

Lakeshore Soccer District Rules and Guidelines

Revised-January 1, 2001, November 5, 2002, June 19, 2003, June 17, 2004, January 8, 2007

Rules: Lakeshore Soccer District follows current FIFA rules unless otherwise stated.

Play information:

Age Group	Game Length	Ball Size	Players	Minimum Players to Start
U-7	4 x 12 min	3	6-no goalie	4
U-8	4 x 12 min	3	6	4
U-9 & U-10	2 x 25 min	4	8	6
U-11 & U12	2 X 30 min	4	11	7
U-14	2 x 35 min	5	11	7

Teams not having the minimum number of players at the start of the game will forfeit. A scrimmage may be arranged by the coaches at that time.

Uniforms and Equipment: All players must wear a colored shirt designated for their team. Shin protectors are required and must be fully covered by socks. Shirts must be tucked into shorts. No jewelry will be allowed. Medic alert bracelets are an exception but must be taped. Medic alert necklaces must be removed. No baseball caps or bandanas may be worn however sweatbands are okay if they do not pose a safety hazard. Goal keeper may wear baseball caps when sun affects vision. Players should wear shorts without pockets, belt loops, snaps or zippers. Athletic shorts are preferred. Sweat pants without pockets, belt loops, snaps or zippers may be worn during cold weather. Players wearing clothing that may pose a safety risk to themselves or other players are not allowed to play. (Referees determination) No hard casts or splints are allowed.

Protective Head Gear: Soft type head gear will be acceptable during games. Any head gear with hard plastic or metal components will not be allowed. The head gear must be worn properly and used for its intended purpose. This is up to the discretion of the referee.

Game Time: Games are to start at scheduled times. A referee may allow a 5-minute grace period after scheduled start times - or after the finish of the previous game, whichever is later. Teams should not warm-up on field unless time permits. The referee can reduce the length of the halves if the games are running late. (Use discretion but remember a few minutes per game can keep us on schedule).

Start of Play: The ball must be touched to start play and may not be played again by the kicker until touched by another player. If ball is replayed by kicker = indirect kick. If the ball does not move forward or sideways the kick is restarted.

Coaching from the Sidelines: Coaches may offer positive encouragement and direction from the sideline. Coaches and players for both teams should be located on the same side of the field (each occupying half the sideline) and on the opposite side of the field from the spectators. (Unless field layout does not allow.) Coaches may move about their half of the sideline and may only enter the field when beckoned by the official or during

halftime. Players and spectators must remain behind the second line next to the touch line or five feet from the touch line, whichever is further.

Substitutions: Unlimited substitutions will be allowed with the permission of the referee in the following situations:

- Goals scored
- Injuries
- Throw-ins in your favor
- Goal Kicks
- Halftime

Substitutes must wait at **midfield** until signaled by the referee to enter the game.

Pass Back to Goalie: A ball played back to a goalie by the defending team may not be handled (hands) by the goalie. (Foul = Indirect Free Kick from the spot of touching the ball. If the ball is touched within the goal area, the ball will be placed on the 6 yard line directly parallel to the spot of the foul.) The goalie may play a pass back ball as any other player but may not use his/her hands. Heading back to the goalie is not considered a pass back therefore the goalie may handle the ball.

No Slide Tackling: No slide tackling is allowed except in the U-14 Division. 1st offense is a verbal warning, 2nd offense is a yellow card and the 3rd offense is disqualification from the game. Record the player # on comment card.

Competitiveness Rule: In the course of a game, should one team accumulate a 5 goal advantage, the losing team will have the option of a one-player differential and could increase to no more than a two-player differential with subsequent goals. The losing team makes the decision to either add a player, have the winning team remove a player, or continue with same number of players.

Throw-In: When the whole of the ball passes over a touch-line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line by a player on the team not touching the ball last. The thrower must face the field of play and at the moment of delivering the ball, must have both feet on the ground either on or behind the touch-line. The thrower shall use both hands and shall deliver the ball from behind and over the head. The person taking the throw in may not touch the ball until it has touched another player. A ball replayed by the thrower results in an indirect free kick from the spot where the ball was touched. Failure to correctly execute a throw-in will result in the ball being awarded to the opposing team at the point where the previous throw-in was attempted.

Second Chance Throw-Ins: Second chance throw-ins will be allowed at the U-7 & U-8 level only. Referees should notify the coaches at the start of the game how second chance throw-ins will be handled.

Goal Kick: When the whole of the ball passes over the goal-line outside the goal posts either in the air or on the ground when last touched by the attacking team. The ball may be kicked from any spot within the goal area. The kicker shall not replay the ball until it is touched by another player. The ball must leave the penalty area to be considered in play. A ball not leaving the penalty area will result in retaking the kick. The team kicking the ball may have players within the penalty area however the ball may not be touched by a second player until the ball leaves the penalty area. Goals may be scored directly from a goal kick.

Corner Kick: When the whole of the ball passes over the goal-line outside the goal posts either in the air or on the ground when last touched by the defending team. The ball will be kicked from the quarter circle at the corner nearest the spot the ball left play. The corner flag may not be moved. Defending players must remain 10 yards from the corner position until the ball is played (8 yard for U-10), 6 yard for U-8). Goals may be scored directly from such a kick.

Offside Position: It is not an offense in itself to be in an offside position.

A player is in an offside position if:

He is nearer to his opponent's goal line than both the ball and the second last opponent.

A player is not in an offside position if:

He is in his own half of the field of play, or

he is level with the second last opponent, or

He is level with the last two opponents.

Offside -- Offense

A player in an offside position is only penalized if at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

Interfering with the play, or

Interfering with an opponent, or

Gaining an advantage by being in that position.

Offside -- No Offense

There is no offside offense if a player receives the ball directly from

A goal kick, or

A throw-in, or

A corner kick.

Offside -- Infringements/Sanctions

For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

U-7 & U-8 Offside: Obvious off-side will be called in U-7 & U-8. Players will not be allowed to stand offside near the opposing goal while play is on the other end of the field.

Ties: Games will end in a tie.

Fouls and Misconduct:

The following fouls and misconduct will result in a free-kick taken at the spot of the foul if committed outside the penalty area:

Direct Free- Kick	Indirect Free-Kick
(More Serious Infractions)	(Minor or Technical Infractions)
Kicking an Opponent	Dangerous Play
Tripping	Obstruction
Jumping at Opponent	Charging away from the ball
Charging Violently	Goalie holding the ball more than 5-6 sec.
Charging from Behind	Ball handled by Goalie on Pass-back
Striking an Opponent	Wasting Time

Holding	Off-side
Pushing	
Hand Ball	(All fouls at U-8 are indirect)

The ball is placed at the spot of the foul and must be stationary prior to the kick. Opposing players must remain at least 10 yards from the ball until kicked. (8 yards for U-10 and under) ball is in play when it is touched.

Fouls within the penalty area:

- Committed by Attacking Team - Placement at the spot of the foul-Same as regular field of play.
- Committed by Defending Team - Ball placement will be determined by the severity and location of the foul. A foul committed by the defending team resulting in a direct free kick will be designated a penalty kick. A foul committed by the defending team resulting in an indirect free kick will be taken from the spot of the foul unless the spot is within the goal area. Fouls within the goal-area line adjacent to the spot of the foul not nearer the goal.

Note: U-7 & U-8 exception - No kicks shall be taken by the attacking team within the defending team's penalty area.

Direct Kick: A goal may be scored directly from the kick.

Indirect Kick: A goal cannot be scored unless played or touched by another player.

Penalty Kick: Direct kicks awarded to the attacking team as a result of a foul within the penalty area. The kick is taken from the penalty mark, 12 yards from the goal line. (10 yards for U10) All players except the goalie and kicker must remain outside the marked penalty area until the ball has been kicked. The goalie must remain on the goal-line but is allowed to move from side to side prior to the kick. If the goalie moves off the goal-line prior to the kick. the kick will be retaken if a goal was not scored. The ball is in play and players may enter the penalty area when the ball is played. (No penalty kicks at U-7 or U-8)

Yellow and Red Cards: Unsportsmanlike and/or misconduct will not be tolerated by players, fans or coaches. Unruly spectators must be controlled by the coach. Unsportsmanlike actions by the spectators will result in fouls assessed against the coach and possible disqualification of the team based on the following sequence; verbal warning, yellow card on coach, red card on coach, team disqualification. Referees should report all concerns regarding spectator and coach's behavior to the Referee coordinator.

Yellow Card: Play will be stopped and a (caution) Yellow Card will be presented to a player or coach for the following misconduct.

- Unsporting behavior
- Dissent by word or action
- Delays to restart of play
- Failure to maintain distance on restart
- Enters field of play without ref's permission
- Deliberately leaves field without permission

A player receiving a yellow card must leave the field until the next opportunity to substitute.

Red Card: Red cards should be given only in extreme cases of unsportsmanlike conduct, continued disregard for the rules or threat of injury from continued play. Players and coaches receiving red cards are disqualified from the game and must leave the playing area prior to restarting the game. Failure to comply will result in the suspension of play and the game will be forfeited by the offending team. A player receiving a red card must leave the field and **may not** be substituted. The offending team must play the remainder of the game short handed.

- Serious foul play
- Violent conduct
- Spits at an opponent or any other person
- Player deliberately handles the ball to prevent a goal
- Swearing or abusive language
- Second yellow card in the same game

Referees are instructed to notify the Referee Coordinator of the players and coaches receiving cards. Suspensions and cautions will be reviewed by the Lakeshore Soccer District Board and may result in additional reprimands or disqualification if deemed appropriate.

U-7 & U-8 - No cards are issued. Any unsporting behavior needs to be explained to the player and coach. The referee may ask to have the player substituted for unsporting behavior.

Explaining the laws of the game to all players is beneficial to the growth and understanding of the player.