

# **Gardner Parks and Recreation Department**

## **Youth Soccer By-Laws**

Age Groups	# of Players	Field Dimensions	Goal Size
Kindergarten and Under	3 v 3	60' wide x 90' long	4' x 6'
1 <sup>st</sup> /2 <sup>nd</sup> Grade	5 v 5	90' x 120'	4.5' x 9'
3 <sup>rd</sup> /4 <sup>th</sup> Grade	7 v 7	100' x 150'	6.5' x 12'
5 <sup>th</sup> /6 <sup>th</sup> Grade	7 v 7	120' x 180'	6.5' x 18.5'
7 <sup>th</sup> /8 <sup>th</sup> Grade	7 v 7	120' x 225'	6.5' x 18.5'

### **General Rules**

1. Play by FIFA rules unless stated otherwise
2. All players must be registered through Gardner Parks and Recreation for the CURRENT season. Any coach caught playing players who are not registered will be subject to the GPRD player policy rule.
3. All players should receive equal amounts of playing time.
4. Unlimited substitutions. Substitutions can occur at any dead ball with the referee's permission through 5<sup>th</sup>/6<sup>th</sup> grade. For 7<sup>th</sup>-8<sup>th</sup> divisions, open substitution allowed during all dead ball situations, i.e. corner kicks, throw-ins and goal kicks. No substitutions made on penalty kicks.
5. Yellow and Red cards to player and/or coach: Pertains to divisions 3<sup>rd</sup>-8<sup>th</sup> grade
  - a. 1<sup>st</sup> offense will be a verbal warning
  - b. 2<sup>nd</sup> offense is a yellow card
  - c. 3<sup>rd</sup> offense will result in red card- ejection from the remainder of the game
  - d. 2nd red card in a season could result in ejection from the league
    - i. After a player/coach receives a red card they must leave the game.  
*(Unsportsmanlike behavior of spectators may result in coach being issued a yellow/red card)*
6. No deliberate heading of the ball in any division **except** 7<sup>th</sup>/8<sup>th</sup>
7. Bicycle kicks are not allowed.
8. Slide kicks are not allowed in any division. Players must remain on their feet. Intentional slide kick will result in a yellow card.
9. A player may not make a play on the ball while they are on the ground.
10. The 6-second goalie rule will be enforced and consist of the following:
  - a. Goalkeepers will be allowed a maximum of 6 seconds to play the ball.
  - b. Official's discretion will determine if the goalkeeper is in compliance with this rule.
11. It is recommended that each coach carry a first aid kit at all practices and games.
12. No one will be allowed along the goal line during the game, including coaches and parents.
13. Team benches must be on the same side of the field opposite the spectators.
14. All players, coaches, and spectators must stay 5 feet back of the sideline. One coach per team for the Pre-K and Kindergarten and Under and 1<sup>st</sup>/2<sup>nd</sup> grade divisions will be allowed on the field at all times.

### **Clothing**

1. All players must be in a GPRD issued uniform for the CURRENT season.
2. All participants **MUST** wear shin guards and be covered with either pants or socks with no bare plastic exposed.
3. No jewelry is allowed on the field. This includes watches and other wearable tech.
  1. If you must keep earrings in, they need to have tape covering them.
4. Shoes may be tennis shoes or cleats but cleats are not allowed on the sides of the soles or on the toes.
5. Stocking caps, gloves and sweats under the uniform are allowed
6. Mouthpieces are allowed but not required
7. Goalies may wear a ball cap on sunny days where the sun causes a problem for the goalie. Goalies **MUST** be in a pinny or conflict jersey. GPRD will provide each team with one goalie jersey.

## **Pre-K and Kindergarten and Under Specific Rules**

1. Games will consist of 2- 15 minute halves, with a running clock and a 5 minute halftime.
2. Games will be played as 3 v. 3 with no goalie.
3. Teams will use the #3 size ball.
4. One coach per team will be allowed on the field at all times. If the ball hits a coach the ball will remain live.
5. On the kickoffs, the defending team should back up to allow the offense to advance the ball forward. The ball must be passed on the kickoff.
6. Corner kicks are taken inside the corner arc on the appropriate side of the field. All opponents must be at least 8 yards from the ball until it is kicked. If the ball is kicked out of bounds, one re-kick will be allowed. After that the ball will be placed outside of goal box.
7. Goal kicks will occur only when ball goes out on the end of the field. Kick will be taken anywhere along the goal line and defenders should back up to mid-field and may attack once the ball has been played and touched by another member of the offensive team AND advanced in a forward direction.
8. The offside rule does not apply. But coaches and referees should encourage players to participate in the action and not “camp” in front of the opponent’s goal. Players may not take position within the goal box to protect the goal. There are no defenders in this division.
9. There will be no penalty kicks.
10. All free kicks are indirect. Opponents must be at least 8 yards away from the ball on all free kicks. Referees should step this off.
11. Throw-ins will be utilized but players will not be penalized for improper throw in.
12. A player may not make a play on the ball while they are on the ground.

## **FIFA Laws of the game**

1. Law 1 –The Field of Play
2. Law 2 – The Ball
3. Law 3 – The players
4. Law 4 – The players Equipment
5. Law 5 – The Referee
6. Law 6 – The other match officials
7. Law 7 – The Duration of the game
8. Law 8 – The start and the restart of the game
9. Law 9 – The ball in and out of play
10. Law 10 – Determining the match outcome
11. Law 11 – Offside
12. Law 12 – Fouls and misconduct
13. Law 13 – Free Kicks
14. Law 14 – The Penalty Kick
15. Law 15 – The Throw in
16. Law 16 – The Goal Kick
17. Law 17 – The Corner Kick

## **1<sup>st</sup>/2<sup>nd</sup> Grade Law Amendments**

1. Law 1 –The Field of Play: 90' wide x 120' long and goal size 4.5' wide x 9' long
2. Law 2 – The Ball: Size 3
3. Law 3 – The players: Maximum number of players on the field at any one time is 5, including the goalkeeper. Substitutions: can occur at any dead ball with the referee's permission. Playing time: Play time must be equal between players. One coach will be allowed on the field at all times. If the ball hits a coach the ball will remain live.
4. Law 4 – The players Equipment: Tennis shoes or soft-cleated soccer shoes are recommended. Shinguards are mandatory. Goalies must be in a conflict jersey.
5. Law 5 – The Referee: Duties are: keep time, enforce the rules, stop and restart play, keep the game safe and fun. If and when a referee stops the play for a foul or another reason, they shall take the time to explain why because these kids are still learning and may even be their first experience with soccer and it is the best time to learn for them. Yellow and Red cards will not be enforced at this level.
6. Law 6 – The other match officials: No Assistant Referees
7. Law 7 – The Duration of the game: 2 – 20 minute halves, with a running clock. 5 minute halftime.
8. Law 8 – The start and the restart of the game: Follow FIFA Guidelines; except for the following modifications: Opponent must start on the outside of the center circle. Kick offs are considered to be an indirect free kick.
9. Law 9 – The ball in and out of play: Follow all FIFA Guidelines
10. Law 10 – Determining the match outcome: Score and records are not recorded.
11. Law 11 – Offside: The offside rule does not apply however players will not be allowed to camp out in front of the opponent's goal. A warning will be given to player and coach if this happens.
12. Law 12 – Fouls and misconduct: Follow all FIFA guidelines; except for the following modifications: No Deliberate heading of the ball. All fouls should be explained to the offender. All fouls result in an indirect free kick. If a goalie picks up the ball on a back pass from their own teammate, no penalty will be enforced but this should not be taught.
13. Law 13 – Free Kicks: All free kicks are taken from the place where the offence occurred, except indirect free kicks to the attacking team for an offence inside the opponent's goal area are taken from the nearest point on the goal area line which runs parallel to the goal line. \*Also see Glossary
14. Law 14 – The Penalty Kick: No Penalties. All fouls within the penalty box will result in an indirect free kick at the edge of the penalty box nearest to the infraction/spot of the foul. The ball will be in play after it is kicked and makes a full pass.
15. Law 15 – The Throw in: Follow all FIFA guidelines; except for the following modifications: A 2<sup>nd</sup> throw in will be allowed after an illegal throw-in and a brief explanation from the referee. Play will resume after 2<sup>nd</sup> throw-in whether throw was legal or not.
16. Law 16 – The Goal Kick: Follow all FIFA guidelines; except for the following modifications: The goal kick must be taken in the general vicinity of the respective goal, players on the opposing team need to be at the midline until the ball leaves the penalty area.
17. The Corner Kick: Follow all FIFA guidelines; except for the following modification: If the ball is kicked out of bounds, one re-kick will be allowed. \*Also see Glossary

### **3<sup>rd</sup>/4<sup>th</sup> Grade Law Amendments**

1. Law 1 –The Field of Play: 100’ wide x 150’ long and goal size 6.5’ wide x 12’ long
2. Law 2 – The Ball: size 4
3. Law 3 – The players: Maximum number of players on the field at any one time is 7, including the goalkeeper. Substitutions can occur at any dead ball with the referee’s permission. Substitutes should check in at the sideline. Playing time: Play time must be equal between players. One coach will be allowed on the field during the first game only. During the first game, If the ball hits a coach on the field the ball will remain live.
4. Law 4 – The players Equipment: soft-cleated soccer shoes are recommended. Shinguards are mandatory. Goalies must be in a conflict jersey.
5. Law 5 – The Referee: Duties are: keep time, enforce the rules, stop and restart play, keep the game safe and fun. Yellow and Red cards will be introduced at this level.
6. Law 6 – The other match officials: Assist the center official
7. Law 7 – The Duration of the game: The match shall be divided into 2 equal halves of 25 minutes each. With a 5 minute break for half-time.
8. Law 8 – The start and the restart of the game: Follow all FIFA guidelines; except for the following modifications: opponents must start at least 8 yards from the ball until it is kicked.
9. Law 9 – The ball in and out of play: Follow all FIFA guidelines
10. Law 10 – Determining the match outcome: Score and records are not recorded.
11. Law 11 – Offside: Follow all FIFA guidelines, \*Also see Glossary
12. Law 12 – Fouls and misconduct: Follow all FIFA guidelines; except for the following modifications: Deliberate heading of the ball is not allowed and an indirect free kick will occur where the spot of the offence occurred. If the deliberate header occurs within the goal area, a direct free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred. \*Also see Glossary
13. Law 13 – Free Kicks: Follow all FIFA guidelines. \*Also see Glossary
14. Law 14 – The Penalty Kick: All fouls within the penalty box will result in a penalty kick. See Glossary
15. Law 15 – The Throw in: Follow all FIFA guidelines; except for the following modifications: Teams will get two throw in attempts with feet on the ground, if a player’s foot is lifted, it will result in a turnover and the other team will obtain possession
16. Law 16 – The Goal Kick: Follow all FIFA guidelines \*Also see Glossary
17. Law 17 – The Corner Kick: Follow all FIFA guidelines; \*Also see Glossary

## **5<sup>th</sup>/6<sup>th</sup> Grade Law Amendments**

1. Law 1 –The Field of Play: 120’ wide x 180’ long and goal size is 6.5’ x 18.5
2. Law 2 – The Ball: size 5
3. Law 3 – The players: Maximum number of players on the field at any one time is 7, including the goalkeeper. This can change if the numbers are low in this division. Substitutions can occur at any dead ball with the referee’s permission. Substitutes should check in at the midline.
4. Law 4 – The players Equipment: soft-cleated soccer shoes are recommended. Shinguards are mandatory. Goalies must be in a conflict jersey.
5. Law 5 – The Referee: Duties are: keep time, enforce the rules, stop and restart play, keep the game safe and fun. Yellow and Red cards will be enforced.
6. Law 6 – The other match officials: Assist the center official
7. Law 7 – The Duration of the game: two 25 minute halves, with a 5 minute break for half time.
8. Law 8 – The start and the restart of the game: Follow all FIFA guidelines; except for the following modifications: opponents must start at least 8 yards from the ball until it is kicked.
9. Law 9 – The ball in and out of play: Follow all FIFA guidelines
10. Law 10 – Determining the match outcome: Score and records are not recorded.
11. Law 11 – Offside: Follow all FIFA guidelines, \*Also see Glossary
12. Law 12 – Fouls and misconduct: Follow all FIFA Guidelines; except for the following modifications: Deliberate heading is not allowed. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, a direct free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
13. Law 13 – Free Kicks: Follow all FIFA guidelines; \*Also see Glossary
14. Law 14 – The Penalty Kick: All fouls within the penalty box will result in a penalty kick. See Glossary
15. Law 15 – The Throw in: Follow all FIFA guidelines; except for the following modifications: Teams will get one throw in attempt with feet on the ground, if a player’s foot is lifted, it will result in a turnover and the other team will obtain possession
16. Law 16 – The Goal Kick: Follow all FIFA guidelines; \*Also see Glossary
17. Law 17 – The Corner Kick: Follow all FIFA guidelines; \*Also see Glossary

## 7<sup>th</sup>/8<sup>th</sup> Grade Law Amendments

1. Law 1 –The Field of Play: 120' wide x 225' long and goal size is 6.5' x 18.5
2. Law 2 – The Ball: size 5
3. Law 3 – The players: Maximum number of players on the field at any one time is 7, including the goalkeeper. Open substitution allowed during all dead ball situations, i.e. corner kicks, throw-ins and goal kicks. No substitutions made on penalty kicks.
4. Law 4 – The players Equipment: soft-cleated soccer shoes are recommended. Shinguards are mandatory.
5. Law 5 – The Referee: Duties are: keep time, enforce the rules, stop and restart play, keep the game safe and fun.
6. Law 6 – The other match officials: Assist the center official
7. Law 7 – The Duration of the game: two 30 minute halves, with a 5 minute break for half time.
8. Law 8 – The start and the restart of the game: Follow all FIFA guidelines
9. Law 9 – The ball in and out of play: Follow all FIFA guidelines
10. Law 10 – Determining the match outcome: Score and records are not recorded.
11. Law 11 – Offside: Follow all FIFA guidelines, \*Also see Glossary
12. Law 12 – Fouls and misconduct: Follow all FIFA Guidelines; Heading IS allowed.
13. Law 13 – Free Kicks: Follow all FIFA guidelines, \*Also see Glossary
14. Law 14 – The Penalty Kick: Follow all FIFA guidelines, \*Also see Glossary
15. Law 15 – The Throw in: : Follow all FIFA guidelines; except for the following modifications: Teams will get one throw in attempt with feet on the ground, if a player's foot is lifted, it will result in a turnover and the other team will obtain possession.
16. Law 16 – The Goal Kick: Follow all FIFA guidelines \*Also see Glossary
17. Law 17 – The Corner Kick: Follow all FIFA guidelines, \*Also see Glossary

## Additional 7<sup>th</sup>/8<sup>th</sup> Grade General Tri-County Rules (In Addition To and Superseding Gardner Specific Rules)

1. Only soft hair accessories may be worn.
2. This age division will utilize corner kicks, throw-ins, goal kicks, penalty kicks, in-direct free kicks and direct free kicks. Unless listed in the age specific rules above.
3. If the goalie is touching the ball with at least one hand then no play is allowed on the ball.
4. Each team will be allowed 2 time-outs per game. Each time-out is 1 minute. Clock will stop during timeouts.
5. All players, coaches, and spectators must stay 5 feet back from the sideline.
6. Team benches must be on the same side of the field opposite of the spectators.
7. Two officials will be used.
8. 0-Tolerance for profanity, heckling, abusive language, or gestures of harm by officials, coaches, players or spectators. In any case, the game will be stopped and the person(s) involved will be asked to leave the premises before the game will continue.
9. Participant Red Card Violation
  - 1<sup>st</sup> Violation: Ejection from game **and 1 game suspension.**
  - 2<sup>nd</sup> Violation: Ejection from game **and rest of season.**
10. Coach Red Card Violation
  - 1<sup>st</sup> Violation: Ejection from game. MUST leave premises, **and 1 game suspension.**
  - 2<sup>nd</sup> Violation: Ejection from game. MUST leave premises, **and dismissal from coaching duties for the remainder of the season.**
11. There will be no rescheduling of makeup games.

## **Glossary of Terms:**

**Offensive Team-** The team that has possession of the ball.

**Defensive Team-** The team that does not have possession of the ball.

### **Corner Kick**

- A corner kick occurs when the defending team sends the whole ball out of bounds along its own goal line. The kick is taken by the attacking team.
- The ball must be placed in the corner area nearest to the point where the ball passed over the goal line.
- The ball is in play when it is kicked and clearly moves from here to there, it does not need to leave the corner area.
- Opponents must remain at least 10 yards from the corner arc until the ball is in play.

### **Goal Kick**

- A goal kick occurs when the attacking team sends the ball out of bounds along the defending team's goal line. The kick is taken by the defending team. Ball is placed on the edge of the goal box.
- Ball is in play as soon as ball is kicked and can be played before leaving the penalty area.
- Goalkeeper must have at least one foot on the goal line at the time the ball is kicked.
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### **Direct Free Kick**

When the referee stops play for certain fouls, they may award a team a direct free kick, meaning that team will resume play from the spot of the infraction with a pass or a shot at goal. Any members of the opposing team must be at least 10 yards away when the ball is struck.

A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless, or using excessive force:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following offenses:

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- Holds an opponent
- Spits at or bites someone

One player may then take a free shot at goal (defended only by the goalkeeper standing on the goal line) from the penalty spot.

### **Indirect Free Kick**

- Indirect free kicks to the attacking team for an offence inside the opponent's goal area are taken from the nearest point on the goal area line which runs parallel to the goal line.

- The ball must be stationary and the kicker must not touch the ball again until it has touch another player.
- The ball is in play when it is kicked and clearly moves from here to there.
- Until the ball is in play, opponents must remain at least 10 yards from the ball unless they are on their own goal line between the goalposts.

If the free kick is indirect, a second player must touch the ball before the team can shoot at goal. An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offenses:

- Takes more than four steps while controlling the ball with his hands, before releasing it from his possession
- Touches the ball again with his hands after it has been released from his possession and has not touched any other player
- Touches the ball with his hands after it has been deliberately kicked to him by a team-mate
- Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate

An indirect free kick is also awarded to the opposing team if a player:

- Plays in a manner deemed dangerous
- Prevents the progress of an opponent without any contact being made
- Uses offensive or abusive language and/or gestures
- Prevents the goalie from releasing the ball
- Attempts to kick the ball while the goalie is trying to release it

### **Penalty Kick**

A penalty kick is awarded if any of the offenses are committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

- The player taking the penalty kick must be clearly identified.
- The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, without touching the goalposts, crossbar or goal net, until the ball has been kicked.
- When the ball is kicked, the defending goalkeeper must have at least part of one foot touching or in line with the goal line.
- The players other than the kicker and goalkeeper must be at least 10 yards from penalty mark.
- The ball is in play when it is kicked and clearly moves from here to there.
- The player must not play the ball again until it has touched another player

### **Handball**

- A player will be penalized for handball if:
  - The hand/arm is clearly away from the body and outside the "body line".
  - The player clearly leans into the path of the ball.
  - The ball travels some distance.
  - The ball touches a hand/arm that is clearly raised above the shoulder.
  - The player falls and the hand/arm is extended laterally or vertically away from the body.



- Immediately after touching the ball with the arm, even accidentally, the player scores a goal or creates a goal-scoring opportunity.

### **Offside**

- A player in an offside position at the moment the ball is played or touched\* by a team-mate is only penalized on becoming involved in active play.
- It is not an offence to be in an offside position.
- A player is in offside position if:
- Any part of the head, body or feet is in the opponent's half (excluding the halfway line) and
- Any part of the head, body or feet is nearer to the opponent's goal line than both the ball and the second-last opponent.
- A player is not in offside position if level with the second-last opponent or last two opponents.

### **Goal/Out of Bounds**

- The WHOLE ball has to cross the goal line or be out of bounds.