



Lehi City Recreation Fall Soccer 2013 Rulebook



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PHILOSOPHY

The philosophy and intent of the Lehi City Recreation soccer programs are to provide participants with an opportunity to associate and play the game of soccer in a structured, but recreational environment. The soccer program inspires area residents regardless of age, race, creed or color to practice the ideals of sportsmanship and physical fitness. Also, to provide an athletic or physical contest that is governed by the rules of soccer. By design, the role of the athlete will be emphasized in facilitating equity and safety among participants to promote individual growth and development. More important than any game is the individual participant and his/her needs. Our main focus is the participant; the game is the tool for working with people. The soccer program will help to bring area residents closer together through means of common interest in sportsmanship, fellowship, cooperation and sports endeavors.

We urge you as coaches to promote this philosophy to help maintain the success of the Lehi City Soccer Programs.

United States Soccer Federation (USSF) laws of the game will be used with the following clarifications and modifications:

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LEAGUES

K (Kindergarten) Must be in Kindergarten during the season of play.

1 (1st grade) Must be in 1st grade during the season of play.

2 (2nd grade) Must be in 2nd grade during the season of play.

3 - 4 (3rd & 4th grades) Must be in 3rd or 4th grade during the season of play.

5 - 6 (5th & 6th grades) Must be in 5th or 6th grade during the season of play.

7 - 9 (7th-9th grades) Must be in 7th thru 9th grade during the season of play.

3**BALL SIZE**

<u>LEAGUE</u>	<u>BALL SIZE</u>
K-2	#3
3-4	#4
5-6	#4
7-9	#5

4**NUMBER OF PLAYERS**

Number of players on the field at a time:

Kindergarten	Four	No goalie
1	Six	No goalie
2	Six	Including goalie
3-6	Eight	Including goalie

- Each player must play a minimum of one half (50%) of each game.
- There will not be a goalkeeper for K-1st grade. This will allow kids a chance to build their fielding skills and teams to score. Please do not have your kids stand next to or in front of the goal the entire game.
- In keeping with the spirit of ***recreation soccer***, and in fairness to the participants, both coaches should see that an equal number of players is used by both teams at all times.

5**SUBSTITUTIONS**

K - 2: Substitutions are allowed at any time and may be done “on the fly.” Coaches will be in

charge of running the game, no referees will be provided.

3 - 6: Substitutions may be made only with the referee's permission and only at the following times:

- Prior to a throw-in in your favor (both teams may substitute if the team with possession is also substituting)
- Prior to a goal-kick by either team
- After a goal by either team
- After an injury to either team, when the referee stops play
- During half-time

This substitution rule change for 3-6th grade is in accordance with the substitution policy change effective August 2011 for the Utah Youth Competition rules.

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PLAYER EQUIPMENT

The usual equipment of a player is a Lehi City soccer jersey, shorts, socks, and footwear. No player will be allowed onto the field unless wearing a Lehi City soccer jersey.

Sports shoes must be worn by all players. Cleated shoes (no metal) may be worn.

Shinguards are strongly recommended for grades K-2, and are mandatory for players 3rd grade and above. 3rd grade players and above will not be allowed to play without them.

No Jewelry. Players shall not wear anything which is dangerous to themselves or other players such as watches, bracelets, necklaces, rings, etc. Earrings must be removed.

Goalkeeper shall wear colors which distinguish him/her from the other players and from the referee. Goalie shirts (pennies) will be provided at each game by Lehi Recreation, but it is a good idea for coaches to have a goalie shirt just in-case for the goalkeeper—i.e., a shirt, sweatshirt, etc.

Second team listed on the schedule wears WHITE for that game.

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COACHES & SPECTATORS

Nobody shall be allowed on the field except players and referee, except in cases of injury where player's coach or parent may be called for.

K - 2 teams are allowed to have one coach on the field during the game to officiate and give

instruction to their players.

3 - 9 must have coaches and spectators stay behind the touchlines and may not stand behind the goal lines. Team technical (bench) areas and spectators should stay behind the Spectator Lines (appx 5 feet from the touchline).

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REFEREE/SITE SUPERVISOR

The Referees/Site Supervisors are there to see that the rules of the game are enforced; to see that the game is played according to the spirit and philosophy of the program; and to serve as instructive resources for coaches and players.

Referees/Site Supervisor's authority commences upon entering the field of play and covers the time when the game is suspended or stopped for any reason.

Referees/Site Supervisor's decisions on points of play shall be final.

* In case of bad weather during the game, referees and the site supervisor will decide upon canceling the game. For inclement weather before your game call the Rain-Out hotline at 801-768-7124 option 5.

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LINESMEN

Linesmen will not be used during the games. The referees will call the out of bounds along the touchlines.

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DURATION OF THE GAME

The duration of the game shall be as follows:

K - 2	22 minute halves
3 - 6	25 minute halves

Teams will be given a 5 minute half-time.

Time shall be extended to permit a penalty-kick to be taken at or after expiration of normal game time. This is applicable to both halves of the game.

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START OF PLAY

Choice of ends and the kick-off shall be decided by the toss of a coin. Team winning the coin toss shall have the option of choice of half to defend or the kick-off. If the team who won the coin toss elects to kick-off, then the other team will have the choice of half to defend. If the team who won the coin toss elects to choose the half to defend, then the other will kick off to start the first half.

Players start in their own half of the field. Defensive players must stay outside of the center circle until the ball has been kicked.

After the referee's signal, player shall kick the ball forward into opponents half. The ball is in play when it moves forward. Kicker cannot play ball again until touched by another player.

After each goal, the game shall be restarted in the like manner (kickoff) by a player of the team scored upon.

After half-time, teams will switch halves and the kick-off shall be taken by a player of the opposite team to that who kicked-off to start the game.

DROPPED BALL - After temporary suspension, the game shall be started by the referee dropping the ball at the place where the ball was when play was suspended. The ball is in play when it touches the ground. If a player touches the ball before it touches the ground, the referee shall drop the ball again.

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BALL IN AND OUT OF PLAY

Ball is in play at all times unless:

- Whole of the ball crossed the goal line or touch line, whether on the ground or in the air.
- Game is stopped by the referee.

Ball is in play when it rebounds from goals, flags, or an official. The goal lines and the touch lines belong to the field of play.

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METHOD OF SCORING

Goal is scored when the whole of ball has passed over the goal line between the goal posts and under the cross-bar.

A Goal cannot be scored directly from the following:

Indirect Free Kick

Throw-In

Goal Kick (against own team)

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OFFSIDE (3 - 6 only)

The player is offside if he is nearer his opponent's goal line than the ball unless:

- a) He is in his own half of the field, or
- b) There are at least two opponents nearer the goal line than he.

A player shall be declared offside and penalized if at the moment the ball is played by one of his teammates he is:

- a) player becomes involved in the play, or
- b) interfering with play or with an opponent, or
- c) seeking to gain advantage by being in that position.

A player shall not be declared offside:

- a) merely because of being in an offside position, or
- b) he receives the ball from a:

- Goal-kick
- Corner-kick
- Throw-in

The opposing team shall be awarded an indirect free kick from the place where the infringement occurred.

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FOULS AND MISCONDUCT

* The restart for K - 2 is in each case below an indirect free kick.

* The following restarts below are for 3 - 6 only.

<u>FOUL</u>	<u>PENALTY</u>
1. Kicks or attempt to kick others	D.F.K.
2. Trips or attempts to trip	D.F.K.
3. Jumps at an opponent	D.F.K.
4. Charges in violent or dangerous manner	D.F.K.
5. Charges from behind unless obstructed	D.F.K.
6. Strikes or attempts to strike	D.F.K.
7. Holds opponent with hand or arm	D.F.K.
8. Pushes opponent with hand or arm	D.F.K.
9. Handles the ball	D.F.K.
10. If defender commits any of the above 9 fouls inside his penalty area	P.K.
11. Dangerous play (e.g. try kicking ball when held by goalkeeper, high kicking near opponent)	I.F.K.
12. Charging fairly, but not playing ball	I.F.K.
13. Impeding an opponent	I.F.K.
14. Charging or unduly contacting the goalkeeper when he has possession of the ball (having a hand on the ball and under control)	I.F.K.
15. Goalkeeper having control for more than 6 seconds, after the moment he takes control of the ball. (Goalkeeper must not roll or bounce ball on ground until another player touches ball. Defensemen must be outside penalty box before touching the ball.	I.F.K.
16. Holds up game by wasting time	I.F.K.
17. If after making a throw-in or a free-kick a player plays the ball again before the ball is touched by another player.	I.F.K.
D.F.K.= Direct Free Kick I.F.K.= Indirect Free Kick P.K. = Penalty Kick	

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FREE KICK

There are two types of free kicks: Direct and Indirect.

- Direct: can result in a goal scored. Ball can go directly into the goal without anyone else touching it.
- Indirect: Ball cannot go directly into the goal without someone else touching it. Someone else must touch ball (control of ball not required).

How executed

- a) Opponents must be ten yards away
- b) Ball must go outside penalty area (re-kick if not).

In all cases, ball is played only once by the kicker until it is touched by another player.

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PENALTY KICK (3 - 6 only)

1. Taken from penalty spot - 10 yards away for 3-4th grader and 12 yards away for 5-6th grade from the goal line.
2. All players except kicker and goalie outside penalty area.
3. Goalie's feet stationary on his goal line.
4. Kicker cannot play rebound from goal post or crossbar; plays ball only once unless touched by another player (the goalkeeper is considered a player in this scenario).

Punishment

Defense Fouls - Re-kick if no goal.

Offense Fouls -

1. Kicker - I.F.K.
2. Others - Re-kick if goal

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THROW-IN

Taken at the spot where ball crossed the touch line.

Taken by team opposite to that of the player who last touched the ball.

Opposing players must be a minimum of 2 yards away from the thrower.

Execution

Both feet on the ground during delivery outside of field, or part of one or both feet on touch line.

Delivery from behind and over the head.

Both hands on the ball (equally)

K - 2: Liberally interpreted

Penalty

Improper throw-in, other team throws-in (K - 2 - one retry)

If the thrower plays the ball before the ball touches another player - I.F.K.

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CORNER KICK

-Taken by an attacker after the whole of the ball passes over goal line when last played by a defender.

-Taken from the nearest corner.

-Opposition must be ten yards away from corner arc.

-Kicker cannot play ball again until it has touched another player from either team.

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GOAL KICK

-Taken by the defender after the whole of the ball passes over goal line when last played by an attacker.

-Taken from any spot within the goal box including the goal area boundary lines.

-Must clear penalty area (re-kick if not). In the K - 2 leagues, the ball must travel 8 yards before being played by another player (re-kick if not).

For grades 3-6: Goalie cannot receive with hands inside penalty box.

Opponents must be outside penalty area until the ball has completely cleared the penalty box.

Kicker plays ball only once until it has been played by another player from either team outside of the penalty area.

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SPORTSMANSHIP

Sportsmanship is important to create a good, positive atmosphere for all involved. We expect good sportsmanship to be exhibited at all times by officials, coaches and spectators. We have created a sportsmanship program to help encourage good sportsmanship (Fans Against Negative Sportsmanship FANS). Please teach correct sportsmanship to your team through words and example.

Sportsmanship is a manifestation of our own ethics in real life. Sportsmanship like ethics reflects both the character and the actions of a person.

Some examples of good sportsmanship is: having an understanding and an appreciation of the rules, enjoy yourself and encourage enjoyment of others, take responsibility for your actions, show respect for the games officials and tolerate all of their decisions even if you disagree, both coaches and players shake hands of the opponents after every game, cheer in a positive manner, applaud good plays by both teammates and opponents, encourage all surrounding people to show good sportsmanship, show concern for an injured player, regardless of the team, and win with class, lose with dignity.

Thank you for volunteering to coach some of the great youth in this area! We appreciate your willingness to help out and the effort you put in to making this experience an enjoyable one for all involved.

Coaching Suggestions:

1. Holding practices is recommended but not required. They are left up to the discretion of each individual coach. Coaches, who do hold practices, typically hold one practice per week for one hour.
2. Be aware of the stage of physical and mental development of each of the players.
3. Plan practice sessions according to player's age and abilities.
4. Keep competition into perspective of the player's ages, their accomplishments, and abilities.
5. Do not talk down to players, but communicate as part of the team by knowing what their interests are.
6. Be firm, supportive and positive.
7. Be open, friendly and cheerful to parents, players and opponents.

Discipline: The best way to avoid discipline problems is to keep everyone busy. Maintain an amiable but firm discipline. If a child will not stop being a problem, the following successive levels of actions may become necessary:

1. Ask the child to stop.
2. Ask the child to go to the side and sit out the practice or game.
3. Call the parent and discuss the problem and solution.