RULES OF SOCCER FOR SCYS

RULE 1: THE FIELD OF PLAY

1. Playing area should be roughly the size of half a regular-sized soccer pitch, played across its width. Dimensions should be about 30-40 m x 50-60 m.
2. Goals should be placed on the centre of each goal line. Dimensions should be approximately 6ft x 16ft. No full-sized nets.
3. The goal box should be marked and sized as a 12 m by 15 m box.
4. Goals should have netting and corners should be flagged.
5. Each home team should establish a player side of the field and a spectator side of the field.
6. U10 will institute a retreat line roughly 5 m past the goal box. This can be marked with cones on the sidelines of the field.
   1. The retreat line shall be enforced during goal kicks only.
   2. The purpose of the retreat line is to encourage young players to play the ball out from the back and build an attack with less pressure.
   3. As soon as a teammate touches the ball from a goal kick, the opposing team may cross the retreat line to apply pressure.

RULE 2: THE BALL

1. Game ball is to be supplied by the home team.
2. Ball should be properly filled to the weight specified on the ball.
3. U10-U12 will use a size 4 ball
4. U14 will use a size 5 ball

RULE 3: THE PLAYERS

1. The game is to be played by two teams, each consisting of not more than 7 players, one of whom shall be the goalkeeper. The Minimum number of players allowed for a game to be played is six.
2. Teams may have a maximum roster of 12 players.
3. Coaches are responsible for the conduct of team members and supporters. They must bring such individuals under control when asked to do so by the match official. Failure to do so will result in termination of the game with possible disciplinary action against the team.
4. A player, who is sent off from the playing area or its vicinity (red card) may not re-enter the game. The team of the offending player shall play one player ‘short’ for the remainder of the match.
   1. In the history of the Pembina Valley League, we have never had to remove a player from a game and so we have no policy regarding suspensions)

RULE 4: SUBSTITUTIONS

1. Teams may have unlimited substitutions during a game.
2. All substitutions shall take place at a stoppage in play with the referee’s permission.
3. There is no limit to the number of players that can be substituted.
4. The referee can deny the request of a substitution if they feel it puts an attacking team at a disadvantage.

RULE 6: THE PLAYERS’ EQUIPMENT

1. Only molded soccer cleats shall be worn, no sneakers with flat soles, steel cleats, or cleats designed for other sports such as baseball or football. Soccer shoes designed for turf may be worn.
2. All players should be wearing a numbered team uniform of the proper colour. They may wear pants on cold days and a long sleeve shirt under their uniform. They may not have a hood hanging out the back.
3. All players must wear shin pads and they must not be exposed.

RULE 7: DURATION OF THE MATCH

1. The duration of the game shall be two equal periods of 30 minutes unless otherwise mutually agreed between the referee and the two teams. An agreement to alter the duration of play must be made before the start of play.
2. A maximum half time interval of four minutes will be permitted.
3. No allowance is made in either period for all time lost. However, the referee may, at their discretion, stop their watch in cases of serious injury or excessive wasting of time. Time shall be extended at the end of any half of play to allow the taking of a penalty kick to be completed.

RULE 8: THE START AND RESTART OF PLAY

1. At a kick-off, the opponents of the team taking the kick-off are in their own half, at least 6 meters from the ball until it is in play. The ball is in play when it is kicked and clearly moves.
2. If a player taking the kick-off touches the ball again before it has touched another player, an indirect free kick is awarded.
3. A goal may be scored directly against the opponents from a kick-off.

RULE 9: THE BALL IN AND OUT OF PLAY

1. The ball is out of play when:
   1. it has completely crossed the goal line or touch line whether on the ground or in the air
   2. it has been stopped by the referee
2. The ball is in play, at all times including when:
   1. it rebounds off a goalpost, crossbar or corner flagpost and remains in the field of play
   2. it rebounds off the referee when they are on the field of play

RULE 10: OFFSIDE

1. A player is offside if they are nearer to the opponents goal line than both the ball and the second-last opponent.
2. A player cannot be offside in their own half.
3. There is no off-side for a goal-kick, throw-in, or a corner kick.
4. A player is not offside if they are not actively involved in the play.

RULE 11: FOULS AND MISCONDUCT

1. A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:
   1. kicks or attempts to kick an opponent
   2. trips or attempts to trip an opponent
   3. jumps at an opponent
   4. charges at an opponent
   5. strikes or attempts to strike an opponent
   6. pushes an opponent
   7. tackles or challenges an opponent
2. A direct free kick is also awarded to the opposing team if a player commits any of the following four offences:
   1. holds an opponent
   2. spits at an opponent
   3. impedes an opponent with contact
   4. handles the ball deliberately (except for the goalkeeper within his own penalty area)
3. The direct free kick is taken from the place where the offence occurred.
4. An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following:
   1. touches the ball with his hands after:
      1. releasing it and before it has touched another player
      2. it has been deliberately kicked to him by a teammate
      3. receiving it directly from a throw-in taken by a teammate
5. The indirect free kick is taken from the place where the offence occurred.

RULE 12: FREE KICKS

1. For free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player.
2. For direct free kicks inside the penalty area, the ball is to be kicked 8.5 m from the goal line.
3. For free kicks outside the penalty area, all opponents must be at least 6 m from the ball.

RULE 13: THE THROW-IN

1. A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline, on the ground or in the air.
2. A goal cannot be scored directly from a throw-in
   1. if the ball enters the opponents’ goal - a goal kick is awarded
   2. if the ball enters the throwers’ goal - a corner kick is awarded
3. For a throw-in, the thrower must face the field of play, have both feet on or outside the touchline, and throw the ball with both hands from behind and over the head from the point where it left the field of play.
4. All opponents must stand at least 2 m from the thrower.
5. The thrower must not touch the ball again until it has touched another player.

RULE 14: THE GOAL KICK

1. Goal kicks are to be taken within 4 meters of the goal when the ball has crossed the goal line without entering the goal.
2. A goal may be scored directly from a goal kick, but only against the opposing team; if the ball directly enters the kicker’s goal a corner kick is awarded to the opponents.
3. The ball is in play when it leaves the penalty area.
4. Opponents must be outside the penalty area until the ball is in play.
5. If the ball is touched before it has left the penalty area the kick is retaken.

RULE 15: THE CORNER KICK

1. The ball must be placed within 1 m of the corner.
2. The corner flag may not be moved.
3. Opponents must be at least 6 m from the ball until it is in play.
4. The ball is in play when it is kicked and clearly moves.
5. The kicker must not play the ball again until it has touched another player.