

# **Livingston Soccer Club In-Town**

## **Rules**

*Fall 2019*

### • **REFEREE JUDGMENT/DISCRETION**

- The referee is solely responsible for:
  - ✦ Time management (including stoppages of play),
  - ✦ Interpretation of rules,
  - ✦ Cautions to players and coaches,
  - ✦ Exercising judgment in discharging his or her duties
- **DECISIONS OF REFEREE ARE FINAL AND MAY NOT BE REVERSED** ○
- **NO PLAYER/COACH MAY QUESTION OR ARGUE A REFEREE'S CALL**
- **A BOARD MEMBER WILL NOT OVERRULE A REFEREE'S DECISION**

### • **DURATION OF PLAY**

- Official time is kept by the referee
  - ✦ 1<sup>st</sup> Grade Festivals: 3 Games @ 15 Minutes each = 45 Minutes
    - Festival break time is limited to 5 minutes
  - ✦ 2<sup>nd</sup> Grade: 6 Periods @ 7 Minutes = 42 Minutes
  - ✦ 3<sup>rd</sup> Grade Boys; 3<sup>rd</sup>/4<sup>th</sup> Grade Girls: 4 Quarters @ 11 Minutes = 44 Minutes
  - ✦ 4<sup>th</sup>/5<sup>th</sup> Grade Boys; 2 Halves @ 25 Minutes = 50 Minutes
  - ✦ 5<sup>th</sup>/6<sup>th</sup> Grade Girls; 6<sup>th</sup> Grade Boys: 2 Halves @ 25 Minutes = 50 Minutes
  - ✦ 7<sup>th</sup>/9<sup>th</sup> Grade: 2 Halves @ 35 Minutes = 70 Minutes
  - ✦ If both teams have at least four subs, 40-minute halves must be played
    - HS Co-Ed: 2 Halves @ 35 Minutes = 70 Minutes
- The halftime break is limited to five minutes ○ All quarter breaks are limited to two minutes each ○ Referees and coaches are instructed to begin play on time
- There is no added time to be played during the game (An exception can be made to allow for a penalty kick)
- A game is considered official when one half or more has been completed ○ A Board Member will direct the referee when to shorten, lengthen, suspend, cancel a game (Not subject to protest)

### • **PLAYER ATTIRE**

- The Livingston Soccer Club team jersey **MUST** be worn over any other garments ○ Shin guards are **REQUIRED** and must be worn under the socks ○ Cleats are recommended, but not required, for safety purposes ○ Metal cleats and baseball cleats/spikes are **PROHIBITED**
- Metal/hard jewelry is forbidden to be worn by players during games/practices

- Jewelry **MUST** be **REMOVED** prior to the start of the game ○ Earrings, necklaces, chains, bracelets, wristwatches, rings, anklets, etc.
- Long hair **MUST** be tied back so it is not in player's face any time during the game ○ Hard casts are also not allowed to be worn during a game
- Coaches are responsible for adherence and must communicate to all players/parents

#### • **START OF GAME**

- The referee will determine the side each team defends and which team kicks off to start game (No coin toss)
- All coaches of each team must stand on separate halves of the same side of each field
  - All coaches must remain between the half line and a point 10 yards from the half line
  - When one team has fewer than the maximum number of players:
    - ✦ For **Grades 1 through 4**, no team may play with more than **1** player in excess of their opponent at any time, not to exceed the maximum
    - ✦ For **Grades 5 through 12**, no team may play with more than **2** players in excess of their opponents at any time, not to exceed the maximum.

#### • **KICKOFF**

- The ball may travel forward or backward to be in play.
- The kickoff is signaled by the referee's whistle ○ The kickoff is to alternate teams at the beginning of each quarter, period or half ○ The kicker **CANNOT** touch the ball a second time until it has touched another player ○ A goal **CAN** be scored directly from a kickoff

#### • **OUT OF PLAY**

- The ball is out of play when it completely crosses over the line, either on ground or in air
  - ✦ If the ball crosses the touchline, it is put into play with a throw-in
  - ✦ If a ball crosses the goal line, it is put into play with a goal kick (if attacking team last touched it) or a corner kick (if defending team last touched it)
- The line judge signals out of play by raising the flag
  - ✦ Referee may ask line judge to determine possession (point the direction ball is played)
  - ✦ The referee is responsible for making the final decision

#### • **THROW IN**

- A throw in does **NOT** need a stoppage of play/whistle, but must be made in following manner:
  - ✦ Both feet must be on the ground when the ball is released
  - ✦ Part of each foot must be either on or behind the touchline when the ball is released

- ✦ The throw in must start behind the head and released in front of the head
- ✦ The player must use both hands
  - The player **CANNOT** play his/her own throw in; it **MUST** touch another player first
  - A goal **CANNOT** be scored directly from a throw in
- If the ball is thrown to the goalkeeper, s/he **CANNOT** play the ball with his/her hands
  - The referee will award a throw into the opposing team if a player executes an improper throw in

## GOAL KICK

- A goal kick is a direct kick that does **NOT** need a stoppage of play/whistle, but must be made in the following manner:
  - ✦ Any player can take the goal kick
  - ✦ All **opposing** team members **MUST** stay outside of the penalty box
  - ✦ The ball may be placed anywhere within the goalie box
  - ✦ The ball may **not** be moved after it is placed in position
  - ✦ The ball may be played to a teammate within the penalty area. Once the ball is touched by a second player, opposing team members are allowed to enter the penalty area.
  - ✦ The referee will award a re-kick if the ball is played within the penalty box

## • CORNER KICK

- A corner kick is signaled by the referee and placed at the closest corner
  - It does **NOT** require a stoppage of play/ whistle and may be taken by any player
  - If ball curves behind goal line, possession reverts to the opposing team for a goal kick

## • PENALTIES

- The referee has the authority to penalize players for **ANY** infraction
- Referees are instructed to **refrain** from imposing a penalty in cases where doing so would give an advantage to the offending team, or where doing so would take away an existing advantage
  - ✦ In this case, the referee should allow the “offended” team to “play on”

## • SUBSTITUTIONS

- Coaches are allowed to make an **UNLIMITED** number of player substitutions during the game
- Substitutions may only take place *after getting the referee’s permission*
  - A team may substitute during:
    - ✦ Any throw in,
    - ✦ Any goal kick,
    - ✦ After a goal, or
    - ✦ At the end of a period/quarter/half

- No team can substitute in the final minute of a quarter or half. The only exception is due to injury.

- **HEADING**

- **1<sup>ST</sup>-6<sup>TH</sup> GRADE, HS CO-ED:** There is to be *no heading* of the ball by any player - other than the goalkeeper. Any incident deemed by the referee as **intentional heading** will be considered an indirect free kick to the opposing team where the infringement occurred

## OFFSIDE

- A player is offside if s/he is in an offside position **AND** actively involved in play
- The referee determines if a player is offside at the **TIME THE BALL IS PLAYED, NOT RECEIVED**
  - ✦ It is **NOT** an offense in itself to be in an offside *position*
    - A player is in an offside position when s/he is nearer to the opponent's goal line than both the ball and the second-to-last defender (Goalkeeper included)
    - A player is **NOT** in an offside position if:
      - The player is in his/her own half of the field of play
      - The player is even with the second-to-last defender
      - The player is even with the ball
  - ✦ A player is involved in active play if, in the opinion of the referee, at the moment the ball is played by a member of that player's team, s/he:
    - Interferes with active play,
    - Interferes with an opponent, or
    - Gains an advantage by being in that position
- A player cannot be offside directly on a throw in, goal kick or corner kick
- If a player is deemed offside, play is restarted with an indirect free kick to the other team where the infringement occurred

## • CAUTIONS BY THE REFEREE

- A player or coach is to be **cautioned** and shown the **yellow card** by the referee for committing any of the following infractions:
  - ✦ Unsporting behavior,
  - ✦ Showing dissent by word or action,
  - ✦ Persistently infringing upon the rules,
  - ✦ Delaying the restart of play,
  - ✦ Failing to respect required distance when play is restarted with a corner kick or free kick,
  - ✦ Entering or re-entering the field of play in opposition to the rules, or
  - ✦ Deliberately leaving the field of play without the referee's permission
- A player or coach is to be **sent off** and shown the **red card** by the referee for committing any of the following infractions:
  - ✦ Serious foul play, including a tackle from behind,
  - ✦ Violent conduct,
  - ✦ Spitting at an opponent or any other person,
  - ✦ Denying a goal or an **obvious** goal scoring opportunity by *deliberately* touching the ball (this does not apply to the goalkeeper in the penalty box),
  - ✦ Denying an **obvious** goal scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or penalty kick,

- ✦ ANY offensive, insulting, abusive or foul language or gestures, or
- ✦ Receiving a second caution (**yellow card**) in the same game ○ If a player or coach is shown a **red card**, s/he must leave the complex
- Any player or coach receiving a **yellow or red card** is subject to the LSC Enforcement Committee

### **FOULS/MISCONDUCTS/FREE KICKS**

- A **direct** free kick is awarded to the opposing team if a player commits any of the following offenses:
  - ✦ Kicks or attempts to kick at an opponent,
  - ✦ Trips or attempts to trip an opponent,
  - ✦ Jumps at an opponent,
  - ✦ Charges at an opponent,
  - ✦ Strikes or attempts to strike an opponent,
  - ✦ Pushes an opponent,
  - ✦ Tackles an opponent to gain possession, making contact before touching ball,
  - ✦ Tackles an opponent *from behind*,
  - ✦ Holds an opponent,
  - ✦ Spits at an opponent, or
  - ✦ **Intentionally** touches ball with the hand or arm (except for goalkeeper in penalty box)
- An **indirect** free kick is awarded to the opposing team if a player commits any of the following offenses:
  - ✦ Plays in a dangerous manner,
  - ✦ Impedes progress of an opponent,
  - ✦ Fails to allow for space during goalkeeper possession/throw in
  - ✦ Delay of game by the goalkeeper
  - ✦ Hand ball in the penalty area by the goalkeeper
  - ✦ Intentionally heading the ball (1<sup>st</sup>-6<sup>th</sup> grade; HS Co-Ed only) ○ The referee signals an **indirect** free kick by raising one arm straight up in the air and keeping it raised until a second player touches the ball
    - ✦ During an **indirect** free kick, a goal can only be scored after touching a second player before crossing the goal line
    - ✦ If the ball goes directly into the opponent's goal, a goal kick is awarded ○ The referee signals a **direct** free kick by holding one arm out in the direction where free kick is to be made
    - ✦ A goal can be scored from a direct kick without touching another player ○ All free kicks are to be taken from where the infraction occurred
    - ✦ The ball must be stationary
    - ✦ The kicking team may either request ten (10) yards of space or kick the ball immediately

- If a team requests ten (10) yards, the kick can only be taken after a whistle
- A player may **NOT** re-kick a free kick until another player touches the ball
  - ✦ If this occurs, an **indirect** free kick will be awarded to the opposing team
- A team **CANNOT** score **against itself** directly from any free kick
  - ✦ If this occurs, a corner kick is awarded to the opposing team

### **PENALTY KICK**

- Any **direct** free kick within the defensive penalty area results in a penalty kick
  - ✦ The ball is spotted on the “penalty spot”,
  - ✦ All players except the kicker and goalkeeper must be behind the 18-yard line,
  - ✦ No other players may enter the penalty area until the ball is kicked,
  - ✦ The goalkeeper must keep at least one foot on any part of the goal line until the ball is kicked,
  - ✦ The kick is started with the referee’s whistle, and
  - ✦ The ball remains in play if a goal is **NOT** scored and ball does **NOT** go out of bounds

### **• INJURIES**

- Referees are instructed to stop play with a whistle for an *appearance* of an injury to a player
  - ✦ For all age groups, the referee will stop play, immediately, for any head/neck injuries
  - ✦ For 1<sup>st</sup> thru 4<sup>th</sup> grade, the referee will stop play, immediately, for any injuries
  - ✦ For 5<sup>th</sup>-12<sup>th</sup> grade, the referee may continue play during a goal scoring chance for other injuries
- When play is stopped, coaches should direct players to **walk in place** rather than take a knee
- If there was no infraction and the ball was in play during stoppage, play will resume with a with a throw in to the team that had possession at the time of stoppage
- Injury time is only given if substantial time was lost; must be directed by a Board Member

### **• GOALKEEPER**

- The goalkeeper may touch the ball with **ANY** part of the body, but **ONLY** within the penalty box
- A ball that is *intentionally* (in the referee’s opinion) passed with a teammate’s foot to the goalkeeper, the goalkeeper **MAY NOT** use his/her hands to play the ball
  - ✦ If the ball is handled, an **indirect** free kick is awarded where the infringement occurred
- If the ball is passed with a teammate’s body part other than the foot to the goalkeeper, the goalkeeper **MAY** use his/her hands to play the ball

- After picking the ball up, the goalkeeper must release the ball within *six seconds* ✦ If goalkeeper does not release ball in time, an **indirect** free kick is awarded at top of penalty box
- Once outside the penalty box, the goalkeeper is considered another field player

## • SCORING

- A goal is scored **ONLY** when the ball completely crosses over the goal line between goalposts

### **SPECIAL 2<sup>ND</sup> GRADE RULES**

- **Rotation:** The goal of the mandatory rotation system is to ensure that all players experience both offensive and defensive positions with a FAIR distribution of playing time
  - ✦ Each player changes positions by rotating “x” number of positions, with “x” equal to the number of substitutes on the bench. Specific rotation formulas, instructions and diagrams will be made available to the coaches and representatives of the Board of Trustees responsible for field duty
  - ✦ Each game consists of two 21-minute halves, with a three-minute half time. Each half is divided into three seven-minute periods. Teams will change sides of the field at half time **ONLY**. Each period is restarted with a kickoff on an alternating basis. Except for the three-minute half time, breaks between other periods are strictly for changing positions
  - ✦ The coaches and assistant coaches are responsible for managing the rotation system for the entire game. Referees are **NOT** responsible for **any aspect** of player positioning, rotation or distribution of playing time. A referee may, however, *constructively* and *objectively* offer advice to a **2<sup>nd</sup> Grader** during the course of play
- **Coaches on the Field:** Coaches on the field must stand outside of the penalty areas, not in close proximity to the ball in play, and must **NOT** block the referee’s view
  - ✦ **For 2<sup>nd</sup> Graders**, *one* (1) coach from each team is to be on the field during play for the first two (2) games **ONLY**
  - ✦ If coaches do not defer to the referee’s direction, after proper warning, the referee may request all one or both coaches to leave the field for the remainder of the game
  - **Throw Ins:**
    - ✦ After an improper throw in, the referee will *demonstrate* to the player how to properly execute a throw-in.
    - ✦ The referee shall exercise latitude in determining a legal throw-in
    - ✦ 1<sup>st</sup> and 2<sup>nd</sup> Graders are **NOT** expected to make perfect throw-ins. The second attempt will stand whether it is a legal or illegal throw
  - **Goal Kicks:**
    - ✦ Play will be stopped and the referee will place the ball on the penalty area line, **NOT** the goalkeeper’s area
    - ✦ The defending team should allow approximately **ten (10) feet** of space for the kick determined by referee



- **Offside:** A penalty for an offside play is only to be called by the referee if a player is **CLEARLY** and **FLAGRANTLY OFFSIDE** ○

**Penalty Kicks:**

- ✦ *Instead of a penalty kick*, the referee will award a *direct kick* from the top of the penalty area, directly in front of the goal
- ✦ The referee will start the play with a whistle and hand signal for a direct kick
- ✦ Coaches are allowed to instruct their defensive players to set up a defensive “wall” to block the shot
- ✦ The referee should allow **ten (10) feet** of space for the kicker

- **Dangerous Situations:** The referee should **immediately** whistle a stoppage of play if any player is in a **potentially dangerous** position. Play is restarted with a throw in to the team that had possession at the time of stoppage
- **Substitutions:**
  - ✦ Substitutions are to be made between periods
  - ✦ During the period, no substitutions are allowed, except due to injury, exhaustion or a crying player ○ **Time between periods:**
  - ✦ Coaches have sixty seconds between periods to switch players into new positions
  - ✦ The game clock will start even if teams are not ready within allotted time period
  - ✦ Three minutes should be allowed for half time ○ **Goalies:** The goalkeeper may run up to end of the penalty area with the ball before throwing or punting it.

### **SPECIAL FIRST GRADE FESTIVAL RULES**

- **Format:** The Format is 5 v 5 including a goalie on a roughly 25 by 30 -yard field. This means there will be 4 field players and one player serving as a goalie. Each team will split into two squads of 5 - 9 players who will play three 15-minute games. Each squad of players will need its own coach. Players are encouraged to develop problem solving through on-field experience. Therefore, coaches remain on the sideline to manage the subbing. The ending of the 15-game is signaled by a loud whistle blown by the Festival Leader.
- **Coaches remain on the Sideline:** Players are encouraged to develop problem solving through on-field experience. Therefore, coaches remain on the sideline to manage the subbing.
- **Subbing:** Subbing will be done, “On the fly,” and from the sideline at the discretion of the coach. The idea is to give all players equal playing time during a festival mini game.
- **Kick Ins:** When the ball rolls out of bounds, it is returned to play via a kick in from the sideline at the point at which it rolled out. This includes the end line. There are no corner kicks, penalty kicks or goal kicks.
- **Time between games:** There is a 5-minute break between each game. The break is also time for water and to get your squad ready for the next game. You may make changes to the players on a squad before moving on to the next game.
- **Keeping Score:** Score is not kept. The focus is not just on scoring but on meaningful touches.
- **Sharing Players:** The ideal number to play in a game is 5 v5, however a squad may begin with 4 players. Players may be loaned from one team to another with the focus on maximizing playing time for all players.

### **• SPECIAL HIGH SCHOOL CO-ED (10<sup>TH</sup>-12<sup>TH</sup> GRADE) RULES**

- **Number/Gender of Players:** There will be a minimum of seven (7) players from each team on the field of play, including the goalkeeper, at all times to avoid a forfeit. There

will be a maximum of eleven (11) players from each team on the field of play (11v11), including the goalkeeper.

- ✦ The maximum number of boys to play on the field will be determined by the team with the most number of girls who show up.
  - If 3 girls show for either team, then the max # of boys is 8
  - If 2 girls show for either team, then the max # of boys is 9
  - If 1 girl shows for either team, then the max # of boys is 10
  - If 0 girls show for either team, then the max # of boys is 11
- ✦ As an example if a team has 3 girls show up and the other team has 0 girls show up, the team with 0 girls still can only play a maximum of 8 boys.
- ✦ NOTE: If the number of girls changes during a game due to late arrivals or early departures, an on the spot numbers adjustment is to be made based on the team with the most amount of girls in attendance at that time.
- ✦ Coaches are expected to “play down” or otherwise manage playing time in order to maintain equity of playing time between a team’s boys and girls, and fair play between the two teams.
- **Slide Tackling:** *Slide tackling is strictly prohibited!* Any slide tackle, or attempted slide tackle, is to be considered a direct kick foul and will be cause for a red card from the referee (with an automatic ejection from the game.)
  - ✦ Only a goalkeeper may slide in an attempt to stop a kicked ball (either a shot or a pass.) Any *incidental* contact resulting from a goalkeeper’s slide is **not to be penalized**. Any such contact deemed *intentional* by the referee **is to be penalized as a red card foul**.
- **Red Cards:** Any player who is ejected from a game for red card or multiple yellow card offenses may be replaced on the field of play. The team will **not be penalized** by being required to “play down” for the duration of the game.
- **Scoring:** On an experimental basis, from time to time, these rules may be further altered to allow a goal scored by a girl to count as more than one goal (e.g., it may count as 1<sup>1/2</sup> or 2 goals.) This change will be announced to the coaches at least one day before the game.
- **Heading:** There is no heading allowed

#### • PLAYING TIME AND POSITIONS

- **3<sup>RD</sup>-12<sup>TH</sup> GRADE:** No player is permitted to play more than ¼ of the game MORE than any other player (barring injuries). For example, if one player only plays half of the game, then no player is permitted to play more than ¾ of that game
- **3<sup>RD</sup>-6<sup>TH</sup> GRADE:** EVERY player should have an opportunity during EVERY game to play at a position OTHER than defender and goalkeeper for at least ¼ of the game.

#### • COACHES ON SIDELINES

- There are only THREE (3) coaches allowed on the sidelines (exception – 1<sup>st</sup> grade, which may have 4). Others should remain on the spectator’s side of the field, behind the

“setback” line

- **LINESPEOPLE**

- Individuals acting as linespeople CANNOT “coach” or otherwise instruct any players during the game, including when the ball is out of bounds.
- Unless the linesperson is an assigned assistant referee by the LSC ref assignor, the linesperson’s job is to raise a flag when the ball is out of bounds (which occurs when the ENTIRE ball is outside the line); the REFEREE is the only individual who determines which team gets possession, or if a team is offside

- **FIFA RULES**

- FIFA rules will apply in all cases not covered by these rules