

RULES AND REGULATIONS
GREENBUSH YOUTH SOCCER CLUB
RECREATIONAL SOCCER LEAGUE

1. Field

1. **Opposing teams will be on opposite sides of the field.**
2. Spectators are **NOT** permitted on the end line or behind the goals. Coaches are also **NOT** permitted on the end line or behind the goals.
3. Spectators must remain a minimum of 5 yards beyond the sideline.

2. Ball

1. The game ball shall be of leather or other similar material and designed for use in the game of soccer.
2. The game ball shall be accepted for use by the referee or both coaches if referees are not used.
3. If during play the ball becomes deflated, the game is restarted by a drop ball. A drop ball is one which the referee holds the ball at waist level and lets it drop directly to the ground between two opposing players. A goal may be scored directly from a drop ball.
4. The following size ball will be used:
 - Under 8 and Younger – Size #3
 - Under 10 and Under 12 – Size #4
 - Under 14 and Older – Size #5

3. Players and Substitutions

Under 8 will have 4 vs. 4 on the field

Under 10 will have 7 vs. 7 on the field

** see separate rules for the above age groups. **

Under 12 will have 8 vs. 8 playing on the field.

1. Unless permitted under Rule 3.3 or 3.6, the defensive team (team without the ball) may not substitute.

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2. Substitution is done during a play stoppage. Players are to enter at the halfway line and are to enter only when signaled by the referee.
 3. Either team may substitute:
 - 3.1. Between goals
 - 3.2. On goal kicks
 - 3.3. After a goal is scored
 - 3.4. When a player is injured
 - 3.5. When a player has been issued a warning (Yellow Card) by the referee.
 4. A team having gained possession of the ball for a throw-in may substitute.
 5. Anytime the goalkeeper is changed, the referee must be notified.
 6. If the opposing coaches agree prior to the start of a game, and so notify the referee, either team may substitute at any stoppage of play. However, the referee, in his/her sole discretion, may terminate operation of this rule if, in the referee's opinion, the substitution slows play or gives a team an undue advantage.
- 4. Referees (Under 10 Competitive, Under 12 and Under 14)**
1. The referee has jurisdiction from the time he/she enters the field of play until he/she signals the end of the game. The referee's decisions are final.
 2. The referee shall enforce the rules of the game, but shall refrain from stopping the game for an infraction when satisfied that by doing so he/se would be giving an advantage to the offending team.
 3. The referee can stop the game for infringement of the rules by blowing a whistle.
 4. The referee can suspend or terminate a game whenever he/she deems it necessary (for example severe weather or interference by spectators, coaches, etc.)
 5. In the event a referee is not assigned by the league or fails to appear for the game, the coaches shall mutually agree upon an official from available personnel. That official's decisions and call of play will be binding upon both teams.
- 5. Players' Equipment – IMPORTANT**

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1. Soccer cleats may not be worn in the Under 8 and Under 6 age groups. Sneakers or turf shoes may be worn in all age groups. Plastic cleats may be worn in the Under 10, Under 12 and Under 14 age groups.
2. A player shall not wear anything which is dangerous to himself/herself or another player (for example: unpadded arm cast, a watch, earrings, or any other jewelry.)
3. All players wear team shirts except the goalies (Under 10 Competitive, Under 12 and Under 14 age groups).
4. Goalie shirts must be distinctly different in color from their team and the opponents' team.
5. Shinguards are to be used at all time in all age groups.
6. **Players not complying with the above rules will not be permitted to play that day.**

6. Length of Game

1. There will be no overtime periods.

Age Group Game Length

Under 14	Four 12 minute running-time quarters.
Under 12	Four 12 minute running-time quarters.
Under 10 Competitive	Four 12 minute running-time quarters.

2. The interval between quarters shall be a maximum of two minutes. Half time interval shall be between a minimum of five minutes and a maximum of ten minutes for resting and coaching.
3. Time for any quarter shall be extended:
 - 3.1. To permit a penalty kick at the end of the quarter
 - 3.2. For an injury
 - 3.3. For a warning or disqualification
 - 3.4. When ordered by the referee.

7. Start of Play

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1. The start of play at the beginning of each period and after a goal shall proceed with a kick-off.
2. At the beginning of the game, the choice of the ends or kick-off shall be determined by the toss of a coin. The team winning the coin toss shall have the option of the choice of ends or kick-off.

** If 15 minutes after the scheduled game starting time a team does not have 7 players ready to play, the referee will terminate the game. **

3. After each half (or quarter), the teams shall change ends and the kick-off shall be taken by the team opposite from the team that took the kick-off at the beginning of the previous half (or quarter).
4. On a kick-off, the ball must be stationary on the ground at the center of the field, must be kicked forward into the opponent's half of the field before being in play, and may not be played by the kicker a second time until it has been touched by another player.
5. Every player on each team must be in his own half of the field and all players of the team opposing the kicker must be at least 10 yards away from the ball when the ball is put into play. If this rule is violated, the kick-off shall be retaken.
6. A goal cannot be scored directly from a kick-off.
7. After a temporary suspension of play for any reason not mentioned herein, the referee shall restart the game by a drop ball at the spot where the ball was when play was stopped. A player may not play the ball until it touches the ground. If this rule is violated, the drop ball shall be retaken. A goal may be scored directly from a drop ball.

8. Ball Out of Play

1. The ball is out of play when it has wholly crossed the end line or side line, whether on the ground or in the air.
2. Everything is based upon the position of the ball, not the player.
3. The ball is in play when it rebounds off a goal post, cross bar, corner flag, or referee into the field of play.
4. The referee shall sound the whistle when the ball is out of play, or if a foul has been committed. As soon as the ball is in position to be played, it may be played without a second whistle. A second whistle is required for the taking of a penalty kick, substitutions, for play stopped for a warning or ejection, and after an injury.

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5. The play continues unless the referee stops the game or unless the ball goes entirely outside the field of play.

9. Method of Scoring

1. A goal is scored when the whole of the ball crosses the goal line between the goal posts and under the cross bar provided it was not thrown, carried or intentionally propelled by arm or hand by an attacking player (except the goalkeeper who throws the ball from his/her own penalty area).
2. If a defending player deflects the ball with his hand or arm and the ball goes into the goal, a goal is scored.
3. Each goal scored counts one point. The team scoring the greater number of goals during the game wins.

10. Offsides (Under 12, Under 14)

1. Offside shall only apply to Under 12 and Under 14.
2. A player is offside if nearer the opponent's end line than the ball at the moment the ball is played and there are less than two opponents between him and the opponent's end line.
3. The fact that a player is in an offside position does not cause the referee to call the violation immediately. The player must be gaining an advantage or seeking to do so by being in the offside position. Offside is to be called immediately upon contact of the ball by the passer toward the offender.
4. Offside will not be called on the following: a corner kick; goal kick; drop ball; throw in; or if a player is in his/her half of the field or if the ball is last played by an opponent.

11. Fouls and Misconduct

1. Fouls and misconduct are penalized by awarding free kicks to the opponent. The guilty player may also be cautioned or ejected even if a free kick is not awarded due to the application of advantage.
2. Direct kicks are awarded only for intentionally:
 - 2.1. Kicking or attempting to kick
 - 2.2. Tripping or stooping
 - 2.3. Jumping at

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- 2.4. Charging violently
- 2.5. Charging from behind
- 2.6. Striking or attempting to strike (including spitting)
- 2.7. Holding
- 2.8. Pushing the opposing player
- 2.9. Handling the ball (except the goalkeeper in the penalty area)
- 3. A direct free kick offense committed in the offending player's penalty area is a penalty kick.
- 4. Indirect free kicks are awarded for all fouls, misconduct, and offenses other than the nine direct free kick fouls. Other infractions and misconduct include:
 - 4.1. Dangerous play (i.e. high kicks, sitting or laying on the ball)
 - 4.2. Sliding tackles
 - 4.3. Impeding the progress of an opponent
 - 4.4. Charging another player when not within playing distance of the ball
 - 4.5. Charging the goalkeeper
- 5. Infractions against or by the goalkeeper:
 - 5.1. A goalkeeper may handle the ball only in his own penalty area, and the goalkeeper may not delay the game. Once the ball is in the goalkeeper's possession, he may control it no more than six seconds before playing the ball.
 - 5.2. Once the goalkeeper has possession of the ball, all opposing players must move away at a distance of at least ten yards.
 - 5.3. Once the goalkeeper puts the ball on the ground he/she may not pick the ball up again. The goalkeeper may play the ball with his/her feet.
 - 5.4. A goalkeeper may not pick a ball up from a player of the same team via a foot pass. They may pick up a ball via other types of passes (i.e. a head ball)
- 6. A player shall be cautioned if he/she:
 - 6.1. Persistently infringes the rules as described herein

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- 6.2. Dissents from any decision by the referee
- 6.3. Is guilty of unsportsmanlike conduct, or
- 6.4. Enters the game without the consent of the referee.
- 7. A player shall be ejected from the game if he/she:
 - 7.1. Is guilty of violent conduct or serious foul play
 - 7.2. Uses foul or abusive language, or
 - 7.3. Persists in misconduct after being cautioned by the referee.
- 8. Intentional fouls must be penalized unless by doing so the team will be given a clear advantage.
- 9. The referee may also caution and / or eject coaches for:
 - 9.1. Using foul or abusive language, or
 - 9.2. Persisting in misconduct after being cautioned by the referee.

12. Free Kicks

- 1. The two kinds of free kicks are:
 - 1.1. Direct free kicks (from which a goal may be scored direct against the offending team).
This is used for Under 12 and Under 14.
 - 1.2. Indirect free kick (from which a goal cannot be scored unless the ball is touched by a player other than the kicker before going into the goal).
- 2. A free kick is taken from the place where the offense occurred.
- 3. The ball must be stationary on the ground, must be kicked forward before being in play, and, may not be player by the kicker a second time until it is touched by another player.
- 4. All opposing players must be at least 10 yards away from the ball when the ball is put into play. If this rule is violated, the free kick is retaken.
- 5. If the offense occurred less than 10 yards from the opponent's goal line, the opposing players may stand on their own goal line between the goal posts.

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6. On free kicks taken within its penalty area by the defending team, all opposing players must be outside the penalty area and at least 10 yards from the ball. The ball must travel outside the penalty area before being in play.
7. If the defending team is fouled with the goal area, the free kick may be taken anywhere within that half of the goal area.

13. Penalty Kick (Under 12, Under 14)

1. A penalty kick is awarded if the defending team commits one of the nine direct free kick fouls within its own penalty area.
2. The penalty kick is taken from the penalty mark which is centered 12 yards in front of the goal.
3. All players except the kicker and the opposing goalkeeper must be outside the penalty area and at least 10 yards away from the penalty mark.
4. The goalkeeper must stand with both feet touching the goal line and must not move his/her feet until the ball is kicked.
5. The ball must be kicked forward before being in play, and may not be played by the kicker a second time until it has been touched by another player.
6. A goal may be scored directly on a penalty kick.
7. For any violation of this rule
 - 7.1. If by the kicker, an indirect free kick is awarded to the defending team.
 - 7.2. If by the attacking team, other than the kicker, and a goal results, the penalty kick must be retaken.
 - 7.3. If by the defending team and a goal does not result, the penalty kick shall be retaken.

14. Throw – In

1. A throw-in is awarded if the ball passes completely over a side line; either on the ground or in the air.
2. The ball is thrown in at the place where it crossed the line by a player of the team opposing that of the player who last touched it.

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3. The thrower must face the field and each foot must be on the ground outside the field of play. The ball must be thrown with both hands and must be delivered from behind and over his/her head with both feet touching the ground.
4. A goal cannot be scored directly from a throw-in.
5. If the throw-in is improper, a throw-in from the same place shall be awarded to the opposing team. (Under 12, Under 14)
6. The ball is in play immediately upon entering the field of play, but may not be played by the thrower before being touched by another player.

15. Goal Kick

1. A goal kick is awarded the defending team if the ball passes completely over its goal end line, after having last been touched by a player on the opposing team.
2. The goal kick is taken from any point within the goal area.
3. All opposing players must be outside the penalty area.
4. The ball must travel outside the penalty area before being in play and may not be touched by the kicker a second time until it has been touched by another player.
5. A goal cannot be scored directly from a goal kick.
6. If the ball does not travel outside the penalty area, the goal kick shall be retaken.

16. Corner Kicks

1. A corner kick is awarded the attacking team if the ball passes completely over the defending team's goal end line, outside the goal, after having been last touched by a player on the defending team.
2. The corner kick is taken from the corner of the field nearest the place where the ball crossed the goal end line.
3. All opposing players must be at least 10 yards away from the ball.
4. The ball must travel forward before being in play, and may not be played by the kicker a second time until it has been touched by another player.
5. A goal may be scored directly from a corner kick.

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- 6.** If the ball, when kicked, passes completely over the goal end line (either on the ground or in the air) outside the goal, possession is awarded to the opposing team.

- 7.** If the kicker plays the ball before it is touched by another player, the opposing team shall be awarded an indirect free kick. For any other violation of this law, the corner kick shall be retaken.