

PALMYRA AREA RECREATION & PARKS COMMISSION (PARPC)

LEAGUE RULES for 3,4,&5, 6,7,&8 Boys/Girls (Under 14 Program)

3rd 4th & 5th GRADE Size 4 ball (field size approximately 45X65 yards)

- **EACH TEAM WILL HAVE 9 TO 11 PLAYERS ON THE FIELD PLUS A GOALIE.** The exact number will be determined according to team size for each particular season in order to guarantee plenty of playing time for everyone.
- **GAMES - 40 minutes long** [two 20 minute halves with a 5 minute halftime]
- **Teams switch ends at halftime.**

6th, 7th, & 8th GRADE size 4 ball (field size approximately 50 X 80 yards)

- **EACH TEAM WILL HAVE 9 TO 11 PLAYERS ON THE FIELD PLUS A GOALIE.** The exact number will be determined according to team size for each particular season in order to guarantee plenty of playing time for everyone.
- **GAMES - 50 minutes long** [two 25 minute halves with a 5 minute halftime]
- **Teams switch ends at halftime.**

GENERAL SOCCER RULES

No Jewelry of any kind should be worn during practices or games.

No slide tackling is permitted.

- Every Player must sit during each half of the soccer games. **Equal playing time is our objective.**
- All Players should play at least 50% of each game.
- IF your team only has **one substitute**, each player will sit out **2 minutes per half**
- IF your team only has **two substitutes**, each player will sit out **4 minutes per half**
- IF your team only has **three+ substitutes**, each player will sit out **5 minutes per half**
- Unless you do not have **any** substitutes at a particular game, **No player will be play the entire game.**

SUBSTITUTIONS can be made on ALL kick-ins, goal kicks, after a score, when a player raises his hand due to injury, or because they are tired. That is, you can substitute **without** possession of the ball.

TEAM FIELD POSITION

The opposing team's players, coaches, and spectators will be located along opposite touchlines. Players and coaches should remain near the player's bench area while on the sidelines. All spectators must remain on the sidelines and are not permitted in areas directly behind the goal lines.

Coaches, players, and spectators may not enter the field of play at any time unless requested by referee. All sideline personnel must keep back from the touchline a minimum of 2 yards at all times.

When starting the game- (THE KICK OFF)

- The soccer game begins when the referee puts the soccer ball in the middle of the center circle.
- The referee checks to see if the goal keepers are ready.
- The soccer team that has the kick off must have two soccer players next to the soccer ball.
- The soccer ball must be passed on the kick off.

OUT OF PLAY occurs when the ball completely crosses over the touchline, goal line, or when the referee stops play. Player may be off the field and still play ball as long as the ball remains in bounds. When the ball goes out of play, it may be put back into play in one of four ways: throw-in, goal kick, corner kick, or a referee's drop ball.

CORNER KICK

TEAM "A" is attacking team "B's" goal.

When team "A" shoots but a member of team "B" blocks the ball or gets hit with the ball and the ball goes over the end line, team "A" gets a corner.

- The ball is placed on the corner and gets played back in by team "A".
- Team "B" has to be ten yards from the ball.

THE THROW IN

The ball is played out of bounds on the side line by team "B" so team "A" gets a throw-in.

Team A's player holds the ball behind his head, and throws the ball back in play while keeping both feet on the ground, without crossing over the sideline until the ball is released.

HINT- Have your player drag his back foot as he throws, to try and keep both feet on the ground during the throw.

DROP BALL

When play is stopped for any other reason (such as injury), the referee will restart play with a drop ball.

- One player from each team will face each other and when the referee drops the ball, it is in play.
- All other players will remain 10 yards from the ball until the ball is dropped by the referee.
- A dropped ball is taken from where the ball was when the referee stopped play.
- Dropped balls will be taken inside the penalty area as well, but on the 18 yard line closest to where the ball was, when the play was stopped by the referee.

GOAL KEEPER RULES

After a goalkeeper picks up the ball within his penalty area, he has 6 seconds to throw, kick, or drop kick (punt) the ball back into play. The keeper may run up to the 18 yard line before releasing the ball.

However, if he crosses the 18 yard line while still holding the ball in his hands, the opposing team will receive a direct free kick from that spot. Once the keeper delivers the ball back into play, he cannot pick it up again until touched by the opposing team. A keeper may not pick up a ball with his hands, he must use his feet if the ball is intentionally passed to him by one of his teammates, or this will result in an indirect kick awarded to the opposing team.

The Soccer Foul – results in indirect kicks

- Run into a player.
- Impede a player's progress.
- Kicks a player instead of the ball especially from behind.
- Grab a player.
- A referee may call a dangerous kick if a player is on the ground involved in the play, OR a player makes a high kick above his waist, putting himself or other players in danger.

An **INDIRECT KICK** is to be awarded for the vast majority of fouls. These would include tripping, holding, pushing type fouls in the course of regular play.

- An indirect kick is taken at the point of the foul.
- On indirect kicks the defending team must be *10 yards back*.
- Referees are encouraged to stop play, set the ball properly, and insure that the players understand what they should be doing.

A foul that occurs in the penalty box should result in a DIRECT KICK. A penalty kick will be awarded. This foul most likely would be a handball of a shot that's highly likely to score, or a trip of a player from behind as they are about to score.

- All players should be behind the 18 yard line for this direct 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 and is actively involved with interfering with play, an opponent, or gaining an advantage by being in that position.
- If a player comes back from an offside position and receives the ball, that player is offside.
- If an attacking player "A" is standing in an offside position and attacking player "B" gets the ball in an onside position and dribbles through and scores, the goal counts. As long as player "A" (the offside player) is not interfering with the play it will count as a goal.

A player is NOT in an offside position if:

- He is in his own half of the field of play.
- He is level with the second-last opponent.
- He is level with the last two opponents.

DRAW MATCHES

3rd – 5th & 6th-8th will play one 5 minute overtime.

If score tied after overtime, match ends as a draw.

SPORTSMANSHIP – GAME SCORING

At times, the score of the game being played may become lopsided. This could be the result of a disparity in skill level, age of the players, one team being short handed, etc. **The goal of recreational soccer is to learn the game of soccer, enjoy equal playing time, and keep the game fun for the kids. PLEASE keep in mind the final score and which team wins is not important in this league.**