



SOCCER RULES

Recess League



Please remember, this league is intended to aid in the development and understanding of the fundamental skills, rules, and teamwork involved in soccer. Thus, the goal of this league is to create an enjoyable experience to develop and improve sport skills, social skills, and physical fitness levels while competing. All students, captains, referees, staff and parents should stress the importance of being good sports, developing skills and having FUN!

RULES:

- **Starting and restarting the game:** The Home Team (team listed 1st on the schedule) kicks off in the first half, the Away Team (team listed 2nd) has the kickoff in the second half. 5 players on the field. NO direct kicks on kick-offs.
- **Substitutions:** Each player must play a minimum of 4 minutes per game. Substitutions take place every 2 minutes of play. Substitutions will only be made when the ball goes out of bounds or a goal is scored. The player entering play must wait until the departing player has left before entering the field. Unlimited substitutions are allowed.
- **Restarting play:** If the ball goes out of bounds on the sideline, the ball is thrown in. If the ball goes out of bounds at the end-line, it will be a goal kick or a corner kick.
- When restarting play, at all times the opposing team must be 5 yards away from the player restarting. To keep the game moving, we encourage restarts to occur in less than 5 seconds.
- **Scoring:** When a goal is scored, the game will restart with a kickoff from the center line. In the event of a tie in the playoffs or championship, teams will take 3 penalty kicks to determine the winner. If there is still no winner, we will continue PK's until there is a winner. No direct kicks on goal kicks or punts. A goal kick or punt cannot score until another player on that team has touched the ball. If the goalie dribbles past the center line then it does not need to be indirect.
- **Offside Rule:** There is NO offside rule enforced in this league.
- **Fouls:** Same fouls as for the regular game of soccer. Direct kicks are allowed. Ball passed to the goalie is an indirect kick. The PK kicker cannot move backwards once they start stepping to the ball.
- **Equipment/uniform:** Home Team wears the pinnies/jerseys. NO Cleats but indoor soccer shoes are allowed. Players should not wear jewelry.

Timing:

- Two running clock 7-minute halves. 1-minute halftime break. No overtime.
- Each team will be allowed one (1) 30-second time-out for the game. This only stops play; the running clock will not be stopped.

Fouls & Misconduct: Following fouls can result in 'Yellow/Red Card' and a Direct or Indirect Kick.

- Kicking, tripping, charging/pushing or striking an opponent.
- No slide-tackling
- No intentional headers (indirect)
- Offensive, insulting or unsportsmanlike language or conduct
- Playing in a dangerous way
- Defiance/arguing with referee
- Goalie cannot touch the ball if the goalie is out of the box (7'X10') or when it is kicked back to them by a teammate.
- More than the allotted players on the field will result in a Penalty Kick.

* Student athletes not showing good classroom behavior or good sportsmanship can lose their privilege to play in Recess Leagues.

