



Alva Recreation Complex Soccer Rules

Coaches, please call all of your players immediately so they will know what team they're on

Rule 1 – Participation

Except for disciplinary reasons or health reasons, **all registered players present at a game shall participate and play at least one-half of the game.** Disciplinary reasons shall be noted to the referee and the opposing coach before the start of play.

Rule 2 – ARC Soccer Point System

The team with the best record at the end of the regular season will be the league champion. The team with the second best record will get second place in league play.

Rule 3 – Number of players

The maximum number of players on the field per team at any time shall be as follows:

U5 Boys and Girls- 4 players (no goalkeepers)

U8 Mixed – 5 players (includes goalkeeper)

U10 Mixed- 7 players

U13 Mixed – 7 players

Ball Size-

U5- Size 3

U8- Size 3

U10- Size 4

U13- Size 4

Rule 4 – Players Equipment

During competition, all players must provide and wear shirts, shorts, socks, and shoes. In no event can the equipment provide a hazard for any player.

Shin guards are required and must fit properly. No exceptions.

No player shall wear anything that is dangerous to him or her or to any other players such as watches, rings, medallions, medical casts, necklaces, belts, earrings, or bracelets.

A goalkeeper's jersey shall be different in color from that of all players and from that of the referee.

Rule 5 – Duration of the Game

The duration of the game shall be as follows:

U5 – 4 equal 6-minute quarters.

U8 – 4 equal 8-minute quarters.

All others – 2 equal 20-minute halves.

The half time interval shall be 5 minutes. The U8 and younger game breaks between the first and second quarter and the third and fourth quarter shall be 5 minutes. U13 will have one half time lasting 5 minutes.

The referee shall be the sole timekeeper and shall add time lost (at his/her discretion) though injury, lengthy delay, or substitution.

Rule 6 – The Start of Play

Before the game, choice of ends and the kick off shall be decided by a coin toss (or whatever method the referee chooses). The team who won the “coin toss” shall have the option of choice of ends or the kick off.

The kick off signifies the beginning of the game, the start of each quarter, the second half, and the restart of play following a goal.

For the kick off to be properly taken, the following conditions must be met:

- (1) Every player must be in his/her own half of the field and players of the non-kicking team must be outside of the center circle.
- (2) To start the second half, teams shall exchange ends of the field and the team that did not kick off to start the first half shall kick off to start the second half.

All players, coaches, parents, and spectators must be on the sidelines at the start of play. No players, coaches, parents, or spectators will be allowed to be behind one of the goals during a game.

A goal can be scored from the initial touch on a kick off on the large field. A goal cannot be scored from the initial touch on a kick off on any other field.

Rule 7 – Free Kicks

Free kicks are awarded after an offense, or an infraction has been committed and is the method of restarting play.

Conditions for taking all free kicks:

- (1) Before – Opponents must be 10 yards away on the large field and 7 yards away on the other fields. The ball must be stationary and placed where the offense occurred.
- (2) During- the ball must travel its circumference to be in play. No opponent may distract the kicker.
- (3) After- the kicker may not play the ball a second time in succession.

Free kicks are of two types:

- (1) Direct – A goal may be scored directly into the goal of the opposing team. The referee will signal this by raising his hand horizontally.
- (1) Indirect – A goal may be scored only if a second player touches the ball (the second player can be the opposing team). The referee will signal this by raising a hand over his head with the palm open. A free kick from one's own penalty area must leave that area before it is in play.

Free kicks on all fields with the exception of the large field will always be indirect.

Rule 8 – Off Sides

This rule only applies to the U13. There will be no off sides on any of the other fields.

A player is in the off side position if he is nearer to his opponents goal line than the ball, unless:

- (1) The player is in his own half of the field or play.
- (2) There is at least one of the opponents (not including the goalkeeper) nearer their goal line than the player is.

A player shall only be declared off side and penalized for being in an off side position if at the moment the ball Touches or is played by one of the players team, the player is in the opinion of the referee:

- (1) Interfering with play or with an opponent.
- (2) Seeking to gain an advantage by being in that position.

A player shall not be declared off side by the referee:

- (1) The player is in an off side position but does not receive the ball or is not of a scoring opportunity.
- (2) If the player receives the ball, directly from a goal kick, corner kick, a thrown-in, or when the referee has dropped it.

If a player is declared off side, the referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the infringement occurred.

Rule 9 – Fouls Misconducts

The referee will have the final decision.

A player who intentionally commits any of the following no offenses shall be penalized by awarding the opposing team with a free kick. The free kick is to be taken by the opposing side from the place where the offense occurred:

- (1) Kicking or attempting to kick an opponent
- (2) Tripping
- (3) Jumping at
- (4) Charging violently or viciously
- (5) Charging from behind
- (6) Striking or attempting to strike
- (7) Holding
- (8) Pushing
- (9) Handling the ball with hands (not applicable to the goalkeeper in his own penalty area)
- (10) Heading**

Should a player of the defending side intentionally commit one of the previously listed nine offenses within the penalty area, the player shall be penalized by the award of a penalty kick. This applies only to the large field.

A player who commits any of the following five offenses shall be penalized by the award of an indirect free kick. The kick shall be taken where the offense occurred.

- (1) Playing dangerously
- (2) Charging fairly, but when the ball is not within playing distances
- (3) Intentionally obstructing opponent.
- (4) Charging, interfering with, or impeding the goalkeeper in any manner when the goalkeeper is within his own penalty area and in possession of the ball. As soon as the goalkeeper gains possession of the ball, all opponents must move away a reasonable distance and allow the goalkeeper to advance the ball unimpeded in any manner by an opponent.

The goalkeeper can receive a pass back by the head or chest enabling he/she to use their hands. An indirect kick will be given to the opposing team if the goalkeeper uses his/her hands when receiving a pass back that is not played to him/ her by the head or chest. The pass back has to be intentionally passed to the goalkeeper to be considered a pass back.

Rule 10 – Ball in and Out of Play

The Ball is out of play:

- (1) When it has crossed the goal line or touchline completely, whether on the ground or in the air.
- (2) When the referee has stopped the game.

The ball is in play at all other times from the start of the game to the finish including:

- (1) If it rebounds from a goalpost, crossbar, or corner flag post into the field of play.
- (2) If it rebounds off the referee when he/she is in the field of play.

Rule 11 – Method of Scoring

A goal is scored when the entire ball has crossed over the goal line between the goalposts and under the crossbar.

The position of the goalkeeper's feet, hands, or body does not determine the legality of the goal, only the position of the ball.

Rule 12 – Penalty Kick

On the large field penalty kicks are awarded when one of the nine direct offenses listed in Rule 10 is committed by the defense within their own penalty area.

Conditions for penalty kicks:

- (1) The ball is placed 10 yards from the goal line on the penalty mark.
- (2) The goalkeeper must be standing on the goal line facing the field of play.
- (3) When the kick is taken no one other than the player taking the kick and the goalkeeper is allowed within the penalty area. If an infringement occurs by the defending team, the kick shall be retaken if a goal was not scored. If an infringement occurs by the attacking team if a goal is scored it shall be disallowed and the kick retaken.

If a foul occurs in the penalty area on any field except the large field, the referee will place the ball on the penalty box line closest to where the infraction occurred and award an indirect kick.

Rule 13 – Throw-In

The method of putting the ball back into play after the opposition last played the ball over the touchline (sideline).

Conditions for a throw-in.

- (1) The thrower must face the field of play. Part of each foot must be behind or touching the touchline and on the ground at the moment of delivery.
- (2) Both hands must be used equally in throwing the ball, and the ball must originate from behind and come over the head. The ball must be thrown and not dropped.
- (3) After the throw, another player must touch the ball before being touched by the thrower. If the thrower, after putting the ball into play, touches the ball before it touches another player, the opposing team will be given an indirect kick from the point of the infraction.

In the U6 and U5 group, a re-throw will be given until the throw is legal. In the U8 group, a second throw will be given if the first throw was illegal. All other age groups, if a throw-in is not properly taken, the opposing team will receive the ball for a throw-in.

Rule 14 – Goal Kick (Taken in the goal box) (U13 & U10 ONLY)

Goals kicks are awarded when the attacking team last touched a ball and it passes completely over the end line (goal line) but not into the goal. Twice the same player may not touch a goal kick. Play had not started until the ball has passed outside the penalty area.

Attacking players must remain outside the penalty area until the ball has traveled over the penalty area line.

Any number of defensive players may remain in the goal or penalty area for taking of goal kicks.

A goal cannot be scored directly from a goal kick.

Rule 15 – Corner Kick

Corner kicks are awarded to the attacking team when the ball passes completely over the goal line after a defender last touched it. The kick is taken from the corner closer to where the ball left the field.

A goal can be scored directly from a corner kick on the large field. A goal cannot be scored directly from a corner kick on any other fields.

Conditions for a corner kick:

- (1) Defense must be 10 yards away.
- (2) Ball must be placed inside or on the quarter circle.
- (3) The player kicking the ball must not touch the ball a second time before another player touches it.
- (4) The corner flag may not be purposely touched.

Rule 16 – Tie game (U13 & U10 ONLY)

If a game is a tie at the end of regulation play, a shoot-out will be conducted.

Conditions for a shoot-out.

- (1) Each team selects 5 players to try for a penalty kick (the goalkeeper can be included). Those players selected have to be on the field at the end of regulation.
- (2) Each of the 5 players will try one free kick from the penalty kick mark against the opposing team's goalkeeper.
- (3) Teams will alternate kicks.
- (4) If the try results in a goal, a point is awarded to that team.
- (5) If the game is still tied after the first 5 players have had their penalty kick, then 5 new players are selected and the process starts over. If 5 new players are not available then the remainder of the team who hasn't tried for a penalty kick will try. The other team will match the number of remaining players their opponent has with the same number of players they have who have not tried for a penalty kick.

(i.e. The game is still tied after both teams have tried 5 penalty kicks. Team X only has 3 players remaining on the team that hasn't tried a penalty kick, but Team Y has 5 players remaining. Team X will have the remaining 3 players try a penalty kick, and Team Y will select 3 players of the remaining 5 to try a penalty kick. If still tied, the process starts over from condition for a shoot-out #1.

