

Nash County Recreation & Senior Services

7-8, 9-10, 11-12 Boys, 11-14 Girls & 13-15 Coed

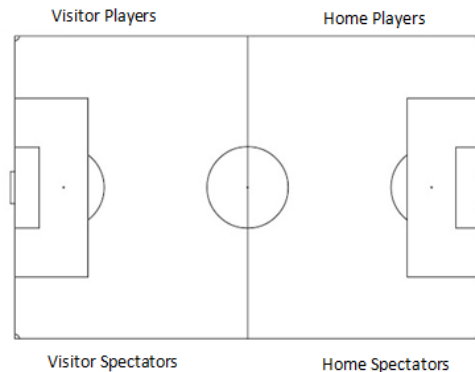
Year Olds

Laws of the Game

Any rules not specified in these rules will follow the NC High School Rules

Rules may be updated at any time as required by Program Supervisor. Coaches will be notified of any updates that occur

Law 1- The Field of Play



- Field:
 - 7-8 YOs: 45 yards long X 30 yards wide
 - 9-10 YOs: 60 yards X 40 yards
 - 11-12B, 11-14G & 13-15 YOs: 50 yards X 70 yards
- Goal:
 - 7-8 YOs: 6 ft. X 12 ft.
 - 9-10 YOs: 6 ft. X 18ft.
 - 11-12B, 11-14G & 13-15 YOs: 7 ft. X 21 ft.
- Teams shall sit on one side of the pitch, while all fans shall sit on the opposite side of their team
- Each team will need to take up one half of their side between the halfway line and the outer edge of the penalty area.
- Substitution area is 1 yard to each side of the halfway line (6 ft. total). Only players waiting to sub should be in the substitution area. If the substitution area is not marked, coaches should mark this area with cones.
- Coaches must remain inside the coaching area and behind the touch lines at all times during the game, unless summoned onto the field by the referee.

- No coaches, players, or fans are allowed behind the goal lines
- Only players, head & assistant coaches are allowed on the team side of the field unless it is a parent/guardian of an injured child after the injury occurs

Law 2- The Ball

- 7-8 YOs: Size 3
- 9-10, 11-12B, 11-14G YOs: Size 4
- 13-15C YOs: Size 5

Law 3- Number of Players

- On the field (including goal keeper):
 - 7-8 YOs: 5 v 5
 - 9-10 YOS: 6 v 6
 - 11-12, 11-14G: 8 v 8
 - 13-15C YOs: 7 v 7
- Forfeit Rule
 - Team must have the minimum number of players (see below) present to begin a match. Teams may not fall below the number of eligible players during match play. There will be a 5-minute grace period for a team struggling to field enough players.
 - If a team is short players, or for any reason and cannot field a team to play, the opposing teams **MUST** accept the win by forfeit. If this happens, the referee will assemble both captains and the site supervisor and clearly identify which team is forfeiting, and which team is winning by forfeit.
 - In this situation, it is **NOT** permissible:
 - For a team who is short players to accept players from the other team to play an official game.
 - For a team with enough players to provide extra players to the opposing team to play an official game.
 - Even when both teams have enough players to play, it is **NOT** legal for someone to participate on your team who has not registered properly with the Nash County Parks and Recreation Department.
- Minimum number of players to play:
 - 7-8 YOs: 4 players
 - If a 7-8 YO team only has the minimum number of players available to participate in a game, the opposing team can only play up by one participant. Example 1: If the minimum is 4 players on the field (and 5 players the maximum) and Team A has 4 players and Team B has 5 players, Team B can only have 5 players on the field.

- 9-10 YOs: 5 players
 - If a team only has the minimum number of players available to participate in a game, the opposing team can only play up by one participant.
Example 1: If the minimum is 5 players on the field (and 6 players the maximum) and Team A has 5 players and Team B has 8 players, Team B can only have 6 (the minimum) players on the field.
- 11-12B, 11-14G & 13-15C YOs: 6 players
 - If a team only has the minimum number of players available to participate in a game, the opposing team can only play up by one participant.
Example 1: If the minimum is 6 players on the field (and 8 players the maximum) and Team A has 6 players and Team B has 8 players, Team B can only have 7 players on the field. Example 2: If the minimum is 6 players on the field (and 8 players the maximum) and Team A has 7 players and Team B has 9 players, Team B can have 8 (the minimum) players on the field.
- There is a 5-minute grace period for all teams to allow for players to arrive at the beginning of the game if a team does not have the minimum number of players at the field at the scheduled start of the game
- If a team has no substitutions, then they may receive water breaks even if the opposing team does not prefer to have them.
- If the temperature is particularly high for a game, referees may allow a one-minute water break for participants mid-way through the half. Players may go off the field for the break and substitutions may occur at this time, as long as the referee is updated.
- Substitutions:
 - ⊖ Substitutions can be made prior to:
 - throw-in (in your favor)
 - goal kicks
 - after goal has been scored
 - when referee has stopped game due to injury
 - after a player has been cautioned
 - Clock continues to run during substitutions
 - The referee must be informed before the proposed substitution is made
 - Substitutions MUST take place from the midfield line and the player on the field should come to the side line before the sub goes on the field
 - Players should enter the game from the half-way line
 - If this does not occur, the player will have to be returned to the bench and restart the substitution process. The only exception is for injuries.
- Mercy Rule: A team ahead by 5 goals or more is required to move all scorers of goals from offense (they can play on defense/goalkeeper) or to remove scorers from the game. If this lead drops to a 3-goal differential (example 5 goals vs 2 goals), then scorers may play on offense again or return to the field at next legal substitution opportunity.
 - Whenever players are required to play defense/goalkeeper, they must remain on their team's side of the halfway/midfield line, closest to their own goal. In

addition, these players are not allowed to score a goal, as long as they are required to play defense/goalkeeper due to the Mercy Rule.

- Teams in the lead must maintain the minimum number of players required to start the game

Law 4- Player's Equipment

- Shin-guards (age appropriate)
- Long socks to cover the shin-guards
- Socks must cover the shin guards. Shin guards should not be on top of the socks.
- Cleats (with no metal or toe cleats)
- Jersey
- Shorts or athletic pants
- No jewelry is allowed to be worn.
 - This includes, but is not limited to, bracelets, necklaces, rings, earrings, hard hair accessories (such as clips or beads), etc.
 - Please note that if a player has earrings or hair accessories that cannot be removed, then they can participate as long as the earring or accessory is covered or secured. For example: earrings can be covered by band aides or hair accessories made from a hard material can be covered by a soft material such as a cloth
 - If there is any question if a player may participate due to equipment, coaches must contact field site supervisor for the final verdict
- Players requiring the use of a medical protective devise, such as a knee brace, may do so at the discretion of the referee
 - Braces including plastic or metal pieces must be completely covered by a protective sleeve

Law 5- Referee

- 7-8 & 9-10 YO: 1 referee
- 11-12B, 11-14G & 13-15C YO: 2 referees
- Referee has the ultimate authority over the pitch and both benches. Arguing with the referee will not be tolerated
- Coaches are responsible for the spectators on the sidelines for their team, so if a parent is asked to leave a game, the coach may be asked to accompany them

Law 6- Assistant Referee

- 7-8 YO: None
- 9-10, 11-12B, 11-14G & 13-15C YO: 1 assistant referee- if available

Law 7- Duration of Match

- Duration:
 - 7-8 YO: Two 20-minute halves

- All players at the game should receive approximately 20 minutes of playing time
 - 9-10 YOs: two 25-minute halves
 - All players at the game should receive approximately 25 minutes of playing time
 - 11-12B, 11-14G & 13-15C YOs: two 30-minute halves
 - All players at the game should receive approximately 30 minutes of playing time
- A player CAN be the goal keeper for more than one half of any given game

Law 8- Starts & Restarts

- Kick off at the start of a match and the beginning of a half
- Ball is in play when it is kicked in any direction and rotates
- Kicker cannot touch the ball a second time until it has touched another player
- The kicker cannot score directly from the kick-off, the ball must touch another player before it can be a valid goal
- Drop ball when deemed appropriate by referee (after injury or other stoppage of play)

Law 9- Ball In & Out of Play

- The ball is out of play when the ball has completely crossed over the entire line

Law 10- Method of Scoring

- A goal is scored when the ball has completely crossed over the goal-line, between the goal post and under the cross bar

Law 11- Offsides

- 7-8 YOs: Not enforced- however, the offensive players must wait for the ball to cross over the halfway line before entering the goalie's box
 - Penalty: defensive team will get the ball
- 9-10, 11-12B, 11-14G & 13-15C YOs: Enforced- a player is offsides when he is nearer to his opponents' goal-line than both the ball and the second to last opponent

Law 12- Fouls & Misconduct

- Slide Tackles: NOT allowed- after the first instance, the player will be verbally warned. If there is a second instance, the player will have to leave the field for at least 5 minutes
- Headers:
 - 7-8, 9-10, 11-12B, 11-14G: NOT allowed- indirect kick will be awarded to the opposing team
 - 13-15 YOs: ARE allowed
- Indirect free kicks:
 - 7-8 YOs: will be the result of the following actions that are NOT allowed and awarded to the opponent's team: kicking opponent, tripping, jumping at an

opponent, charging an opponent, striking or attempting to strike an opponent, pushing, spitting, holding, hand ball, dangerous plays, obstruction or charging the goal keeper, delay of game, or goal keeper touching the ball with their hands after it has been kicked to them by a teammate.

- If a foul (such as a hand ball) occurs in the goalie box, then the referee will place ball closest to where the foul occurred, outside the goalie box for an indirect kick to be taken.
- 9-10, 11-12B, 11-14G & 13-15C YOs: will be the result of the following actions that are NOT allowed and awarded to the opponent's team: dangerous play, charging, obstruction or charging the goal keeper, delay of game, or the goal keeper touching the ball with their hands after it has been kicked to them by a teammate
- Indirect kicks: ball must be stationary when the kick is taken in a manner that moves the ball with enough force that the ball rotates at least half of the circumference of the ball and then must touch another player before entering the goal
- At the referee's discretion, a foul may be ignored, based upon intent and whether or not advantage is gained
- Direct free kicks:
 - 7-8 YOs: will be the result of the following actions that are NOT allowed and awarded to the opponent's team: foul (see indirect fouls for list) in the goalie box: a direct kick will be awarded & taken from the closest point from the outer goalie box
 - 9-10, 11-12B, 11-14G & 13-15C YOs: will be the result of the following actions that are NOT allowed and awarded to the opponent's team: kicking opponent, tripping, jumps at an opponent, charges an opponent, strikes or attempts to strike an opponent, strikes or attempts to strike an opponent, pushing, spitting, holding, or a hand ball
 - At the referee's discretion, a foul may be ignored, based upon intent and whether or not advantage is gained
- Cards
 - Yellow Cards:
 - Players receiving a yellow card must leave the field of play for at least 2 minutes
 - Coaches will not be able to sub in a new player during those 2 minutes
 - Red Cards:
 - Players or coaches receiving a red card shall be dismissed for the remainder of the game and must sit out for their next scheduled game
 - See the yellow & red card section for more details regarding yellow & red cards

Law 13- Free Kicks

- All free kicks must have the ball stationary before being taken

- When the kick is taken, the player who took the free kick may not touch the ball a second time until another player has touched it
- Opposing players must be 10 Yards from the ball
- Indirect kick- the ball must touch another player before entering the goal to be considered as a goal (See law 12 for more details)
 - The ball must be taken in a manner that moves the ball at least half of the circumference of the ball with the first kick
 - Referees will signal indirect kicks by raising their arm above their head
- Direct kick- the ball does not need to touch another player before entering the goal to be considered valid

Law 14- Penalty Kicks

- 7-8 YO: None during regular season
 - No PKs during regular season. PKs only occur during the tournament during a shootout.
- 9-10, 11-12B, 11-14G & 13-15C YO: The ball is placed on the penalty mark. The goal keeper must remain on the goal line until the ball is kicked. All other players must be outside the penalty area and behind the penalty mark
 - Once the player taking the penalty kick touches the ball, all play may resume as normal

Law 15- Throw In

- Number of attempts:
 - 7-8 YO: Two attempts
 - 9-10, 11-12B, 11-14G & 13-15C YO: One attempt
 - If attempt(s) are failed, the opposition team will take the throw in

Law 16- Goal Kick

- Taken from the outer edge of the goal area by the defending team when the attacking team has kicked the ball over the goal line
- Opponents do not have to wait at the mid-field line but they must be outside the penalty box unless the goalie chooses to punt/throw the ball before opponents have an opportunity to leave the area

Law 17- Build Out Rule

- Build Out Line: It is the line at half distance between the top of the penalty area and the mid-field line.
- Build Out Rule: 7-8 & 9-10 and below divisions ONLY. When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (Punting is NOT allowed). After the ball is put into play by the goalkeeper, the opposing team can

cross the build out line, and play resumes as normal Penalty: a. If defending team does not respect the build out line. Play is stopped, the ball is returned to the goalkeeper and then allowed to resume as outlined above. b. If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

- Goalie must wait for all offensive players to move behind the bail out line before playing the ball
- A goalie may place the ball on the ground within the goalie box for a defender to play

Law 18- Corner Kick

- Taken from the corner arc by the attacking team when the defending team has kicked the ball over its own goal line
- Opponents must be 5 yards from the ball
- A player may score against opponents from the corner kick
- There are no offsides for corner kicks

Note: Please see the diagram below specifying the different areas near the goal



Tournament Rules- all ages

- If there is over time, there will be two 5-minute halves. If the score is still tied at the end of the overtime period, the game will go into a shootout.
 - A shootout is a penalty kick competition.
 - Both teams select five players to take the penalty kicks and then the teams alternate until one team wins. A team wins a shootout by scoring more goals than its opponent.

- In the event of a shoot-out, whichever players are on the field at the end of the second 5 minutes overtime must participate in the first round of the shoot-out (the goalie must also remain the same).
 - If additional shots are required, players may come from the bench (the goalie may then change).

Policies

Coaches and parents are expected to adhere to the all Nash County Recreation & Senior Services' policies and procedure, including:

- Physical & Verbal Abuse Policies
- Good Sportsmanship
- Social Distancing/Pandemic-related Policies

Coaches should ensure their teams (assistant coaches, participants, and spectators for their teams) are aware of all pertinent policies

Yellow & Red Cards

- Yellow Card / Caution: The offending player is shown/given a yellow card. The player must be removed for 2 minutes of the game. Coaches will NOT be able to sub a replacement player into the game at this time. If a player earns two yellow cards in a match, he is shown a red card and the red card consequences shall apply.
 - Examples of offenses that a player would receive a yellow card:
 - guilty of unsportsmanlike behavior
 - shows dissent by word or action
 - persistently infringes the Laws of the Game
 - delays the restart of play
 - fails to respect the required distance when play is restarted with a corner-kick, free-kick, or throw in
 - enters or re-enters the field of play without the referee's permission
 - deliberately leaves the field of play without the referee's permission
 - During the match consequence:
 - One card: A player who receives a yellow card may continue to play in the match.
 - Two cards: If a player earns two yellow cards in a match, he is shown a red card and the red card consequences shall apply.
 - Across the season: If a player earns three single yellow cards during the season, they shall receive a red card. The red card consequences shall apply.
- Red Card / Ejection: The offending player is shown/given a red card. The offending player must leave match and facility. The offending team plays down for two minutes unless scored upon before the two-minute penalty expires. The offending player shall be dismissed for the remainder of the game they received the red card in and shall serve a minimum one-match suspension of the team's next scheduled game.

- Examples of offenses that a player would receive a yellow card:
 - guilty of serious foul play
 - guilty of violent conduct
 - spits on an opponent or any other person
 - denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball
 - denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or penalty kick
 - uses offensive or insulting or abusive language and/or gestures
 - receives a second yellow card in the same match
- During the match consequence:
 - One card: See above description of consequences
- Across the season: Any player/coach that earns two red cards during a league season will be suspended for the remainder of the session, including playoffs.
- Accumulating Yellow/Red Cards: During the season, if a player has received 4 single yellow cards, 2 red cards, or 2 yellow cards and 1 red card then they shall be suspended for the remainder of the season (including tournament).
- Coaches & Yellow/Red Cards: The same rules regarding yellow and red cards for players are applicable for coaches. If a coach has more than one team, any yellow/red cards they accumulate from any age group/team are compounded.