

## Rose Hill Soccer Club

### Rules of Play

*v. Fall 2020*

#### **Governing Rules**

National Federation Rules (USYSA) of play has been modified for all open field soccer. These rules apply to all age groups

#### **Duties of Coaches**

- Instruct the team and players in the sport of soccer
- Play all players. Try to balance playing time as even as possible.
- Communicate effectively with players concerning practices and scheduled games.
- Be familiar with the Federation International Football Association, FIFA, Soccer Rules and with the specific adaptations for Rose Hill Soccer Club and their respective grade group(s).
- Insure parents, players, coaches, and fans act in a sportsman like manner.
- Insure the fields are cleaned up (equipment, water bottles, and trash) after use.
- Inform parents of their responsibilities and ask for help as needed.
- Instruct an assistant what to do if the coach is red carded and must leave.
- Abide by all the Code of Conduct signed when registering to be a coach with the league.

#### **Duties of Referees (1<sup>st</sup> Grade – 8<sup>th</sup> Grade only)**

##### **(PreK & Kindergarten: Coaches on the field and ref their own games)**

- Referees will be the sole judges of the events that transpire on the field of play. They have the right to stop, suspend or forfeit a game at any time if, in their opinion the game, coaches, players or fans have gotten out of control. Coaches are solely responsible for their own conduct, and the conduct of their players and fans. Referees are assigned by the Rose Hill Soccer Club and all complaints should be directed to this organization, not the referees.
- The referees are responsible for officiating and enforcing the National Federation rules and the modified rules adopted for use in the Rose Hill Soccer Club.
- The referees will conduct a pre-game conference at which time they should remind coaches of their expectations and responsibilities, reiterating the emphasis on appropriate conduct and sportsmanship. At this time they will make sure the players are wearing the appropriate equipment. (Shoes and shin guards)
- The referees have the power to call any game due to inclement weather; they will administer all penalties and cautions, and expel players, coaches or fans for misconduct. Their decisions are final.

#### **Duties of parents**

- Insure your child's attendance at practices and/or games and to notify the coach of any absence as far in advance as possible
- Provide your fair share of help to the team at practices and/or games as requested by the coach and as much as realistically possible.
- Express yourself and encourage your child to express him or herself in a respectful and sportsmanlike manner.
- Abide by all the Code of Conduct signed when registering to be a coach with the league.

## **General Rules of Play**

### **The Ball**

The suggested size of ball used is based on age, not grade. We have listed both age and grade:

- Size 3 – Ages 3 yrs – 8 yrs // PreK, Kindergarten, 1<sup>st</sup> Grade and 2<sup>nd</sup> Grade
- Size 4 – Ages 8 yrs – 12 yrs // 2<sup>nd</sup> Grade, 3<sup>rd</sup> Grade, 4<sup>th</sup> Grade, 5<sup>th</sup> Grade, 6<sup>th</sup> Grade
- Size 5 – Ages 12 yrs and up // 6<sup>th</sup> Grade, 7<sup>th</sup> Grade, 8<sup>th</sup> Grade

### **Number of players**

- PreK – 4 v 4, no goalies (4 field players)
- Kindergarten – 3 v 3, no goalies (3 field players)
- 1<sup>st</sup> – 2<sup>nd</sup> Grade – 5 v 5, with a goalie (4 field players, 1 goalie)
- 3<sup>rd</sup> – 4<sup>th</sup> Grade – 6 v 6, with a goalie (5 field players, 1 goalie)
- 5<sup>th</sup> – 6<sup>th</sup> – 7<sup>th</sup> -8<sup>th</sup> Grade – 6 v 6, with goalie (5 field players, 1 goalie)

### **Duration of game**

- PreK – 15 minute halves, with a 5 min halftime
- Kindergarten – 15 minute halves, with a 5 min halftime
- 1<sup>st</sup> – 2<sup>nd</sup> Grade – 20 minute halves, with 5 min halftime
- 3<sup>rd</sup> – 4<sup>th</sup> Grade – 20 minute halves, with 5 min halftime
- 5<sup>th</sup> – 6<sup>th</sup> – 7<sup>th</sup> – 8<sup>th</sup> Grade – 25 minute halves, 5 minute halftime

### **Uniforms & Required Equipment**

- Teams should dress accordingly in inclement weather. Team shirt/jerseys are to be worn over other clothing during games.
- Shin Guards are REQUIRED for PRACTICE and GAMES!! Referee will check at beginning of all games. Coaches should check at beginning of practices. Please check with refs or board members if you need a pair loaned out for games.
- Soccer Cleats are recommended. Soccer cleats do NOT have a front cleat. Baseball cleats and Football cleats are not accepted at games. If soccer cleats are not an option, tennis shoes will be accepted. NO METAL CLEATS.
- No Jewelry should be worn during games. This includes earrings, necklaces, bracelets and watches (even sport tracker watches). Jewelry can be snagged and ripped off the players, injuring them and/or their jewelry.
- Hoodies must be worn UNDER your uniform and the hoods are to be tucked into the jerseys. This is to avoid hoods being pulled or snagged, possibly hurting the player.
- Pants worn during cold weather games should be fitted and not be hindering to the players. Shin Guards must still be worn with pants and will still be check before games.

### **Cancellations/ Weather**

GAMES: In the event games are cancelled, coordinators are to call coaches and coaches are to call their players. Reasons for cancellations are lightning, extreme temperatures, excessively wet fields, or any other reason jeopardizing the safety of the players and spectators.

PRACTICE: Cancellation of practices are left to the discretion of each coach on their practice day. Coaches are to call their players about practice cancellations. Reasons for cancellations are lightning, extreme temperatures, excessively wet fields, or any other reason jeopardizing the safety of the players and spectators.

+++++

### **Start of play**

- At the beginning of the match, the choice of ends or kickoff is determined by a coin toss. Visiting team calls the toss. Visiting team is listed second on the schedules.
- Upon the signal of the referee the match shall be started by a place kick at the center point of the field. All players must be in their own half of the field and all defensive players shall be a minimum of 10 yards from the ball. The ball is in play as soon as it's kicked and moves forward. The kicker may not kick the ball again until it has been touched by another player.

### **Injury time**

If a player becomes injured during play, the referee may determine that time needs to be added to the clock to make up for the time lost due to injury. However, to keep games on time and moving correctly, the referee can also determine that game will be played at the normal amount of time allotted.

### **Spectator seating**

Spectators must be located on OPPOSITE side of the field opposite the player benches for their team. Only persons officially associated with the team may be on the team side or in the player bench area. No spectators are allowed behind or to the side of either goal.

### **Ball Out of Play**

The ball is out of play when the whole ball passes completely over the boundary line either on the ground or in the air.

### **Throw-ins (1<sup>st</sup> – 8<sup>th</sup> grade only) (PreK & Kindergarten do kick-ins)**

A throw-in is awarded when the whole ball passes completely over the sideline. The team which did not put the ball out of play restarts the game by throwing the ball with both hands, from behind and over the head, at a point no farther up the field where the ball left the field of play. A part of both feet must be either on or behind the sideline when the ball is released. Both feet must be on the ground when the ball is released. The ball must go completely behind the players head before releasing it to throw. There is no off-sides on a throw-in. The player throwing the ball cannot touch the ball again until it has been touched by another player.

### **Goal kick**

A goal kick is awarded when the attacking team puts a ball out of play over the goal (end) line outside the goal. The ball is kicked back into play from within the goal area. The ball is not in play and cannot be touched by another player until it has traveled outside the penalty area. Only the kicking team is allowed in the penalty area during the kick. The player kicking the ball cannot touch the ball again until it has been touched by another player.

### **Corner kick**

A corner kick is awarded when the defending team plays the ball over the goal (end) line outside the goal. Play is restarted by a kick from the corner quadrant on the side of the field that the ball went out of play on. This is a direct kick. There is no off-side on a corner kick. The player kicking the ball cannot touch the ball again until it has been touched by another player.

## Scoring

A goal is scored when the whole ball completely crosses the goal line between the goal posts and underneath the crossbar. A goal is not allowed if an attacker propels the ball with the hand or arm (handball). In this situation, the attacker will be cautioned. If time expires before the ball passes into the goal, the goal is not allowed.

## Off-side (1<sup>st</sup> -8<sup>th</sup> grades only)

A player is in the off-side position if he is nearer to his opponents goal line than the ball EXCEPT if he is in his own half of the field, there are two defenders between the player and his opponents goal line, the ball was last played by the opponent, he receives the ball directly from a throw-in or corner kick, or, in the opinion of the referee, is not seeking to gain an advantage. Off-side is called only if the player in the off-side position makes a play for the passed ball, impedes a defender from defending, or disrupts the goal keeper, i.e. if he is in any part of the play. Off-side is determined at the exact moment the ball is played, not when the player receives the ball. A player who starts in the off-side position when the ball is passed cannot come back on-side and receive a pass; this is off-side. A player may start on-side at the moment a ball is passed and receive the ball in the off-side position; this is not off-side. An indirect free kick is awarded to the defending team if off-side is called.

## Goalkeeper

The goalkeeper may use their hands to play the ball, but only when they are within their own penalty area. An indirect kick is awarded to the opposing team at the spot of the infraction if the goalkeeper controls the ball with his hands while in the penalty box for more than six seconds before releasing it from his possession or if he touches the ball with his hands while in the penalty box after it has been deliberately passed to him by a teammates feet or legs. If his teammate passes the ball to him with his head or chest, he may pick it up. A goalie touching the ball with his hands outside the penalty box results in a direct kick for the opposing team. The keeper may chase a stray ball outside his penalty area, dribble it back into the penalty area, and then pick it up.

## Games ending in a tie

Regular season games that end in a tie remain as such. There are no overtime or penalty kick shoot-outs during the regular season.

+++++

## Fouls and misconduct

### Indirect free kick

- An indirect free kick is one in which another player must touch the ball before a goal can be scored. These include a place kick, a goal kick, and technical fouls such as:
  - Delay of the game by the goalkeeper in clearing the ball.
  - Offside
  - Headers
  - Dangerous play
  - Obstruction
  - Charging the goalkeeper within his/her area
  - Keeper handling the ball illegally in his penalty area

## **Direct Free kick**

A direct free kick is one in which a goal can be scored direct from the kick, but only against the side being penalized. These are awarded for serious fouls. Any foul which would be penalized by a direct free kick that occurs within the penalty area is penalized by the award of a penalty kick. Fouls which are penalized by a direct free kick are:

- Kicking or attempting to kick an opponent
- Tripping an opponent
- Holding an opponent
- Pushing an opponent
- Striking or attempting to strike an opponent
- Charging an opponent in a dangerous manner or when the ball is not within playing distance.
- Jumping at an opponent
- Deliberate handball

## **Warnings, Cautions and Sending off**

A warning is a verbal reprimand given by the referee to a player or coach for an offense.

Persistent infraction of the laws or more than one warning to a player or coach will likely result in a caution (Yellow card). If a player or coach is cautioned for a second time in the same game, the yellow card is shown followed by the red card, and the player is sent off. Cautions and sending offs can also be given with no prior warnings for serious fouls and dissent. A red card is given for violent misconduct or personal misconduct. The player is suspended and takes no further part in the game. The player will not be allowed to participate in the next game. If a player is removed from the game for a second yellow card, a substitute will be allowed. If a player is shown the red card without first receiving a yellow card, he/she cannot be replaced with a substitute player.

Coaches who violate the Coaches Code of Conduct and/or rules can and will be removed by any board member during the game. In certain circumstances, removal may be permanent for any further games and seasons. Please read the Coaches Code of Conduct and adhere to it at every game.

Spectators such as Parents/Fans that attend the games can and will be removed by any board member for violating the Parent Code of Conduct. In certain circumstances, removal may be permanent for any further games and seasons. Please read the Parent Code of Conduct and adhere to it at every game.

## **YELLOW CARD VIOLATION:** (Examples, not limited to these violations)

- Un-sportsmanlike conduct by players
- Flagrant fouls
- Dissent
- Persistent infringement of the laws
- Entering or leaving the field of play without permission of the referee
- Tackling from behind in a dangerous manner

## **RED CARD VIOLATIONS:** (Examples, not limited to these violations)

- Striking or attempting to strike another player
- Spitting at another player, coach or referee.
- Intentional handball which prevents a goal from being scored
- Fouling an opponent who is in an obvious goal scoring position
- Leaving the bench during a fight
- Coaches misconduct during the game. Coach will be ejected and assistant coach must take over.

**SIDELINE VIOLATIONS:** (Examples, not limited to these violations)

- Inappropriate language and yelling directly at any players, referees, coaches or other spectators during the game
- Arguing with referees, coaches or other spectators during the game
- Entering the field of play during the game without permission from the referee (for an injury)

+++++

**Special Rules - Rose Hill Soccer Club**

**PreK Grade League**

- 4 v 4, no goalkeeper
- 15 minute halves, 5-minute halftime.
- 1 coach from each team used on the field as a referee.
- Substitutions allowed during any dead ball.
- Kick-ins for all balls out of bounds. No throw-ins.
- All free kicks are indirect.
- No spectators behind or to the sides of the goals.
- Cannot score on a kickoff.
- No offsides.
- No Headers.

**Kindergarten League**

- 3 v 3, no goalkeeper
- 15 minute halves, 5-minute halftime.
- 1 coach from each team used on the field as a referee.
- Substitutions allowed during any dead ball.
- Kick-ins for all balls out of bounds. No throw-ins.
- All free kicks are indirect.
- No spectators behind or to the sides of the goals.
- Cannot score on a kickoff.
- No offsides.
- No Headers.

**1<sup>st</sup> – 2<sup>nd</sup> Grade League**

- 5 v 5 with goalkeeper (4 field players, 1 goalkeeper)
- Two 20 minute halves, 5-minute halftime
- Substitutions, on throw-ins on your teams' possession, team without possession may substitute if the other team is substituting. Substitution on corner kicks and goal kicks will be allowed for both teams. Both teams may sub after a goal is scored. A one for one sub is allowed for both teams in the event of an injury.
- Players will throw in the ball. Ball must go completely behind the head and both feet must stay completely touching the ground. Players will get 2x to throw in the ball correctly before the incorrect throw-in is awarded to the other team.
- Direct and Indirect Free Kicks will be determined by referee, based on the rules.
- No Slide tackles are allowed.

### **1<sup>st</sup> – 2<sup>nd</sup> Grade League cont.**

- Cannot score on kickoff.
- No Spectators behind or to the sides of the goals.
- Offsides rules apply.
- No Headers.

### **3<sup>rd</sup> – 4<sup>th</sup> Grade League**

- 6 v 6 with goalkeeper (5 field players, 1 goalkeeper)
- Two 20 minute halves, 5-minute halftime
- Substitutions, on throw-ins on your teams' possession, team without possession may substitute if the other team is substituting. Substitution on corner kicks and goal kicks will be allowed for both teams. Both teams may sub after a goal is scored. A one for one sub is allowed for both teams in the event of an injury.
- Players will throw in the ball. Ball must go completely behind the head and both feet must stay completely touching the ground. Players will get 1x to throw in the ball correctly before the incorrect throw-in is awarded to the other team.
- **Direct and Indirect Free Kicks will be determined by referee, based on the rules.**
- Slide tackles are allowed (A slide tackle from behind is NEVER legal)
- Cannot score on kickoff.
- No Spectators behind or to the sides of the goals.
- Offsides rules apply.
- No Headers.

### **5<sup>th</sup> – 6<sup>th</sup> – 7<sup>th</sup> – 8<sup>th</sup> Grade League**

- 6 v 6 with goalkeeper (5 field players, 1 goalkeeper)
- Two 25 minute halves, 5-minute halftime
- Substitutions, on throw-ins on your teams' possession, team without possession may substitute if the other team is substituting. Substitution on corner kicks and goal kicks will be allowed for both teams. Both teams may sub after a goal is scored. A one for one sub is allowed for both teams in the event of an injury.
- Players will throw in the ball. Ball must go completely behind the head and both feet must stay completely touching the ground. Players will get 1x to throw in the ball correctly before the incorrect throw-in is awarded to the other team.
- **Direct and Indirect Free Kicks will be determined by referee, based on the rules.**
- Slide tackles are allowed (A slide tackle from behind is NEVER legal)
- Cannot score on kickoff.
- No Spectators behind or to the sides of the goals.
- Offsides rules apply.
- No Headers.

## **COACH CODE OF CONDUCT:**

- Encourage positive sportsmanship by your players and parents by being a positive example. Remember that this game is for the kids to enjoy, don't let anyone ruin that for them.
- You will be held accountable for player's and your parent's behavior as well as your own. Help your team's players and parents regain control if they get inappropriately carried away with their emotions.
- Be supportive and accept wins and losses. Give positive feedback to players.
- Interact positively with coaches and players of opposing team or do not interact with them at all.
- If a coach openly or directly disrespects the referee, opposing coach or players or is inappropriate in any manner, the referee has the authority to (1st) warn the coach of the problems. If the problems continue, (2nd) the referee will award the coach a red card. If a coach is issued a red card, he/she is ejected from the complex at that very moment, which includes the parking lot, for the remainder of that game. Further suspension will be determined by the RHSC Board.
- Any coach who touches, bumps, physically contacts or verbally abuses a game official or RHSC Board Member shall be guilty of violent conduct and immediately suspended from the Shorty Cox Sports Complex and the RHSC League for a minimum of one year and potentially suspended permanently.
- Any RHSC Board member has the authority to stop any game to regain sportsmanship of the players, coaches and spectators. Warning followed up with the cancellation of the game may be the result if the behavior is not corrected after the warning.
- Any formal complaint shall be done to a RHSC Board Member either in person on the field, by phone call or in writing to our email. Recognize that many of the referees are young and are learning to referee. Support their learning efforts as you do youth players because without them there is no game.

## **PARENT CODE OF CONDUCT:**

- Encourage positive sportsmanship by example. Remember that this game is for the kids to enjoy, don't ruin that for them
- Help your team's parents regain control if they get inappropriately carried away with their emotions and graciously accept these reminders when offered by other parents.
- Be supportive and accept wins and losses. Give positive feedback to players.
- Do not coach. Leave the coaching to the coaches.
- Interact positively with parents of opposing team or do not interact with them at all.
- Do not openly or directly criticize the referee before, during or after games.
- If a parent/spectator openly or directly criticizes the referee, opposing coach or players or is inappropriate with his/her sideline sportsmanship, the referee has the authority to (1st) warn the coach of the problems on the sidelines from the fans. If the behavior continues the referee has the authority to (2nd) award a PK to the opposing team.
- Any RHSC Board member has the authority to stop any game to regain sportsmanship of the players, coaches and spectators. Warning followed up with the cancellation of the game may be the result if the behavior is not corrected after the warning.
- Any parent/spectator, who touches, bumps, physically contacts or verbally abuses a game official or RHSC Board member, shall be guilty of violent conduct and immediately suspended from the Shorty Cox Sports Complex and the RHSC League for a minimum of one year and potentially suspended permanently.
- Any formal complaint shall only be done in writing to the RHSC Board by email or mail. Recognize that many of the referees are young and are learning to referee. Support their learning efforts as you do youth players because without them there is no game.