

South Jersey Recreational Soccer League

RULES

South Jersey Recreation Soccer League "SJRS�" consists of several local recreational clubs from the area. Clubs who have partnered to form SJRS� include:

Cherry Hill Soccer Club – CHSC
Cherry Hill Football Club - CHFC
Marlton Recreation Council – MRC
Medford Lakes Athletic Association – MLAA
Medford Youth Athletic Association - MSC
Voorhees Soccer Association - VSA
Indian Mills Athletic Association - IMAA
Tabernacle Athletic Association – TAA
Southampton Township Recreation Association - STRA

If player registrations permit, these teams shall be granted the ability to participate in the SJRS�.

U10 (U9/U10 2017-2016):

- Preferred 7v7 format with build-out line
- Will give coaches flexibility to play 8v8 based upon roster size
- Game length 2 x 25-minute halves
- Size 4 game ball

U12 (U11/U12 2015-2014):

- Preferred 9v9 on short-sided field
- Will give the coaches flexibility to play 8v8 based upon roster size
- Game length 2 x 30-minute halves
- Size 4 game ball

U14 (U13/U14 2013-2012):

- Must play 11v11 format on full-sided field
- Game length 2 x 35-minute halves
- Size 5 game ball

The SJRS� REQUIRES each participant to try to register and play in the Township of the player's primary residence, if their town offers a program and a team they are able to play on. If one is not available, they can play for any other town of their choosing. (i.e.: Medford Lakes residents MUST register and play for Medford Lakes, not in/for Medford, Tabernacle, etc.)

If a Township is short player(s) to make up a team at any division, the SJRS� will allow Townships to "combine" players to create a team. Approval from SJRS� will be needed to do so.

The SJRS� is NOT a member of the US Soccer Federation, United States Youth Soccer Association, New Jersey State Youth Soccer Association or any other federation or association. The SJRS� is an independent, non-sanctioned, non-profit league. Rules may vary from travel and/or club leagues.

Each Township/Club listed above is required to provide their own insurance coverage for all their registered players.

No youth athlete shall train or play in an official match without being registered with their appropriate Township or Club. To maintain the integrity of the league, SJRS� does not allow travel players to play at this recreational level. Participating Clubs that do not have this rule **must** get approval from SJRS� to participate.

LEAGUE RULES

2025-2026 FIFA Laws of the Game shall apply with the following modifications, clarifications and additions.

Field of Play

1. U10 – Goals shall be no larger than 6'x18' and play on a short-sided field with build-out line.
2. U12 – Goals shall be no larger than 7'x21' and play on a short-sided field
3. U14 – Goals shall be 8'x24' and play on a full-sided field.
4. Player/Coaches will be on one side of the field. Coaches will not cross over the center line or sideline. All spectators shall be on the opposite side of the field, and no person shall be behind the goals or the goal line.
5. Fields must be properly lined.

The Ball – Conforms with FIFA laws with the following exceptions

U10 and U12 – Size 4 Ball

U14 – Size 5 Ball

The Players and Coaches

1. Coaches shall ensure that each team member present plays at least half of the match. If a player is being disciplined and will not play at least half of the match, the opposing coach and the referee must be notified before the start of the match. Each Township's In-House Rules and Regulations on Discipline shall prevail.
2. Players may never be disciplined for playing errors or lack of playing skills.
3. Players on the roster must play a minimum 50% of scheduled league matches to participate in end-of-season league tournaments. This will be monitored by each Township/Club individually
4. Players are not eligible to play for other teams or in other divisions.
5. Number of players
 1. U10 teams can start with a minimum of 6 players
 2. U12 teams can start with a minimum of 7 players
 3. U14 teams can start with a minimum of 9 players
 4. If available players arrive after the start, they can be put into the game at the first stoppage of play. Teams will be required to play the match if the above minimum player requirements are met. Mercy Rules are to be strictly adhered to.
6. Roster Sizes (Recommended)
 1. U10 (7v7 format with 10-14 players)
 2. U12 (9v9 format with 12-16 players)
 3. U14 (11v11 format with 14-20 players)
7. Substitutions (all divisions) – **Unlimited** substitutions are permitted, with the referee's permission, at **any stoppage**, provided the substitutes are at the halfway line prepared to enter.
8. Number of Coaches – No more than three (3) coaches are authorized for each team and must be listed on the team roster. Only coaches listed may be with the team during a match.

Coach Contact and Away Team Procedures

1. Coaches must submit their contact information to their commissioners/coordinators to be included on the SJRSL Coach Contact list. This list is to solely be used by coaches to contact their opponents.
2. When you are the **AWAY** team, you must reach out to the **HOME** team minimally 2 days prior to game day in order to confirm as details (field address, field # if applicable, game time, jersey color, number of players present, etc.) are subject to change. If you are the home team and you haven't heard from the away team by the day prior to game day, kindly reach out to your opponent and provide them with the details.

Players Equipment

1. Players shall wear a matching team uniform jersey for all matches. The goalkeeper's jersey must be distinctly different in color from all field players from both teams.
2. Each player other than the goalkeeper must have an identification number on their team shirt.
3. If a uniform color conflict occurs, the HOME team must change color, or wear pinnies etc. Goalkeepers must wear a contrasting color to stand out from the other players.
4. Soccer shoes are recommended, and shin guards are required to be worn and covered by the sock.
5. Sweatpants are permitted. No hooded sweatshirts or jackets are permitted to be outside the uniform. No hooded sweatshirts are permitted to be worn under the player jersey.
6. Hats and gloves are allowed during cold weather.
7. No jewelry, earrings, watches or hard hair pieces are permitted.
8. No Player may play with a hard cast on any part of the body, unless the cast is properly padded or is legal sports cast, and is not dangerous in the opinion of the referee.
9. Glasses: No eyeglasses are to be worn, without protective eyewear, as per NJ Law Chapter 306; effective July 1, 2006. This applies to matches and training sessions:

CHAPTER 306

AN ACT concerning protective eyewear for certain children and supplementing Title 5 of the Revised Statutes.

BE IT ENACTED by the Senate and General Assembly of the State of New Jersey:

C.5:18-1 Protective eyewear for certain children participating in sports.

Any child who wears corrective eyeglasses while participating in racquetball, squash, tennis, women's lacrosse, basketball, women's field hockey, badminton, paddleball, soccer, volleyball, baseball or softball, sponsored by a school, community or government agency, shall be required to wear protective eyewear that meets the frames standards of the American Society for Testing and Materials (ASTM) F803 and lens standards of the American National Standards Institute (ANSI) Z87.1.

C.5:18-2 Grants to assist low-income families.

The New Jersey Council on Physical Fitness and Sports, established under P.L.1999, c.265 (C.26:1A-37.5 et seq.) is authorized to provide grants to assist low-income families in purchasing the protective eyewear. As used in this section, a "low-income family" means a family which qualifies for low-income housing under the standards promulgated by the Council on Affordable Housing pursuant to the "Fair Housing Act," P.L.1985, c.222 (C.52:27D-301 et al.).

C.5:18-3 Immunity from civil liability.

No school, community or government agency engaged in organizing, teaching, refereeing or coaching a sports activity described in section 1 of this act shall be liable in a civil action for failure to administer or enforce the provisions of this act.

This act shall take effect six months after the date of enactment.

Approved January 11, 2006.

Referees/Asst Referees

1. The home team shall provide at least one referee for all matches. Preferably 2 referees per match.
2. The home team shall provide a referee(s) at a minimum of 2 years older than the teams playing. (i.e.: U10 matches should have officials at least 13 years of age or older).
3. The Referee shall wear an approved official uniform.
4. A referee may not officiate a match in which any member of his or her immediate family is a team member or a coach, unless both coaches agree to the referee prior to the match.
5. Coaching from the touchline opposite the team bench is NOT permitted. The referee may prohibit coaching from either touch line if a coach is not coaching in a positive constructive manner.
6. It is recommended that U10 matches have referees clarify all calls/fouls, so that players understand the call/foul.
7. If the referee(s) are a no show, the coaches will mutually determine if they will play or not and who will referee the match. If the match is played, the outcome counts and no change shall be made after the match is played.
8. Coaches AND parents do NOT have the right to speak with, or debate calls with the referee(s). Any issues with referees shall be directed to the Township/Club coordinator or commissioner.

Duration of the Match

1. U10 – two (25 minute) halves
2. U12 – two (30 minute) halves
3. U14 – two (35 minutes) halves
 1. Every match shall have a 5-minute break at half-time. Each half shall begin with a kickoff, alternating teams. At half-time, teams shall switch goals.
4. Cancelled matches due to weather conditions/field conditions must be rescheduled as soon as possible. Coaches must notify their respective commissioners of the cancellation and seek help to reschedule, if necessary. All games must be rescheduled prior to the last week of the regular season. Each Township shall reschedule their own cancelled matches.
5. The Township Soccer Commissioner/Coordinator is responsible for calling off a match due to weather and/or field conditions. The visiting coach and assigned referees should be notified at least 1 hour prior to the match start time. After the match has begun, the referee shall have the authority to terminate the match.
6. Lightning/Thunder Policy – Under no circumstances may a game be permitted to resume for thirty (30) minutes after the last observed event.
7. Forfeits - If either team fails to field a team within 15 minutes after the scheduled match time that team forfeits the match and a score of 1-0 by reason of forfeit shall be reported. If neither team is able to field a legal team, a double forfeit shall be declared with a 0-0 tie.
8. Regular season matches will end in a tie/draw. No extra time, sudden death, golden goal, penalty kicks will be authorized during a regular season match.

The Start and Restart of Play

1. Off-Side: A player is in an off-side position if nearer to opponent's goal than the ball unless:
 1. Players are in their own half of the field, or
 2. Two opponents (including the goalie) are nearer the goal than the player is.
 3. A player can be declared offside at the moment that the ball touches or is played by a teammate while player is in an off-side position, if in the opinion of the referee player is:
 1. Interfering with play (e.g. passed to him);
 2. Interfering with (e.g. obstructs) an opponent.
 3. Seeking to gain an advantage by being off-side.
 4. A player CANNOT BE DECLARED OFF-SIDE merely for being in an off-side position or if the player received the ball directly from a goal-kick, corner-kick, or throw-in or when the ball has been dropped by the referee to restart play.
 5. If a player is declared off-side, the referee shall award the opposing team an indirect free-kick from the place where the off-side occurred.
2. Fouls and Misconduct - The following FIFA rules shall apply for all divisions, unless otherwise noted.
3. Goalkeeper Possession - Goalkeepers shall not be touched or approached in a violent manner while in possession of the ball. The Goalkeeper shall be considered in possession if he has maintained control with one hand on the ball or is bouncing or throwing it into the air and catching it. Once the Goalkeeper has possession, he has **8 seconds** to put the ball back into play. For U10s, the 8 seconds countdown will not commence until all attackers have moved out beyond the Build Out line. The penalty for exceeding 8 seconds is the awarding of a corner kick for the attacking team.
4. **The Goalkeeper cannot handle a ball deliberately kicked back to him by a teammate. The penalty is an indirect free kick at the spot where the Keeper touched the ball.**
5. The following intentional fouls will result in the referee awarding a direct-kick to the opposing team from the place where the foul occurred:
 1. Kicks or attempts to kick an opponent.
 2. Trips an opponent.
 3. Jumps at an opponent.
 4. Charges an opponent in a violent or dangerous manner.
 5. Charges an opponent from behind (spinal area).
 6. Strikes or attempts to strike an opponent.
 7. Holds an opponent.
 8. Pushes an opponent.
 9. Handles the ball (N/A to goalie in own penalty area).
 10. **Tackles an opponent prior to contact with the ball. SLIDE TACKLING IS NOT PERMITTED FOR U10 AND U12 DIVISIONS.**
 11. If any of these 10 fouls are committed by a defensive player in his own Penalty Area, a penalty kick shall be awarded to the opposing team.
6. The following intentional fouls will result in the referee awarding an indirect-kick to the opposing team from the place where the foul occurred:
 1. Dangerous play (e.g. attempting to kick ball in possession of goalie or kicking too high in proximity to other players)
 2. Charging (shoulder block) when ball not within playing distance and players not making a play for the ball

3. Intentionally obstructing opponent when not playing the ball
4. Charging the Goalie in his Goal-Area (see FIFA rules for details)
5. Delaying the restart of play.
6. Offside
7. **HEADING in U10 and U12 is prohibited.** A player cannot deliberately use their head to strike a ball. If this occurs, an indirect kick to the opposing team from the place where the foul occurred, even if the fall took place inside the penalty area.
7. "Punting" is permitted for U12 division and above.
8. Throw-Ins
 1. A throw-in shall be directed whenever the whole ball passes entirely outside the Touch (side) Line at the point where it crossed the line. The ball will be thrown in by a player of the opposing team who last touched the ball.
 2. The thrower at the moment of the delivery must:
 1. Face the field of play with some part of his body
 2. Have part of each foot on the ground, on or outside the Touchline.
 3. Use both hands to deliver the throw. No flip or tumble throws.
 4. Have delivered the ball from behind and over the head.
 3. A goal shall not be scored directly from a throw-in.
 4. A player in an offside position may fairly receive the throw directly.
 5. If the ball is thrown improperly, the opposing team will be awarded a throw-in from the same position. No "Second Chance" throw-ins permitted. (Exception to this is U10, consult with coaches before game begins)
 6. The thrower cannot play the ball a second time before it is touched by another player. If player does, an indirect free kick will be awarded to the opponents. A throw-in may not go to the goalkeeper.
9. Advantage Rule - The referee need not call a foul during the match if in his opinion; the team against whom the foul is committed acquires the advantage in play immediately after the foul.

Reporting Scores / Protest / Cautions (YC) and Ejections (RC)

1. The Home team must keep a record of the score. Scores will be reported to an online website no later than midnight of the night the match is played. Games scores must be reported, and season standings will be used to seed teams in an end-of-season tournament.
2. Score discrepancies must be reported to the Township/Club coordinator or commissioner within 48 hours.
3. Cautions/Ejections of any parent, spectator, coach, bench personnel or player (YELLOW CARD) or (RED CARD), must be reported in an email to both Township/Club coordinators and commissioners of the teams involved with a description of the incident or misconduct, within 24 hours of the incident. **NO EXCEPTIONS!**
4. A parent, spectator, coach, bench personnel, or player shall be cautioned (YELLOW CARD) for:
 1. Entering or leaving the field of play (except through the normal course of play) without the permission of the official.
 2. Persistent infringement of any of the rules of the match.
 3. Objecting by word of mouth or action to any decision given by an official; (dissent)
 4. Displays unsportsmanlike conduct.
 5. A cautioned YELLOW CARD player **MUST** be substituted for and may reenter at the next legal substitution.

6. Two (2) YELLOW CARDS for the same player in a match and the player MUST leave the match and playing area and may not be substituted for but may play in the next match.
 7. Two (2) YELLOW CARDS for the same parent, spectator, coach, or bench personnel in a match, that individual MUST leave the playing area. The coach or bench personnel are allowed to participate in the next match.
5. A parent, spectator, coach, bench personnel, or player shall be ejected (RED CARD) for:
1. Violent conduct or serious foul play.
 2. Abusive or foul language.
 3. Persistent misconduct after being cautioned.
 4. ANY parent, spectator, coach, bench personnel, or player ejected (RED CARD) MUST leave the match, and playing area immediately, and may not be substituted for. The player ejected cannot play in the next match and the coach or bench personnel cannot coach or be on the team sideline in the next match.
6. If the referee stops the match to caution or expel a player, play shall be restarted by an indirect free kick by the opposing team from the position where the infringement occurred.
7. Any player or coach ejected (RED CARD) from two or more matches will be asked to meet with the Township Soccer Commissioners and the Pinelands Soccer Commissioner for each subsequent offense to determine the seriousness of the offense and additional suspensions to be imposed.

“MERCY RULE” - The following rule will be used to manage competitiveness:

1. No team shall be ahead by more than 5 goals at any time during the match. NO EXCUSES! Examples of how to alleviate an unbalanced game. These steps should be taken in this order. The intent of this rule is to not embarrass the other team. Running up the score is just as embarrassing as having the players yelling out on the field not to score. Common sense needs to prevail.
 1. Pull your better players off and let the substitutes get some extra playing time.
 2. Pull your more offensive minded and skilled players from offensive positions.
 3. Assess how the game is going and if you have a 3-goal lead in the first quarter, back off early and play solid defense. Do not allow it to get to 5 goals.
2. Prepare your team ahead of time for such a situation. Have a code word. DO NOT have the players run around on the field talking about not scoring.
3. You can still play offense and work on passing. Just don't score.
4. Don't attack the team in their own zone, let them cross midfield.
5. Play a player off the field. DO NOT make a big deal about it and share the rule with your parent so they are not yelling “you only have 6 players on the field”
6. If it really is an uneven game, shorten the game by a few minutes each half. Talk to the referee and opposing coach.

The discipline below will be enforced. There are too many 10-0, 11-1 games, it will not be tolerated.

1. First Violation - Warning from Township/Club coordinator or commissioner to head coach.
2. Second Violation - 1 match suspension of the head coach.
3. Third Violation - Suspension for remainder of season, including tournament.

Note - The head coach is responsible for results as it pertains to this rule even if he/she is not present at match(s) in question.

Concussion Protocol

1. If a player is suspected of having a head injury, the referee must stop play to allow for treatment and evaluation. A player with a suspected head injury may NOT return to the match unless a medical doctor clears the player following appropriate guidelines. If a coach or parent insists on returning the player to the field of play without such clearance, the referee will signal the end of the game.

End-of-Season Tournaments

The following year-end tournaments will be held be scheduled the weekend following the last regular season match. All teams should be encouraged to participate in the tournament regardless of the season results. Commissioners should notify coaches, and they should communicate the tournament information early in the season accordingly to ensure full participation. Teams are not permitted to combine for any reason. The roster you play with during the season is the roster you must play with for the tournament.

Tournament Host Locations:

- U10 Boys – TBD
- U10 Girls – TBD
- U12 Boys – TBD
- U12 Girls – TBD
- U14 Boys – TBD
- U14 Girls - TBD

Each Township hosting the tournament will be responsible for tournament rules and cost. This tournament should not be considered a fundraiser, and fees should be utilized for the purpose of purchasing awards, schedule referees and appropriate field usage maintenance. Entry fees per team shall not exceed \$300 for a double elimination tournament or a single elimination tournament with a 2-game guarantee.

	<i>Version v5 8/25</i> <i>APPROVED ON****</i>
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