
U10: Two (2) 25 minute halves

There shall be a 2 minute break at the quarter and a 5 minute break at the half.

U12 – U14: Two (2) 30 minute halves

There shall be a 5-7 minute break at the half.

8. Start of Play

A coin flip (or similar random device) is used to determine which team attacks first. Play begins with a kick-off, with each team on their respective sides, and the defending team outside the center circle. A kick-off is awarded at the start of each half, or after a goal is scored.

9. Ball In and Out of Play

The ball is out of play when the entire ball has completely crossed over the touch line (sideline) or the goal line (end line), either on the ground or in the air, and the referee has stopped play. The position of a player touching the ball has no impact on the ball being called out of bounds (a player may be on, or even outside the lines, when he is playing a ball). The ball is deemed in play at all other times.

10. Scoring

A goal is scored when the entire ball passes over the goal line, between the goalposts and under the crossbar, provided that no foul has been committed previously by the scoring team.

U4 – U14: No score is kept on the field, and no standings within the league are tracked.

Blow out rule. If one team is leading by 4 goals, then the coach of the leading team should take steps to avoid a needlessly lopsided score. This includes rotating more skilled players out of attacking positions, taking shots outside the penalty area, and/or requiring a minimum of passes between players. **It is incumbent on the coach of the leading team to implement such changes with discretion.**

11. Off-sides

An attacking player is off-side only if the player is (1) in the opponents' half of the field, (2) in front of the ball, (3) closer to the goal line than at least two opponents, and (4) is *involved in active play* at the moment the ball is played forward by the player's teammate.

A player is not offside if the referee deems them even with the second to last defender, even with the ball, or not involved in the attack. A player is not considered offside if he receives the ball directly from a throw-in, goal kick or corner kick.

U4 – U8: Off-sides is **NOT** called, but coaches should discourage “cherry picking.”

12. Fouls

A major foul occurs when a player carelessly, recklessly, or with disproportionate force does one of the following:

- a. Kicks or attempts to kick an opponent.
- b. Trips or attempts to trip an opponent.
- c. Jumps at an opponent.
- d. Charges an opponent.
- e. Strikes or attempts to strike an opponent.

- f. Pushes an opponent.
- g. Tackles an opponent and makes contact with the player before touching the ball. Slide tackling is not allowed in ANY AGE GROUPS..
- h. Holds an opponent.
- i. Spits on an opponent.
- j. **Deliberately** handles the ball with any portion of his arm from fingers to shoulder (except for the goalkeeper within his own penalty area). For a "hand ball foul" to be called, there must be **intent** by the player to strike the ball with some portion of the arm or hand.
Generally, if contact is made "hand to ball" it is a foul. If it is "ball to hand," no foul.
If a player is protecting themselves from a hard shot, or if the ball inadvertently strikes the hand, there is no foul.

A major foul results in a direct free-kick. Defenders must be at least 10 yards away from spot of ball.
(*See note on "Free Kicks" & "Penalty Kicks")

A minor foul occurs if a player:

- a. Plays in a dangerous manner.
- b. Impedes the progress of an opponent.
- c. Prevents the goalkeeper from releasing the ball from his hands.
- d. Charges the goalkeeper.

A goalkeeper can commit a minor foul if he:

- a. Touches the ball with his hands after releasing it into play before it is touched by another player.
- b. Touches the ball with his hands after it has been deliberately kicked to the goalkeeper by a teammate.
- c. Touches the ball with his hands after receiving the ball directly from a teammate's throw-in.

A minor foul results in an indirect free-kick, even if the foul occurs in the defending team's penalty box. Defenders must be at least 10 yards away from spot of ball.

(OPTIONAL) YELLOW CARDS & RED CARDS: (U12 & U14 only) The Referee may determine that certain fouls or behavior warrant a significant caution (yellow card) or ejection from the game (red card). An ejected player may not be replaced by a substitute.

13. Free Kicks

Direct free kicks – a goal may be scored directly from the kick.

Indirect free kicks – a goal cannot be scored until the ball is touched by a player other than the kicker.

*In **U4 – U8**, all fouls result in an **indirect** free kick.

14. Penalty Kicks

A penalty kick is awarded when a major foul is committed by a defender within his own penalty area. The kick is taken on the penalty mark directly in front of the goal with no defense except the goalie, who must remain on the goal line until the ball is kicked.

*No penalty kicks are allowed in ages **U4 – U8**.

15. Throw-Ins

When the ball is played out of play over a touch line (side line), play is restarted with a throw in for the team that didn't touch the ball out of play. A legal throw-in requires the player face the field with both feet on the ground and outside the touch line, and uses both hands to throw the ball from behind and over his head. An illegal throw-in results when the player lifts one or both feet, uses only one hand to throw, or fails to bring the ball from behind and over his head.

U4 – U8: An illegal throw in results in a warning, and a 2nd attempt.

U10 – U14: An illegal throw-in results in a throw in for the other team.

16. Goal Kick

When the ball is played out of play over the goal line by the attacking team, play is restarted with a goal kick for the defending team. The ball is placed *anywhere* within the goal area and then kicked. Attacking players must be outside the penalty area prior to the kick. The ball must leave the penalty area before it is played by another player of either team, or it is re-kicked.

17. Corner Kick

When the ball is played out of play over the goal line by the defending team, play is restarted with a corner kick for the attacking team. The ball is placed within the corner arc on the side the ball went over the goal line. Defenders must be at least 10 yards away.

18. Build Out Line

There will be a blue build out line painted on each side of the field. On goal kicks and roll outs, the opposing team must stay behind this line until the ball is put into play. There are no punts from the goal.

19. Heading is not allowed in any age group except for U14.

Other Modified Rules

- A. Spectators:** Parents and spectators must occupy the opposite side of the field from the players and be at least 3 ft. from the touch line – **NO EXCEPTIONS**. Both teams should occupy one side. Coaches are not permitted to walk past the halfway line into the area occupied by the other team.
- B. Code of Conduct:** All parents are required to read and support the policies and philosophies detailed in the “Code of Conduct.” As a “self-policing” policy, every referee, coach and parent has a responsibility to demonstrate and encourage good sportsmanship in both players and each other. Behavior outside the guidelines of the Code should be addressed and/or reported to the Club.
- C. Common Sense:** Referees in soccer must use common sense in applying and interpreting the Laws in order to maintain the spirit of the game. Soccer is a game of constant motion with no time for instant replay. Good judgment must be used to allow the game to flow, which will sometimes result in “**no calls**” for fouls that would contravene the spirit of the game or take an attacking advantage away from a team.