



PenMet Parks Soccer

Rules of Play

2020

1. Ball Size

- 1.1 Size #3:** 1st/2nd Grade Divisions
- 1.2 Size #4:** 3rd/4th Grade Divisions

2. Number of Players

Teams shall have no fewer than 5 players and no more than 7 players on the field at the same time.

2.1 Minimum Number of Players: The minimum number of players for the start of the game is 5 players, one of which is a goalkeeper.

2.2 Players Remain on One Team: Players can only play on 1 team. Violations will result in a loss for both teams the player was play for, as well as league suspension for the player.

2.3 5 Goal Differential: If any team is down by 5 or more goals, then they may add an additional player.

3. Players Equipment

3.1 The goalkeeper must wear a color that distinguishes them from all other players.

3.2 All team members must wear the same color jerseys to distinguish themselves from the opposing team and the referee.

3.3 Shin Guards are **REQUIRED** for all players. Socks must be worn over shin guards and be pulled up to completely cover the shin guards.

3.4 A player may not wear jewelry (watches, bracelets, etc.) which is dangerous to themselves or other players.

4. The Referee

- 4.1** Enforces PenMet Soccer Rules;
- 4.2** Controls the match;
- 4.3** Ensures that the players' equipment meets the requirements of PenMet Parks;
- 4.4** Acts as timekeeper and keeps a record of the match;
- 4.5** Stops, suspends or terminates the match, at his discretion, for any infringements of the Laws; or any kind of external interferences.

5. Duration of Match

- 5.1 Length of Halves:** All games consist of two 24-minute halves.
- 5.2 Halftime:** The halftime interval will be 2-3 minutes. In the interest of time constraints, half-time may be shortened to catch up on lost time due to injuries or other stoppages in play.
- 5.3 Injury Stoppage:** At the referee's discretion, the clock may be stopped for serious injuries. Play will restart with the team in possession the moment the injury occurs. If neither team had clear possession, the game will be restarted with a drop ball.
- 5.4 Injury Substitutions:** When time is stopped for an injury, the injured player must leave the game for a substitute. Any player who suffers a head injury will not be allowed to re-enter the game.

6. Start & Stop of Play

- 6.1 Whistled Start:** A whistle by the referee is necessary for taking kickoffs.
- 6.2 Kickoffs:** On a kickoff, the ball may be kicked in any direction, but a goal cannot be scored directly from a kickoff. All players must be on their own side of the field at the start of each kickoff.
- 6.3 Halftime Switch:** Following halftime, teams will switch sides and the Home team kicks off to start the second half.
- 6.4 5 Second Rule:** The ball must be played within 5 seconds after the referee has signaled for play to begin or the opposing team is awarded the ball.

7. Ball In/Out of Play

7.1 Out of Bounds: Out of bounds occurs when the ball completely crosses over the perimeter boundary line. When throwing the ball in at throw-in, the ball must be thrown from behind and over the head using both hands. When the ball leaves the thrower's hands, both of his/her feet must be touching the ground.

7.2 Corner Kick: When the ball crosses over the goal line, play restarts with a corner kick.

7.2.1 The ball must be placed in the corner area.

7.2.2 The ball must be stationary and is kicked by a player of the attacking team.

7.2.3 The ball is in play when it is kicked and clearly moves; it does not need to leave the corner area. Opponents must remain at least 10 yards from the corner arc until the ball is in play. A goal may be scored directly from the corner kick.

8. Substitutions

8.1 Substitutions can be made at any restart or stoppage time during the game.

8.2 The referee will not stop the game clock for a substitution.

8.3 Players on the sidelines are strongly encouraged to socially distance themselves and wear facial coverings.

9. Penalty Kicks

9.1 Indirect Free Kicks: Kickoffs at the start of a half or after a goal are indirect free kicks. All other re-starts are direct free kicks.

9.2 Free Kicks: The following apply to all restarts:

9.2.1 No Second Touch: The player taking the kick cannot play the ball until someone else touches the ball.

9.2.2 5 Second Rule: If a player taking a kick delays longer than 5 seconds after having placed the ball for restart, the ball will be turned over to the opposing team to take the restart.

9.2.3 10 Feet Rule: Defensive players must be at least 10 yards from the ball for all opposing teams' free kicks.

9.3 Penalty Kicks (In Box): Penalty kicks are awarded when a defensive Physical Foul takes place in the goal box or is an attempt to deny an obvious scoring opportunity. This will result in an automatic yellow card or higher.

9.3.1 Penalty kicks shall be taken 6-8 yards out from the goal.

9.3.2 If the clock stops for half-time or the end of the game, prior to the penalty kick, then the kick will be immediately taken by one of the players on the field at that time (Rebounds will not be payable.)

9.3.3 The goalkeeper cannot leave the goal line prior to the ball being struck but may move side to side if they stay on the goal line. If the goalkeeper leaves the goal line early and a goal is scored, the goal will count. If the shot is missed or blocked, the shot is retaken.

9.4 Goalkeeping Penalties: All penalties committed by the goalkeeper shall result in a direct free kick for the opposing team at the spot where the penalty was committed (minimum of 6-8 yards from the goal).

9.4.1 Pass Back Rule: The goalkeeper may not use their hands when the ball is passed or intentionally deflected, with the foot, to them from a teammate unless the other team has touched within the yellow line area.

9.4.2 7 Second Violation: The goalkeeper with the ball in their hands has seven (7) seconds to distribute the ball outside the box.

9.4.3 Ball into Box Rule: The goalkeeper may not outside the box, play the ball into the box and then play it with their hands.

9.4.4 Slide Rule: The goalkeeper may not slide outside of the box.

10. Fouls & Misconduct

A player who commits any of the following offenses shall be penalized by the referee awarding a direct free kick to be taken by the opposing team from the point of infraction. The referee's whistle is not required to restart play.

- 1. Kicking:** Inadvertently kicks an opponent while attempting to strike the ball.
- 2. Tripping:** Inadvertently trips an opponent while attempting to play the ball.
- 3. Charging:** Inadvertently charges into and/or strikes opponent while attempting to play the ball.

4. **Obstructing:** When not playing the ball, intentionally obstructing an opponent by standing between the opponent and the ball. Obstruction is not called when a player has a ball and is shielding to prevent an opposing player from stealing the ball.
5. **Goalkeeper Obstruction:** Obstructing the goalkeeper in any manner, as they attempt to distribute the ball
6. **Pushing:** Pushes an opposing player to prevent them from getting to the ball.
7. **Holding:** Holds an opponent to prevent them from playing the ball or defending.
8. **Jumping:** Jumping into opponent without playing the ball.
9. **Sliding:** Any slide, whether offensive or defensive, where a player slides toward the ball or another player to gain possession or kick the ball is **NOT** allowed. This also applies to a goalkeeper who begins their slide outside the box.
10. **Goalkeeper Slide:** If the goalkeeper begins a slide inside the box (allowed) and as a result of their slide goes outside the box they will be called for a foul.
11. **Hand Ball:** Intentionally plays the ball with the hand and gains control or an advantage from the handball.
12. **GK Handball:** The goalkeeper may not reach outside the goal box and their hands, even if they are standing inside the goal box.
13. **Charging the Goalkeeper:** Charging or running into the goalkeeper.
14. **Playing While Grounded:** Except for the goalkeeper in his own goal box, playing the ball, offensively or defensively, while on the ground or while having a part of your body, other than your feet (3-point rule) on the ground.
15. **Unsportsmanlike conduct:** Unsportsmanlike conduct includes, but is not limited to the following:
 - I. **Persistent Disregard:** Persistent disregard for the rules.
 - II. **Dissent:** Any dissent by word or action regarding a referee's decision.
 - III. **Taunting:** Taunting another team/player in a manner so as to cause a confrontation.
 - IV. **Encouraging Harm:** Encouraging players by word or action to foul, harm, or retaliate against an opponent.
 - V. **Intentionally Distracting:** Making a loud noise or action intended to distract an opponent.

11. Additional Rules:

11.1 Tie Breakers: Games resulting in a tie during regular season play end in a tie.

11.2 Players' Box: No one except coaches and players currently playing are allowed in the team boxes (maximum of 4 coaches). No children other than those playing the present game are allowed in the boxes.

11.3 Departure: Exit the field immediately following games. Pick up belongings/garbage and leave the box clean for the next game.

11.4 Prohibited Items: No smoking, chewing tobacco, gum, glass containers, or alcohol may be brought onto the premises.