

Sussex County Recreation League

Soccer Rules and Guidelines

Rules -

Equipment

1. Matching team and numbered shirts must be worn in order to play in any game. Additional clothing, when necessary, is to be worn under the team shirt. In order to be able to distinguish the Goalie from the rest of the team, goalie shirts are to be a different color than either team shirts.
 2. Shin guards must be worn. Shin guards must be worn beneath the sock with the sock completely covering the guard. No one will be permitted to play without them.
 3. Except for medical emergency notification bracelets, necklaces, etc., no watches, necklaces, rings, earrings, bracelets, berets, hard hairpieces or jewelry of any kind is to be worn in games or in practice.
 4. Permitted vision correction devices include: soft contact lenses, sport glasses (with plastic, rounded edge frames specifically designed for contact sports) or regular framed glasses with shatter resistant sports lenses covered by approved protective sports goggles. No one will be permitted to participate while wearing any other vision correction device(s).
 5. Players, who wear shoes with metal or dangerous studs and/or sharp or altered soles or toes, will not be permitted to play.
 6. Coaches and referees will inspect the field of play and playing area to ensure that there are no dangerous conditions (holes in the field, rocks, unsecured goals, bleachers too close to the playing field, etc.).
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Rules of Play

1. In Divisions 3,4 & 5, games will start on time as long as seven players from each side are available. The maximum number of players on the field from each team is eleven, (11). To augment a roster and avoid forfeit, a team can draft a player up from the same division or one division below from other teams in their own town.
 2. Teams without the required number of players present within ten minutes of the start time will forfeit the game unless an extension of the start time is agreed upon by both coaches. Field time permitting, a total extension time of 30 minutes is permitted.
 3. The referee controls the game. Coaches, players, parents, and other spectators are not permitted to speak to the referee about the game. We must all abide by the decisions of the referees.
 4. No carded (Travel) players from any club may play on any recreation team (players may play at only one level per season, recreation or travel).
 5. Direct kicks will only be allowed in divisions 3, 4 and 5. An indirect kick must hit or touch another player before it can go into the net. A direct kick is just that, it can score without touching another player.
 6. If the ball is intentionally kicked to the goalie by a teammate from the field of play, the goalie cannot pick up the ball. He/she must play the ball with his/her foot, head, etc. If the goalie picks up the ball, an indirect kick will be awarded to the opposition from the point of the infraction except if the infraction occurred within the goalie box. In that case, the ball will be placed on the goal area line which runs parallel to the goalie line closest to the point of the infraction. A player may not play the ball to his goalie from outside the touch line on a throw in. In this instance the goalie is considered just a field player and cannot use his/her hands. Goalkeepers may only take six seconds after controlling the ball after it is played into the penalty area and before putting the ball into play. Goalkeepers may not indulge in any tactics that are designed, in the opinion of the referee, merely to hold up the game and thus run down the clock and so give an unfair advantage to his own team. Infractions of these rules will result in an indirect free kick; see rule 5 above for placement of the ball
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7. Offsides will be strictly adhered to in divisions 3, 4, and 5.
8. Player substitutions can only be made During the following instances:
 - a) start of quarter or half or after a goal has been scored
 - b) own throw in and or either teams goal kick
9. **No Slide Tackling is allowed-** For the purpose of this rules, a slide tackle is defined as a player leaving his/her feet in an attempt to tackle (take, kick) the ball while the ball is in the possession of or in direct proximity to another player. This rule is not intended to stop players from sliding (leaving their feet) at the ball when another player will not be contacted. (If the ball is headed out of bounds and a player attempts to slide around the ball to keep it in play)

A player will receive a yellow card on the first slide tackle offense. Upon the second offense the player will receive a red card and be eliminated from play the remainder of the game, See rules governing “Red Cards” listed in rule 2 below.

- 10.A Handball may be called by a referee if the ball strikes or a player causes the ball to strike either him/herself or another player on the arm or hand. For the purpose of this rule, the arm is the part of the body from the armpit to the wrist. The rule should not be invoked if, in the judgement of the referee, the contact does not result in an advantage to the offending team and the contact was unintentional or incidental.
 - 11.At the beginning of the game (quarter / half) and after a goal is scored the team awarded possession will put the ball into play from the center of the circle at the midfield line by playing the ball forward. This is an indirect kick that may be of any distance as long as the ball travels forward into the opponents end of the field and the player kicking the ball does not play it again until it has been played by another player.
 - 12.Offsides will be called when a member of an attacking team advances beyond the midfield line and beyond the last defender (other than the goalie) and a pass is made by a member of his/her team towards the attacking end of the field and the player is in a position to gain an advantage for his/her team. A player will be judged offsides at the time
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that a forward pass is made (ball is kicked vs. ball arrives) towards the attacking end of the field.

13. A player will not be considered offside on “throw-ins” or “corner kicks” until an attacking player plays the ball forward towards the goal and a member of the attacking team, at the time the ball is played, is in an offside position.
 14. If a player interferes with the play of an opponent while in an offside position he/she is to be considered offside by interference whether or not the ball is played to him/her.
 15. A Penalty Kick is a live ball. The ball is in play as soon as the ball is kicked and it travels forward. If the ball rebounds into play from the goal posts it is a live ball and may be played by any player other than the player taking the penalty kick. Only when another player touches the ball (including the goalie) can the player who took the penalty kick again play the ball.
 16. All players must remain outside the penalty box and penalty arc at the time of a Penalty Kick and can only cross after contact is made with the ball. If any player crosses the line before the kick, his team will be penalized with either an indirect free kick by the defending team if the attacking team commits the infraction. The goalie is allowed to move laterally (side to side) on his/her goal line on a penalty kick before the ball is kicked. If he/she moves his/her feet vertically (forward or back) and the attacking team did not score a goal, a re-kick will be awarded. If a goal was scored it shall be counted. In all cases when a referee sees any of these infractions, he/she is to permit the continuation and completion of the kick and will penalize the offending team afterwards.
 17. Players cannot put themselves between the ball and the opposing player without attempting to play the ball. If he/she does, an indirect free kick will be awarded for obstruction and “playing the man and not the ball.”
 18. A Dangerous Play will be called when a player attempts to kick the ball and his/her foot rises at or above the waist and there is a player of either team within five, (5) feet to the front, right and left of the offending player. A direct kick will be awarded the opposing team.
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19. On all free kicks, opposing players must remain 10 yards away from the ball. On free kicks, by the defending team, from within the penalty box all opposing players must be at least 10 yards from the ball and at all times outside the penalty box.
 20. Players can not contact opposing players by jumping in (leaving one's feet and jumping at or over another player) to head or play a ball. If a player commits this foul a direct free kick will be awarded to the non-offending team.
 21. The goalie may play on any part of the field. However, once he/she leaves the penalty box he/she may not touch the ball with his/her hands. He/she may, however, play the ball back into the penalty box and then pick it up to punt, throw, etc.
 22. The ball is out of play when it has completely crossed the goal line or touch line, whether on the ground or in the air.
 23. Only the referee may stop play by calling a time out.
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Coaches, Players, Spectators, and Sportsmanship

1. Every coach will carry a copy of his/her team's player registration form, parent consent to administer medication, emergency medical information, and emergency telephone numbers to every game and practice. The registration form will provide proof of the player's ages and division should any question arise. If any coach fails to have the registration form available, he/she, upon request shall, within 72 hours, forward same to his/her own club president and the opposing coach.
 2. All referees will carry yellow and red cards. The referee will issue a yellow card for the first cardable infraction (including but not limited to: using foul language, pushing, elbowing, slide tackling), and a red card for the repeat of the first or a new cardable infraction. A red card will be issued immediately upon the first offense of a major foul (including but not limited to: violent conduct, serious foul play, foul or abusive language, trying to kick the ball while it is in the possession of the goalkeeper, etc.).
 3. Coaches, parents, spectators, children as well as all players are subject to being yellow or red carded. The issuing of a yellow card to a player will result in the player leaving the field of play immediately. A substitution may be made (if there are eligible players available) immediately from the bench of the offending team. The yellow carded player must remain off the field at least until the next available substitution opportunity for his team. A yellow card issued to a coach, spectator, parent, child or anyone else is a warning that continued unsportsmanlike behavior (in the opinion of the referee) will result in the issuing of a red card. A red carded player must leave the field of play immediately and is ineligible for the remainder of the game. He/she cannot be replaced for the remainder of the game; i.e., his/her team must play one player short. If any red carded player continues to act in a manner detrimental to the continuance of play and the spirit of sportsmanship, the referee (at his/her discretion) may hold up play of the game and require that player to leave the playing area to a location where he/she may not be seen or heard from the field. Once a player is red carded and he/she fails to leave the field immediately, or the playing area within five, (5) minutes if directed by
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the referee, the referee may declare the game over with a forfeit win to the unoffending team.

4. The same guidelines are to be followed when any person other than a player is red carded, with the determination of which team the offending person is affiliated with, being at the sole determination of the referee.
5. Facilities permitting (in the judgement of the referee) spectators and players will be placed on opposite sides of the playing field.
6. Coaches are not permitted on the field of play unless summoned by the referee. Coaching from behind the goal is not permitted.

Parent's Role

1. Provide transportation to and from all practices and games ensuring that the player is prompt not only arriving but also his/her departure.
 2. Stay and watch practices as well as games and lend the young players your support in a positive manner. Do not point out their mistakes, leave that up to the coach, but dwell on their accomplishments as well as their efforts.
 3. If unable to attend the practice or games, assign another adult to watch over your child and also inform the coach. Encourage your child not to talk with or leave practices or games with strangers.
 4. Ensure child brings equipment (shin pads, uniform, water, etc.) to and from all soccer games and practices when appropriate.
 5. Be available to kick the ball around with your child, work on skills taught in practice.
 6. Avoid material rewards. Build an attitude of “the rewards lie in the fun of being able to play.”
 7. Be a good listener. Make them feel important and let them know that they are contributing to a team effort.
 8. Be positive. Never criticize. Suggest an alternate way if they are not performing correctly, (e.g., Hey that is pretty good, but why don't you try it this way).
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9. Allow your child to be a child.

Guidelines to Soccer Parenthood

1. In competition someone always loses. If you win do it gracefully, not boastfully. If you lose do not allow child to become negative.
2. Too much competition, too soon, can slow down a child's progress in skill development.
3. Make fun and technique development your first priority.
4. Your child's coach will need all the support and help you can offer. Please, make yourself available and volunteer all the time you can spare.
5. **Disagreements with the coach or officials do not belong on the public soccer field. Questions, input, and positive suggestions should be voiced to the coach and/or club in an adult atmosphere. (The youth player should not be present.)**
6. The overall purpose of our league is to enjoy the game and the opportunity to be with your child on the field of play.

Guidelines

1. Soccer shoes are strongly recommended.
 2. Shorts should be worn unless the weather is very cold.
 3. Mouth guards are strongly recommended especially for goalies and those players with orthodontics.
 4. Ball size for Division 3 = 5, Division 4 = 4, Division 5 = 4
 5. Parents are encouraged to cheer for their child's team in a positive manner. Coaching from the sidelines may be confusing to the player and can be misunderstood as criticism.
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6. Coaches and players should arrive 15 minutes before the scheduled start of the game. Team line-ups should be prepared before the game to avoid starting delays.
 7. Coaches are responsible for balls, ball bags, goalie shirts, first aid kits and all other equipment.
 8. Games will be played in light rain or showers. In the event of a lightening, all parties should clear the field of play for ½ hour after a bolt was last seen. A game may be called a Rain Out by the home team coach. Rain outs or the decision to play should be made two, (2) hours before the scheduled start of play. The visiting coach, and referee coordinator should be notified as soon as possible. Make up dates should be scheduled as soon as possible.
 9. Opposing coaches must contact each other the week of their scheduled game to confirm starting times, uniform colors, field location. If a coach plans on canceling, he must notify the opposing coach by Tuesday evening the week of the scheduled game.
 10. In the event of a lopsided game (4 goal lead), every effort should be made to keep the score down (pulling high scoring players out of the game, rotating forwards and fullbacks, requiring players to pass the ball at least three times in their opponent's end of the field before shooting, etc.). Make every attempt not to embarrass the other team. You could very well be in the same position someday.
 11. Players positions should be rotated in the younger age groups so that no player plays the same position for more than two, (2) quarters.
 12. Teams must clean up their area after each game. Remove anything brought into the playing area by you or your team. You mess it up; you clean it up.
 13. In the case of two, (2) teams having similar colored uniforms, the home team is responsible for supplying pinnies of an alternate color.
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