

**WINDSOR PARKS AND RECREATION
SOCCER PROGRAM
Modified NFHS Soccer Rules
YOUTH RECREATIONAL LEAGUE
5U/6U**

LAW I – THE FIELD

- A. DIMENSIONS. The field shall be rectangular, its length being not more than 30 yards nor less than 25 yards and its width not more than 25 yards nor less than 15 yards. The length in all cases shall exceed the width.
- B. MARKINGS:
 - 1. Distinctive lines not more than five (5) inches wide.
 - 2. A halfway line shall be marked out across the field.
 - 3. A center circle with a four (4) yard radius
 - 4. Goal Area – two (2) feet from each goal post and six (6) feet into the field of play joined by a line drawn parallel with the goal-line.
- C. GOALS – Maximum: four (4) feet high and six (6) feet wide

LAW II – THE BALL: Size three (3)

LAW III – NUMBER OF PLAYERS

- A. Maximum number of players, per team, on the field at any one time: FOUR (4). A goal keeper is not used. Full backs, if used, should NOT be stationed in the goal area – let them play!
- B. Maximum number of players on the roster shall not exceed eight (8).
- C. Substitutions: Players may be substituted at quarter breaks, during any throw-in, or for injuries.
- D. Each player **shall** have equal playing time. All positions **shall** be rotated as best as possible.

LAW IV – PLAYERS EQUIPMENT

- A. Shirt: Shall be the Maroon/Gold reversible jersey approved by the WPR&C.
- B. Shorts or pants
- C. Shin guards: MANDATORY
- D. Shoes: Shall be safe – tennis shoes or soccer cleats. No steel or toed cleats will be allowed.
- E. No jewelry, watches, rings, belts, earrings or anything dangerous to players shall be permitted.

LAW V – THE REFEREE

- A. All rule infractions shall be briefly explained to the offending player.
- B. The game is for the players and the primary function of the Official is to ensure:
 - 1. **SAFETY** of the players – stop play for any dangerous situation and for any injury.
 - 2. **EQUALITY** of play. Don't allow any player to gain an advantage from any of the infractions listed in Law XII.
 - 3. **ENJOYMENT** of all players and spectators. Focus on the Positive aspects of individual skills and team play and above all, **ENCOURAGE GOOD SPORTSMANSHIP!!**

LAW VI – ASSISTANT REFEREES: Assistant referees shall not be used.

LAW VII – DURATION OF THE GAME

- A. The game shall be divided into four (4) equal eight (8) minute quarters.
- B. There shall be a two (2) minute break between quarter one (1) and quarter two (2), and another two (2) minute break between quarters three (3) and four (4).
- C. There shall be a five (5) minute half time break between quarters two (2) and three (3).

LAW VIII – THE START OF PLAY

- A. The team that wins the coin toss shall choose which goal it will attack for the entirety of the match. The other team takes the kick off to start the match.
- B. Kickoff at the start of each period. The team that kicks off in the first quarter shall kickoff in the same direction in the third quarter. The teams **will not** change ends at half and the team that defended the kickoff in the first and third quarters shall kickoff in the second and fourth quarters.
- C. Kickoff after each goal by the team giving up the goal.
- D. All players must be in their half of the field when the ball is kicked and the defending players must be at least four (4) yards from the ball (outside the center circle).
- E. The ball is in play when it is kicked in any direction.
- F. The player taking the kick off may not touch the ball again until it has been touched by any other player on either team – violation results in a re-kick for the original kicking team.
- G. A goal **cannot** be scored directly from a kick off.

LAW IX – BALL IN AND OUT OF PLAY

- A. 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. the Official has stopped play.
- B. The ball **is in** play at all other time from the start of the match to the finish including:
 - 1. If it rebounds from a goal-post, cross-bar or corner-flag into the field of play.
 - 2. If it rebounds off the Official when they are in the field of play.

LAW X – METHOD OF SCORING

- A. The whole of the ball must completely cross the goal-line below the cross-bar and between the goal-posts.
- B. There is no ball contact allowed within the goal area, however any player may move through the goal area. If the ball comes to rest in the goal area, a goal throw-in is awarded regardless of who touched the ball last. Any part of the ball or player's body on the line is considered in the goal area and is an extension of such. If a defender touches the ball in goal area, a throw-in from either sideline is awarded to the offensive team. If an offensive player touches the ball within the goal area, a goal throw-in is awarded to the defensive team.
- C. A goal may only be scored from a touch (offensive or defensive) within the team's offensive half of the field. The ball must be completely on the offensive half of the field, and cannot be touching the

mid-line (Example: kick-off). If a player in their defensive half kicks the ball across the midline and the ball hits another player (offensive or defensive) in their offensive half, and the ball goes into the goal, a goal will be awarded. If a ball is kicked from the defensive half and is not touched before the ball rests in the goal, a goal throw is awarded to the defensive team.

LAW XI – OFF-SIDE

There shall be no off-side.

LAW XII – FOULS AND MISCONDUCT

- A. All fouls will result in a throw-in
- B. The Official must explain ALL infractions to the offending player.

A player who commits any of the following six offences in a manner considered by the Official to be careless, reckless or involving disproportionate force:

- 1. kicks or attempts to kick an opponent; or
- 2. trips an opponent; or
- 3. jumps at an opponent; or
- 4. charges an opponent; or
- 5. strikes or attempts to strike an opponent; or
- 6. pushes an opponent; or

who commits any of the following offences:

- 1. when an opponent makes contact with the opposing player before contact is made with the ball; or
- 2. holds an opponent; or
- 3. spits at an opponent; or
- 4. handles the ball deliberately, i.e., carries, strikes or propels the ball with his/her hand or arm.

DO NOT STOP PLAY FOR EVERY INCIDENT. THE LAWS OF THE GAME ARE INTENDED TO PROVIDE THAT THE GAME SHOULD BE PLAYED WITH AS LITTLE INTERFERENCE AS POSSIBLE, AND IN THIS VIEW IT IS THE DUTY OF THE CLUB OFFICIAL TO PENALISE ONLY DELIBERATE BREACHES OF THE LAW.

LAW XIII – FREE KICKS

No free kicks are to be taken during these games. Everything is a throw-in.

LAW XIV – PENALTY KICKS

No penalty kicks are to be taken during these games. Everything is a throw-in.

LAW XV – THROW-IN

- A. Shall be taken when the ball has completely crossed the touch-line or goal-line – either on the ground or in the air, and after a penalty has occurred. Ball that crossed over the goal line will be a throw-in from either the hash mark on the either touch-line or from either corner flag depending on which team touched the ball last before going over the goal-line.
- B. Taken by a player of the team opposing the team that last touched the ball before it went out of play.
- C. The thrower shall not play the ball again until it has been touched by another player, any other player – violation results in a throw-in for the opponents.
- D. Opponents can stand in front of the thrower, but cannot jump or attempt to distract him/her.
- E. A goal **cannot** be scored directly from a throw-in.
 - A proper throw-in requires that:
 - 1. the thrower face the field, and
 - 2. throw the ball with BOTH hands, from
 - 3. directly over and behind his/her head, with
 - 4. both feet on the ground, and
 - 5. on or behind the touch-line.

A second throw-in must be allowed if the player commits a foul on the initial attempt. The Official shall explain the proper method before allowing the player to re-throw.

LAW XVI – HEADING

- A. Deliberate heading of the ball will not be allowed
- B. If a player deliberately heads the ball in a game, a throw-in should be awarded to the opposing team from touchline closet to the spot of the offense.