

PSA Recreational League Rules Fall 2019

Division	Gender	Ball Size	Number of Players	Min. Number of Players	Substitution	Keeper	Kick-in or Throw-in	Distance from ball on FK	Offside	PKs	Period Duration
U5	BOYS	#3	3 v 3	3	On-the-fly	No	Kick	3	None	DFK	7 Minute Quarters
U6	BOYS & GIRLS	#3	4 v 4	3	On-the-fly	No	Kick	3	None	DFK	8 Minute Quarters
U7 and U8	BOYS & GIRLS	#3	5 v 5	4	On-the-fly	Yes No Punting	Throw	6	None	DFK	10 Minute Quarters
U10	BOYS & GIRLS	#4	7 v 7	5	On-the-fly	Yes No Punting	Throw	6	Offside	PK	12 Minute Quarters
U12	BOYS	#4	9 v 9	6	On-the-fly	Yes	Throw	10	Offside	PK	30 Minute Halves
U12	GIRLS	#4	9 v 9	6	On-the-fly	Yes	Throw	10	Offside	PK	30 Minute Halves
U14	Co-ed	#5	11 v 11	7	Any Stoppage	Yes	Throw	10	Offside	PK	30 Minute Halves

July 24, 2019

Soccer Rules Summary - Outdoor

Substitutions: U12 and younger, on-the-fly. **Exiting player may leave the field at any place on the field.** U14 and older can substitute at any stoppage of play, substitutes waiting at mid-field may be changed out at the referee's discretion.

NO HEADERS: US Soccer rule: All U12 and younger recreational soccer teams are banned from heading the ball during practice and games. A purposeful header by a player shall be considered an indirect free kick awarded to the opponent.

NO SLIDE TACKLING: Slide tackling is not allowed – restart with an IFK. Slide tackling is the act of a player willfully going towards the ground on their own accord, in a sliding “like” manner. This will lead to a player's leg, butt, or hand reaching the ground

U10 Buildout Line: All defensive players must stay behind the buildout line for goal kicks and when the ball is in the keepers hands. Once play has started, defensive players can cross the buildout line. Keeper cannot punt the ball. Violation of buildout line is a redo of restart.

Offsides is not considered until the attacking team has gone beyond the buildout line.

No jewelry, street glasses or casts: Players may not wear anything that in the opinion of the referee is dangerous to themselves or others including ear rings. No dangerous cleats. **A referee will not allow a player to wear on themselves, clothing or equipment, anything that is hard or has sharp edges that can cause harm to one-self or to others.**

Start of quarters: U5/U6 - Home team chooses which goal to attack and the visiting team takes the KICKOFF. U7 and above will use a coin toss. At least 1 captain will be selected from each team and will participate in a coin toss to determine who gets the ball first and which side a team starts to defends. Teams alternate kicking off to start each quarter or half. Teams switch ends at the half.

Kickoff: Start of quarter/half or after goal. Ball must be moved in any direction. Kicker can only touch once. Goal may be scored directly U10 and higher. U8 and younger, goals cannot be scored from kick-off. Violation into opponent's goal is a goal-kick. Into own goal, an opponents corner kick.

Drop ball: Both teams foul, the ball goes out and both sides propelled it out, after an injury, or if there was no other reason to stop the game. The referee holds the ball waist high, and then drops the ball. The ball is in play when it touches the ground. No drop ball inside the goal area. Goal cannot be scored directly from a dropped ball.

Goal scored: A goal is scored when the whole of the ball crosses completely over the goal line, between the goal posts and below the cross bar.

3-goal rule: **This applies only to PSA Rec Games.** When one team has a 3 goal lead this rule is applied. Once a team is leading by 3 goals anyone who scored for the team that is ahead by 3 goals cannot score another goal until the lead is reduced to less than 3 goals. If one of these players scores the re-start is a goal kick.

Example: Team A : 3 Team B : 0

Goals by Team A Scored By: #'s 12, 33, and 1 (Team B may add another player to the field)

Player # 12 on Team A scores again (The Goal DOES NOT COUNT.) Re-Start Goal Kick, Score Remains 3 to 0

Player # 99 on Team A scores (The Goal COUNTS) Re-Start Kick Off, Score is now 4 to 0 **At this point until the lead is less than 3 goals #'s 12, 33, 1 and 99 cannot Score.** Team B scores 2 Goals

Score now 4 to 2 (All Players are eligible to score and Team B must remove extra player from the field of play) Player

15 Scores for Team A - Score is now 5 to 2 **Three goal rule applies**

Team A Players 12, 33,1, 99 and 15 Cannot Score and Team B can add another player to the field.

For U8 and younger. A violation of the 3 goal rule, the restart is a kick from the center circle.

Fouls or penalty: If handling the ball intentionally, pushing, tripping, charging, holding, spitting, kicking or elbowing a player: the restart is a DIRECT FREE KICK. If dangerous play or a procedural error occurs, the restart is an INDIRECT FREE KICK. Shoulder to shoulder contact while both players are near enough to play the ball is not a penalty. A keeper may not pick up a ball intentionally passed with the foot from a teammate or from a throw-in from a teammate– restart IFK.

DIRECT FREE KICK: Ball placed at point of infraction. Defenders must give distance appropriate for age group. Ball is in play when touched and moved. Kicker can only touch once.

INDIRECT FREE KICK: Same as direct except if ball goes in goal without anyone touching, then NO GOAL, restart as goal kick.

Penalty kick: If attackers are awarded a direct free kick inside the penalty area, it is taken as a PENALTY KICK for U10 and older. Instead of PKs the U5 thru U8 divisions will restart with a Direct Kick from outside the penalty area.

Goalkeeper must stand on goal line and can only move side-to-side until the ball is played. Ball in play when moved forward. Kicker may not touch twice. All other players must be outside penalty area and penalty arc, and behind the ball.

Over touch (side) lines: Opponent of player to last touch the ball takes the ball to spot indicated by referee for KICK-IN or THROW-IN. A goal cannot be scored directly from a kick-in or throw-in. Keeper can not pick up a kick-in or throw-in from a teammate.

THROW-IN: Both feet on the ground; neither foot all the way on the field; ball thrown with both hands; ball thrown over the head. In play when enters the field. A ball that does not cross the touchline shall be re-thrown. **Bad throw-in:** Throw-in awarded to opposing team. (Allow U10 player and younger to re-throw for the first two weeks of the season.)

Ball over goal (end) lines: If attacking team last touched, then restart is GOAL KICK. If defense last touched, then restart is CORNER KICK.

GOAL KICK: Defending team kicks the ball from anywhere inside the goal area. **Ball is in play once the ball has been kicked and moved.**

CORNER KICK: Attacking team kicks the ball from on/inside the corner arch. Only one touch allowed until the ball touches another player. No offside can be called.

New Rules Fall 2019:

Substitution: A player may leave the field at any location. It does not need to be at the midfield line. This is to speed up play.

Goal Kick: The ball no longer needs to leave the PK area to be in play. A player from the team taking the kick may touch the ball as soon as the ball is kicked and moved. In the spirit of the build-out rule, the defending team cannot proceed beyond the build-out line until the ball has left the PK area.

Referee Interference: If a ball touches an official, and team possession changes, a drop ball is awarded to the team that lost possession. All defending players must be 4.5 yards from the drop ball.

Free Kicks: If a “wall” of 3 or more defenders is created, a player from the attacking team cannot be within 1 yard of the “wall”

Penalty Kick: The goalkeeper needs to have only one part of the foot on the goal line.

Coin Toss: The team winning the coin toss now has the option of choosing the ball or which side to start.

Handball: A free kick will be awarded to the opposite team, on the following handball situations EVEN ACCIDENTAL.

- The ball hits a player's arm or hand and goes into the goal

- A player possesses the ball after touching their arm/hand and creates a goal-scoring opportunity

- The ball touches a player that has extended their arms away from the body

- The ball touches a player's hands/arm above their shoulder

A free kick will NOT be given in the following:

- The ball touches the arm/hand from their own head/body/foot, and has not made themselves bigger

- The ball touches the arm/hand from another player who is close/near and has not made themselves bigger

- The ball touches the arm/hand which is close to their body and has not made themselves bigger

- A falling player and the ball touches a player's hand/arm which is between their body and ground to support the body.