

Overview of Colonial Soccer Club Intramural Rules

	Pre-K and K	1st Grade	2/3 Grades	4/5 Grades	6/7/8 Grades	High School
Ball Size	#3	#3	#4	#4	#5	#5
Shin guards	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
Jewelry	Must Remove - No exceptions	Must Remove - No exceptions	Must Remove - No exceptions	Must Remove - No exceptions	Must Remove - No exceptions	Must Remove - No exceptions
Number of Players	3v3 or 4v4	5v5	7v7	9v9	11v11	11v11
Minimum to start	N/A	N/A	N/A	Even sided teams to start and play - Other team can borrow players from other teams in the same league (regular season only)	Even sided teams to start and play - Other team can borrow players from other teams in the same league (regular season only)	Even sided teams to start and play - Other team can borrow players from other teams in the same league (regular season only)
Coin toss	No	No	Yes, winning team may choose kick-off or side of field	Yes, winning team may choose kick-off or side of field	Yes, winning team may choose kick-off or side of field	Yes, winning team may choose kick-off or side of field
Substitutes / Playing Time	Free Subs	Free Subs	Free Subs	Free Subs	Free Subs	Free Subs
	Each player should play 50% of the time each game	Each player should play 50% of the time each game	Each player should play 50% of the time each game	Each player should play 50% of the time each game	Each player should play 50% of the time each game	Each player should play 50% of the time each game
	Entering player comes from the team bench	Entering player comes from the team bench	Entering player should be at half-line. Exiting player should leave field at nearest point.	Entering player should be at half-line. Exiting player should leave field at nearest point.	Entering player should be at half-line. Exiting player should leave field at nearest point.	Entering player should be at half-line. Exiting player should leave field at nearest point.

	A player may be substituted at any stoppage of play with the permission of the referee. (No restrictions on substitution)	A player may be substituted at any stoppage of play with the permission of the referee. (No restrictions on substitution)	A player may be substituted at any stoppage of play with the permission of the referee. (No restrictions on substitution)	A player may be substituted at any stoppage of play with the permission of the referee. (No restrictions on substitution)	A player may be substituted at any stoppage of play with the permission of the referee. (No restrictions on substitution)	A player may be substituted at any stoppage of play with the permission of the referee. (No restrictions on substitution)
Referee	N/A	1 EPSARC Licensed Ref	1 EPSARC Licensed Ref	1 EPSARC Licensed Ref	1 EPSARC Licensed Ref	1 EPSARC Licensed Ref
Length of Game	Quarters	Quarters	Halves	Halves	Halves	Halves
	8-minute quarters	10-minute quarters	25-minute halves	30-minute halves	35-minute halves	35-minute halves
	5-minute halftime break	5-minute halftime break	5-minute halftime break	5-minute halftime break	10-minute halftime break	10-minute halftime break
Offside	No Offside	No Offside	FIFA Laws, buildout line start of enforcement	FIFA Laws	FIFA Laws	FIFA Laws
Goalkeeper Punting	No	No	No	Yes	Yes	Yes
<u>Intentional</u> Heading Permitted	No - Indirect Kick	No - Indirect Kick	No - Indirect Kick	No - Indirect Kick	Yes	Yes
Buildout Line	No	No	Yes The ball is in play once the kick is taken and the ball clearly moves; it can be played by either team before leaving the penalty area.	No	No	No

Intentional Kick Back & GK Picks Up	N/A	N/A	FIFA Laws	FIFA Laws	FIFA Laws	FIFA Laws
Yellow Card	No	No	Yes, including coaches	Yes, including coaches	Player immediately leaves the field and is replaced with a sub.	Player immediately leaves the field and is replaced with a sub.
					Player sits out and calms down before returning to play.	Player sits out and calms down before returning to play.
					2 Yellow cards in one game = a Red card.	2 Yellow cards in one game = a Red card.
					Coaches can receive a yellow card and must calm down to remain on sideline	Coaches can receive a yellow card and must calm down to remain on sideline
Red Card (2 Yellow)			Player receiving a Red card must immediately leave the game.	Player receiving a Red card must immediately leave the game.	Player receiving a Red card must immediately leave the game.	Player receiving a Red card must immediately leave the game.
			The Red carded player can NOT be replaced with another player (the team plays down a player)	The Red carded player can NOT be replaced with another player (the team plays down a player)	The Red carded player can NOT be replaced with another player (the team plays down a player)	The Red carded player can NOT be replaced with another player (the team plays down a player)

No

No

			Coaches can receive a red card and must leave the sideline	Coaches can receive a red card and must leave the sideline	Coaches can receive a red card and must leave the sideline	Coaches can receive a red card and must leave the sideline
Free Kicks	All Direct	All Direct	FIFA Laws, opponent 8 yard from ball	FIFA Laws, opponent 8 yard from ball	FIFA Laws	FIFA Laws
Penalty Kicks	N/A	FIFA Laws	FIFA Laws	FIFA Laws	FIFA Laws	FIFA Laws
Slide Tackles	No	No	No	No	No	No
Throw-ins	Instruction until players gets it close to correct	Instruction until players gets it close to correct	FIFA Laws	FIFA Laws	FIFA Laws	FIFA Laws
			Both feet down and ball over head	Both feet down and ball over head	Both feet down and ball over head	Both feet down and ball over head
			Instruction on first violation and re-throw	Lose throw on violation	Lose throw on violation	Lose throw on violation
Goal Line Coaching	No	No	No	No	No	No
Goal Line Spectating	No	No	No	No	No	No
Team Benches	Same Sidelines	Same Sidelines	Same Sidelines	Same Sidelines	Same Sidelines	Same Sidelines
Spectators	Opposite Sidelines	Opposite Sidelines	Opposite Sidelines	Opposite Sidelines	Opposite Sidelines	Opposite Sidelines
Standings	No	No	Yes, Reported to coordinator - not for public viewing			
Score Kept	No	No				
Bill Lapp Tournament	No	No	Yes	Yes	No	No
Select Team	No	No	Yes	Yes	Yes	No

General Rules of Play – All Ages

1. General: Except where modified herein, Rules of Play shall be FIFA “Laws of the Game.” Competition sanctioned by Colonial Soccer Club (CSC) shall abide by the “Laws of the Game” along with any modifications or regulations of the US Soccer Federation (USSF), US Youth Soccer (USYSA) or Eastern Pennsylvania Youth Soccer Association (EPYSA).
2. Behavior: Officials, directors, and coaches of both teams are responsible for ensuring that teams, coaches, and spectators conduct themselves in a proper and respectful manner.
 - a. Alcohol: There shall be no alcoholic beverages allowed on or near the playing field during any game under CSC’s jurisdiction.
3. Fields
 - a. CSC will be responsible for the conditions of the grounds, field markings, and equipment.
 - b. Nets and corner flags are required. Flags not required for K and 1st Grade.
 - c. Goals must be anchored.
 - d. The referee assigned for that game shall determine the playable condition of the field. If the game cannot be played due to unplayable conditions, the home team is responsible for notifying their league coordinator so that the game may be rescheduled.
 - e. Players and coaches of both teams shall be on the same side of the field prior to and during the entire match. A coach must be present from each team during the entire match. Spectators shall be on the opposite side. Spectators are not allowed on the playing field until both teams leave the field.
4. Length of Game, Penalties, & Ball Size
 - a. Pre K and K
 - Size 3 soccer ball
 - 8-minute quarters, 5-minute halftime break.
 - No head balls
 - b. 1st Grade
 - Size 3 soccer ball
 - 10-minute quarters, 5-minute halftime break.
 - No head balls
 - c. 2nd/3rd Grade
 - Size 4 soccer ball
 - 25-minute halves, 5-minute halftime break

- All free kicks conform to FIFA with the exception that all opponents are at least eight (8) yards from the ball.
 - No head balls
 - Build-out Line in use
 - No goalie punts
- d. 4th/5th Grade
- Size 4 soccer ball
 - 30-minute halves, 5-minute halftime break
 - All free kicks conform to FIFA with the exception that all opponents are at least eight (8) yards from the ball.
 - No head balls
- e. 6th/7th/8th Grade
- Size 5 soccer ball
 - 35-minute halves, 10-minute halftime break
- f. High School Grade
- Size 5 soccer ball
 - ??35-minute halves, 10-minute halftime break

5. Build Out Line

- a. Used only in 5v5 and 7v7 games.
- b. Two build-out lines are drawn across the field, one in each half, midway between the penalty area and the halfway line. The lines run touchline to touchline, parallel to the halfway line.
- c. Opponents must retreat behind the build-out line without delay.
- d. The goalkeeper may not punt or drop-kick.
- e. The goalkeeper restarts by throwing, rolling, or placing the ball on the ground to play.
- f. Opponents may cross the build-out line and pressure the ball once:
 - The ball is released from the goalkeeper's hands,
 - the ball is kicked and clearly moves,
 - is played by a teammate, or
 - clearly leaves the penalty area
- g. If opponents fail to retreat or interfere early:
 - The referee stops play, reminds players of the rule, and restarts with the same restart or with an indirect free kick if interference is deliberate.
- h. When a team takes a goal kick:
 - Opponents must again retreat behind the build-out line.

- The ball is in play once it is kicked and clearly moves, it does not need to leave the penalty area.
- Opponents may cross the line to challenge only after the ball is in play.
- If the defending team chooses to restart quickly before opponents fully retreat, play continues — the defense “waives” the protection.

6. Offsides

- A player is in an offside position if:
 - They are closer to the opponent’s goal line than both the ball and the second-to-last defender when the ball is played by a teammate,
 - **AND** they become involved in active play (interfering with play, an opponent, or gaining an advantage).
 - Being in an off-side position alone is not an offense. Involvement in play is required.
- Grade 2/3 format (7v7)
 - Offside is enforced, but referees use the Build-Out Line (not half field) as the reference for the attacking team’s offside position.
 - Players cannot be offside between the halfway line and the build-out line.
 - Once the ball crosses the build-out line into the attacking zone, the usual offside rule applies.
- Grade 4/5 format (9v9)
 - Standard offside rules apply using the halfway line as the offside reference.
 - Referees are instructed to be educational, explaining the call when appropriate, particularly early in the season.
- Grade 6/7/8 format (11v11)
 - Full FIFA Laws of the Game are applied, including traditional offside positioning and enforcement.

Age Group	Format	Offside Line	Key Focus
Pre K and K	3v3 or 4v4	Not enforced	No offside rule
First Grade	5v5	Not enforced	No offside rule
Grade 2/3	7v7	Build-out line	Learning spatial awareness

Age Group	Format	Offside Line	Key Focus
Pre K and K	3v3 or 4v4	Not enforced	No offside rule
Grade 4/5	9v9	Halfway line	Applying rule understanding
Grade 6/7/8	11v11	Standard (per FIFA)	Full enforcement

7. Slide Tackling

- a. Slide tackling in all CSC Intramural games is not permitted.
- b. The purpose of banning slide tackles is safety and development:
 - Preventing lower-body injuries.
 - Encouraging proper defensive posture and spacing.
 - Focusing on ball control and positioning rather than physicality.
- c. If a player slide tackles near another player, it is treated as dangerous play, and an indirect free kick is given.
- d. If a player slide tackles and makes contact with an opponent, it is a careless/reckless foul, a direct free kick is given, with a Yellow card possible.
- e. If a player slide tackles with excessive force or intent, it is a serious foul play, a Direct free kick is given, with a Red card possible.

8. Substitutions

- a. Substitutions are allowed during any stoppage of play, with the referee's permission.
- b. The number of substitutions shall be unlimited.
- c. No substitute is allowed for any player ejected (Red Carded) by the referee.

9. Players Uniform and Equipment

- a. Contrasting Colors: Where colors of competing teams are identical or similar, the designated visiting team must effect a change of uniform distinct from their opponents.
- b. All goalkeepers must wear a recognizable jersey, which should not be the same color as either team's uniform shirts. A pinny is acceptable.
- c. Player's uniform numbers are to be affixed to the back of the uniform shirt. No two players from one team may have identical uniform numbers while both are playing on the field at the same time.
- d. In accordance with the FIFA Laws of the Game, the referee shall be responsible to ensure that no player wears anything which may cause injury to himself or another player.

- Casts and Braces: Players wearing an orthopedic cast (plaster or fiberglass) shall be eligible to participate in any game. Referees shall inspect cast for safety. All casts must be padded and not used to intimidate or injure, it may be allowed.
 - Prescription glasses: Players wearing prescription glasses are permitted. Glasses should not be dangerous (thin metal frames, breakable glasses lenses). Sports-specific goggles are recommended but not mandatory.
 - Medical Alert Bracelets: Medical alert bracelets are permitted. Medical alert bracelets should be secured to the players' wrist or ankle with tape or soft cover. The medical information must remain visible.
 - No jewelry of any kind will be allowed. Using tape to cover jewelry is not acceptable.
- e. All players will be required to wear protective shin guards. Shin guards are to be always worn beneath their game socks while actively participating in practice or a game. Such shin guards shall be of the type and style of protective athletic equipment specifically designed to protect the player's lower leg.
 - f. Footwear will meet all the requirements of Law IV of FIFA "Laws of the Game". The referee is charged with responsibility to inspect footwear prior to the kickoff and later if necessary. The referee shall determine whether footwear meets the required standards of safety.

10. Referees

- a. Referees should be familiar with the applicable laws of the game and any CSC specific modifications or rules for that age group.
- b. The referee shall check and make certain that each player's equipment is in proper order.
- c. Referees' decisions are final during the match. Coaches, players, and spectators should not verbally abuse, harass, threaten, or intimidate referees.
- d. Coaches and spectators should accept that referees will make mistakes, just as players do, and help maintain a positive environment.
- e. Should a parent or spectator interrupt or behave improperly, referees or CSC officials can stop the game, request removal of the offender, or take disciplinary actions.
- f. All CSC Intramural games shall have one referee.

- g. In the event the assigned referee fails to appear, the coaches of the respective teams may find and must agree on an alternate and the game shall be played as scheduled. If the coaches cannot agree then the game shall be rescheduled. Once the coaches agree and the game starts, the game must be completed.
- h. If a game is scheduled to be played, and for whatever reason is not going to be played as scheduled, if the referee is notified 24 hours in advance, the referee will not be reimbursed by the league.
- i. If the game is cancelled (Act of God, rain, weather, field closings), and the referees are notified at least two (2) hours before they leave for the match from home or another venue, the referee will not get paid for the match.
- j. If the referee arrives for the game and a team does not show or a team does not have enough players, the match is not played and the referee is paid in full.

11. Principals of Misconduct

- a. Zero tolerance for referee abuse, physical altercations, or unsafe conduct.
- b. Referees have full authority to manage on-field incidents.
- c. Coaches are responsible for their players, assistants, and spectators.
Coaches and/or coordinators should deal with misconduct by spectators, not the referee.
- d. Types of Misconduct

Category	Examples	Typical Immediate Action	Post-Game Procedure
Player Misconduct	Dissent, foul language, violent conduct, serious foul play	Yellow Card - Referee Discretion on report Red Card - Report	Referee report → Club Discipline Committee Review → Possible suspension
Coach Misconduct	Verbal abuse of referee, entering field, refusing to leave after dismissal	Yellow Card - Report Red Card - Report	Incident report → Automatic suspension pending review
Spectator Misconduct	Yelling at referees, threatening behavior, entering the field	Referee stops game, requests removal by coach or coordinator	Club responsible for identification/removal
Team Misconduct	Repeated violations, poor sideline control, failure to leave after dismissal	Warning or abandonment	Club investigation, probation possible
Referee Misconduct	Unprofessional conduct, bias, inappropriate remarks	Report filed by Club official or coach to Chief of Referees	Club Discipline Review

12. Standard Procedure for Misconduct Incidents

- a. Step 1 — Immediate Action During Match
 - Referee's Authority: Referee issues verbal warning, yellow card, or red card as appropriate.
 - Spectator Issues: Referee halts play and requests the coach to control or remove the spectator.
 - If the situation escalates or becomes unsafe, the referee may suspend or terminate the match.
 - All decisions should prioritize player safety.
- b. Step 2 — Documentation
 - Yellow Card – Referees discretion on a report, not required..
 - Red Card – The referee completes a Match Report or Incident Report within 24–48 hours.
 - Include time, participants, description, and outcome.
 - Use factual, neutral language (“Coach yelled, ‘You’re terrible!’” not “Coach was angry”).
 - If law enforcement was called or medical attention required, document that as well.
- c. Step 3 — Notification
 - The Chief of Referees should receive the report.
 - The necessary CSC Board members should be notified for input and acknowledgment.
 - If the offender is a spectator, the team's coach is contacted to assist identification.
- d. Step 4 — Review and Sanction
 - A Disciplinary Committee will be formed to review the report and may recommend suspension or additional penalties. The Disciplinary Committee should minimally include the Club President, Club Vice President, Director of Health and Safety, the Director of Intramural and the Chief of Referees.
 - An accused individual or team has the right to provide a written statement.
- e. Step 5 — Follow-Up and Recordkeeping
 - Sanctions are communicated in writing.
 - CSC will track suspensions to ensure compliance.
 - The CSC will keep incident logs for pattern recognition (repeat offenders or problem fields).
- f. Recommended Disciplinary Sanctions

Offense	Minimum Penalty	Maximum Penalty
Player violent conduct	2-match suspension	Season ban
Serious foul play	1-match suspension	3 matches
Coach or spectator referee abuse	1-match suspension	Multi-match or lifetime ban
Threats or physical contact	Indefinite suspension pending investigation	Permanent ban
Team repeats sideline incidents	Warning	Club probation or league expulsion