

Tri Rivers Soccer League Rules of Play

Last updated Feb 24, 2025

1) THE FIELD OF PLAY:

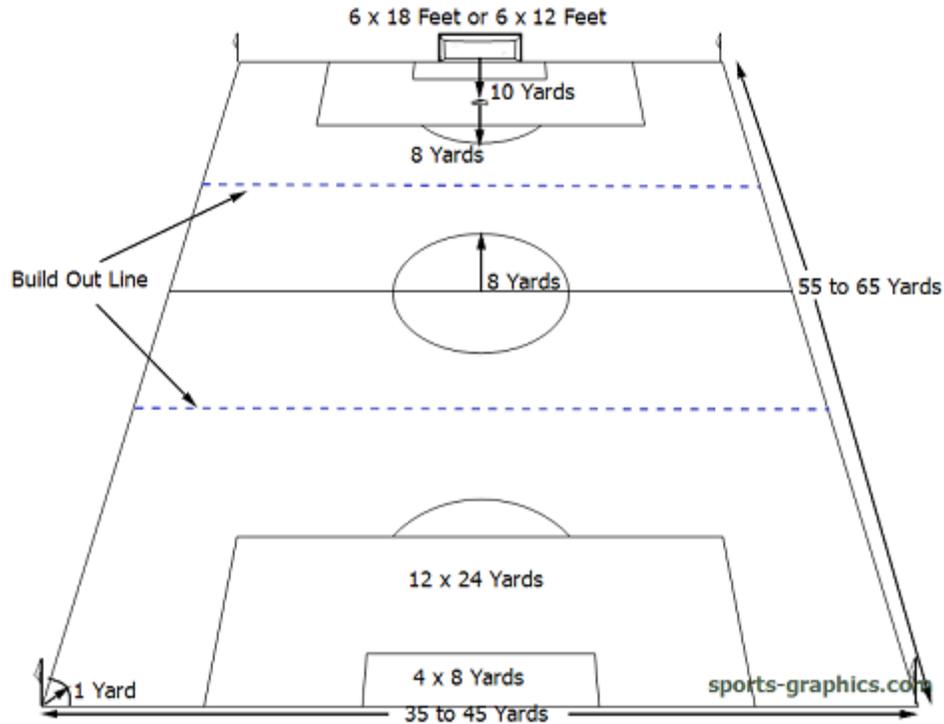
- a) The home team shall provide a suitable and safe playing field. Recommended field size specifications are as follows.

<u>Level</u>	<u>Width (in yards)</u>	<u>Length (in yards)</u>
U7 & U8	20 - 30	25 - 35
U9 & U10	35 - 45	45 – 55
U11 / U12	45 - 55	60 – 80
U13 & up	50 – 100	100 – 130

- b) **Field Markings:** The field of play shall be marked by the home team with a non-caustic material in accordance with recommended attached diagrams.
- i) The field of play is marked with lines. These lines belong to the areas of which they are boundaries. Boundary lines are part of play. They shall be approximately five (5) inches wide with distinctive colored material which is non injurious to the participants. The two longer boundary lines are the “touch lines”, and the two shorter boundary lines are the “goal lines”. The field of play must be rectangular. The length of the touch line must be greater than the length of the goal line.
 - ii) The field of play is divided into two halves by a halfway line.
 - iii) The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 10 yards for U13 and up, 8 yards for U9 – U12, and 4 yards for U7 & U8 is marked around it.
 - iv) The goal area and penalty area shall be marked at 90-degree angles to the boundary lines in accordance with the attached diagrams (provided at the end of this document).
- Important Note:** There is no Goal Area, Penalty Area or Penalty point to be marked for the U7 & U8 field, instead a half circle with a radius of Four (4) yards is to be drawn from the halfway of goal lines into the field of play.

c) U10 Build Out Line and Goalkeeper Rules

- i) The build out line is used to promote playing the ball out of the back in an unpressured setting. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move behind the build out line. At any time, the goalkeeper may pass, throw or roll the ball to a teammate, but the goalkeeper does so accepting the positioning of the opponents and the consequences of how play resumes. Punts or drop-kicks are not allowed as this would defeat the purpose of the build out line and reduces the opportunity to play out of the defending third in an unpressured setting. After the ball is put into play, the opposing team can then cross the build out line and play resumes as normal.
- ii) In Tri Rivers we are not requiring a chalk line on the field. Cones can be placed to indicate the line.



d) Situational Application of the Build Out Line and Goalkeeper Rules at U10

- i) If the goalkeeper acquires possession of the ball, whether by foot or hands, the offensive team must retreat behind the build out line on their offensive end. If the goalkeeper releases the ball in his defensive end before the offense retreats to the middle third of the field, quick restart, the offensive team can turn and resume play in the attacking end. The emphasis here is that if the goalkeeper doesn't quick play the ball, the defensive team will have a fairly safe first pass option to build out of the back from since the offensive team has to drop off to the build out line in the middle third of the field and is not allowed to cross the line until the defensive team brings the ball over the build out line. If it becomes clear that the goalkeeper isn't going to play the ball until the offense falls behind the line, referee should encourage the offensive team players to fall back if they are not doing so.
 - ii) The offensive team takes a shot that misses the results is a goal kick. A normal goal kick will be taken with all the defending teams players in their defending zone and the offensive team behind the build out line in the middle third of the field. The goal kick must travel outside the 18 yard box. If it doesn't the goal kick will be retaken. The offensive team cannot enter into the defensive third until the ball is played by the defensive team into the middle third. If the offense encroaches onto the defensive third before the ball leaves the defensive zone, the goal kick will be retaken.
 - iii) The goalkeeper collects the ball and tries to punt or drop kick the ball, play will stop and the goalkeeper will be required to re-take the distribution of the ball.
- e) **Goals:** The goals shall be sized in accordance with the attached diagram. Goals must be placed on the center of each goal line. The home team shall provide the goals with serviceable nets prior to game time. Home teams shall have appropriate tools to repair goals in case of need. The goalposts and crossbars must be white. Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement. The goals will be inspected prior to the game by the referee to insure serviceability.

- i) Goal Sizes:

<u>Level</u>	<u>Width (in yards)</u>	<u>Length (in yards)</u>
U7 & U8	6	4
U9 & U10	12	6

- f) The home team shall provide flag posts or cones to mark the corners of the field of play. A **flag post** must equal or greater than 5 feet high with a non-pointed top.

2) THE GAME BALL:

- a) The game ball must be:
- spherical,
 - made of leather or other suitable material,
 - should be inflated to the manufacturer's recommended specifications.
- b) The home team will provide up to three (3) game balls to the referee ten (10) minutes prior to game time. The home team shall have a pump available for adjusting pressure.
- c) The game ball sizes are as follows:

<u>Level</u>	<u>Ball Size</u>
U7 & U8	3
U9 – U12	4
U13 & up	5

3) THE PLAYERS and SUBSTITUTIONS

- a) The number of players to be on the field at any one time for either team is as follows:

<u>Level</u>	<u>MAX. Number of Players in the field of play</u>	<u>MIN. Number of Players in the Field of Play</u>	<u>Recommended Roster Size</u>
U7 & U8	4 (No GK)	3 (No GK)	6 – 8
U9 & U10	7 (Including GK)	5 (Including GK)	9 - 11
U11 & U12	9 (Including GK)	6 (Including GK)	11 - 13
U13 & U14	11 (Including GK)	7 (Including GK)	14 – 18

- b) Each participating **soccer club and/or City** shall provide a roster with names and dates-of-birth for team members on their respective teams.
- c) **Substitutions:**
- To request a substitution, a substitute shall be ready and report to the scorer or referee before entering the field. The substitute shall wait by the halfway line mark until an official beckons the player to the field. A player may enter the field without permission of the official at the beginning of the game, quarter, or half time. Goal keeper change / substitution must be reported to the referee prior to actual change/substitution.
 - Times for substitutions - **either team** may substitute an **unlimited number** of players:
 - On throw-ins, if the team in control of the throwing the ball is present and substituting,
 - between periods,
 - on a goal kick,
 - when a goal is scored,
 - when an injured player is attended to on the field,
 - when a player is bleeding - must be attended to before reentering.
- d) A substitute becomes a player once the official beckons him/her to the field.
- e) Substitutions made on Corner Kicks are to be made by the team in control of the ball only. The opposing team must wait until appropriate time for a substitution.

4) THE PLAYERS' EQUIPMENT

- a) The basic guidelines for the evaluation of the players' equipment are to assure it is reviewed in light of safety for the players. If errors are made in requirements, they shall be made in favor of 'being cautious. The referee and Park & Recreation Soccer League will be the final authorities on safe equipment used by all players. Basic compulsory equipment of a player is:
 - i) jersey or shirt,
 - ii) short,
 - iii) stockings,
 - iv) shinguards,
 - v) footwear
- b) **Jerseys or shirts** must be numbered (numbers on the backside must be large enough and clearly visible from distance). Opposing teams shall wear opposing colors with the home team being responsible for conflicting colors. Goalkeepers shall wear colors which distinguishable from the other players, the referee and the assistant referees.
- c) **Footwear/shoes** must be safe for all players. Shoes should be made of materials, which do not chip or cut. All cleats shall be not less than 1/2 inch in width and shall not be more than 3/4 inch long. Toe cleats, which are dangerous because they protrude, are illegal.
- d) **Shinguards** must be commercially made of a suitable material (rubber, plastic, or similar substances). Shinguards must be completely covered by the stockings. Park & Rec. Soccer League recommends that all shinguards used be made of a strong durable plastic material.
- e) No jewelry of any kind may be worn. This includes necklaces, earrings, bracelets, watches, and rings. Medical tags may be worn if secured properly underneath the uniform.
- f) Sweatbands, for the head and wrists, along with hair control devices may be worn if made of soft material. Hats with rims may be worn by the goalkeeper only. Soft non-rimmed hats may be worn by any players in times of cold weather or for other reasons. Bandannas may only be worn if used as a sweatband for the head.
- g) All glasses must be strapped. Plastic framed glasses are recommended. Metal/Wired framed glasses are acceptable if they are not broken.
- h) Unusual equipment should be brought to the attention of Park & Rec. Soccer League prior to the start of the season for a determination of their suitability. Unusual equipment not certified by Park & Rec. Soccer League prior to the season shall be deemed unsafe by the referee on the field.

5) REFEREES

- a) One official required to referee the scheduled games for the ages **U10 and below**. The official may or may not be certified and is not required to wear an official uniform (just suggested) however, he/she must be familiar with the rules and regulations.
 - i) **REPORTING PROCEDURE:** Report any non-compliance to the local recreation department. (Please provide the following information: Name of both teams, age level, city and field being played, officials name if known, brief description of what happened).
- b) The referee will be responsible for enforcing the "Laws of the Game" of soccer in such a manner to ensure that the game is played fairly by both teams and that the competition is a result of good sportsmanship by all involved. A referee is responsible for all actions taken on the field from the equipment check at the beginning to the handshake of teams at the end of the game. Referees should stay on the field until the teams have shaken hands.
- c) Referees should be properly uniformed and equipped in order to referee each game. Proper equipment includes whistle, cards, stopwatch, and note pad.

- d) The decisions of the referee regarding facts connected with play are final. With this in mind, players, coaches, and spectators must understand that derisive comments toward the referee are unacceptable. At the same time referees are there to facilitate the play of each game and not to hinder or influence. Referees are expected to treat coaches, players and spectators with the same respect as requested during each game. Likewise, it is expected that spectators and coaches treat referees with dignity and respect. All communication with the referee after the game in respect to questioning his/her calls on officiating the game should be made by the coach. Spectators/parents should not have any direct contact with the referee questioning his/her decision and/or making an argument.
- e) **In the event of a Red Card is issued to a player,** the referee must give a game report to the corresponding coach outlining the offense. The coach must then forward the report to their Park & Recreation Department who then must send a copy to the Park & Recreation Soccer League - Committee (**addresses shown at the end of this document**) within Three (3) working days. The above information may also be communicated through telephone, fax and/or E-mail.
- f) The referee (center official) must be at least two (2) years older than the age group of kids in the game he/she is officiating.

6) LINESMAN

- a) **Linesman** should be familiar with the rules of play for soccer. Linesman's responsibilities are limited to out-of-bounds duties and/or subject to the decision of the referee be appointed to extended duties to indicate:
 - i) which side is entitled to a corner kick, goal kick or throw-in,
 - ii) when a player may be penalized for being in an offside position,
 - iii) when a substitution is requested,
 - iv) when misconduct or any other incident has occurred out of the view of the referee

7) DURATION OF THE GAME

- a) The published game time is the official start time.
- b) **Duration of games** is as follows:

<u>Level</u>	<u>Period of Play</u>	<u>Half-Time Interval</u>
U13 & U14	Two 35 minute halves	10 minutes
U11 & U12	Two 30 minute halves	10 minutes
U9 & U10	Two 25 minute halves	5 minutes
U7 & U8	Four 12 minute quarters	5 minutes
- c) Half time interval shall be as indicated above unless a shorter time agreed upon by both coaches. Officials are however, encouraged to start as soon as possible assuming both teams are ready. Also, for U7 & U8 games, time between quarters shall be **one (1) minute**. **NOTE:** The referee may shorten the half time due to unexpected events (e.g. game running late, weather).
- d) If game is tied at the end of regulation play, the game will be recorded as a tie (During regular season only).
- e) Running clock with the exception of an injury on the field.

8) START OF PLAY

- a) A coin toss will be held before the game to determine who has initial possession of the ball and side of field. The visiting team make the call, Winner of coin toss will decide which end they will attack and the loser of the coin toss takes the kick-off to start the game. In the second half of the game the teams change ends and the team that did not take the kick-off in the first half will start the game.

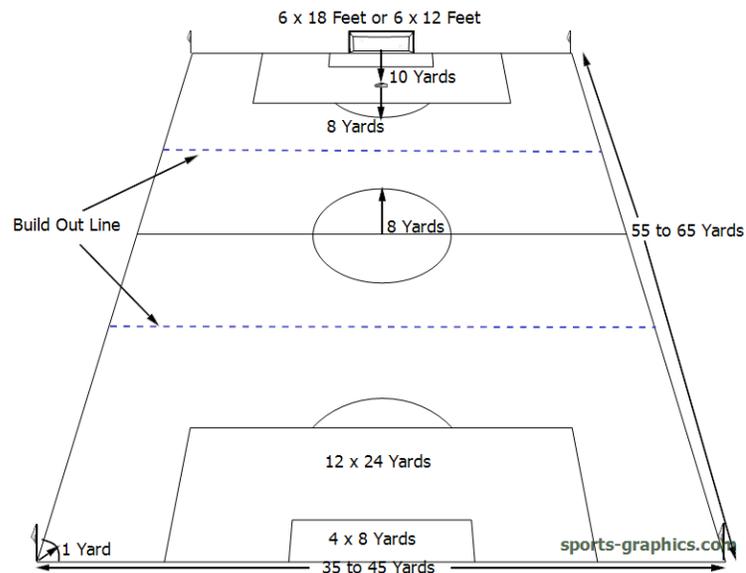
- b) In addition to the above, the 2nd and 4th quarters of U6 through U8 games will be restarted with a kick-off from midfield alternating possession each quarter. Sides of field will only be switched at the half time.
- c) Kick-off is a way of starting or restarting play. It takes place:
- after a goal has been scored,
 - at the start of each half,
- d) Procedure during the Kick-off:
- all players must be in their own half of the field,
 - the ball is stationary on the center mark,
 - the opponents of the team taking the kick-off are to start outside the center circle on their own half of the field. That means at least 10 yards for U13 & up, 8 yards for U9 - U12, and 4 yards for U8 & below.
 - the referee must give a signal to start,
 - the ball is in play when it is kicked and moved forward at any distance
- NOTE:** A goal may be scored directly from the kick-off.

9) BALL IN AND OUT OF PLAY

- a) The ball is out of play when:
- it has completely crossed the goal line or touch line whether on the ground or in the air.
 - play has been stopped by the referee.
- b) The ball is in play at all other time, including when:
- it rebounds from a goalpost, crossbar or corner flag and remains in the field of play,
 - it rebounds from either the referee or linesmen when they are on the field of play.

c) U10 Zone and Goalkeeper Rules

- i) The build out line is used to promote playing the ball out of the back in an unpressured setting. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move behind the build out line. At any time, the goalkeeper may pass, throw or roll the ball to a teammate, but the goalkeeper does so accepting the positioning of the opponents and the consequences of how play resumes. Punts or drop-kicks are not allowed as this would defeat the purpose of the build out line and reduces the opportunity to play out of the defending third in an unpressured setting. After the ball is put into play, the opposing team can then cross the build out line and play resumes as normal.



10) SCORING

- a) A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.
- b) Forfeited games shall be a score of 1 - 0.
- c) For the U8 and below games:
 - i) No score can be made directly into the goal from the shooters own half of the field. In a case where the ball is shot from the players own half of the field and enters the opposition net without touching another player from either team first the result will be a goal kick. If the ball is touching the center line when shot it will not be considered to be in a players own half of the field and a goal would be allowed if scored.
 - ii) Since there are no goalkeepers assigned to these games, no player from either team is allowed into the half circle surrounding either goal unless the ball enters first. If an offensive player is in the half circle before the ball the result is a goal kick for the defensive team. If a defensive player is in the half circle before the ball enters the half circle the result is that the ball will be placed on the half circle where it entered and the offensive team will be awarded an indirect free kick. During this free kick the defensive team will be allowed to stand on their goal line to form a wall when the ball is put back in play and will be given a reasonable amount of time (5 seconds) once the ball has left the half circle to vacate the inside of the half circle.
 - iii) As long as the ball enters the half circle first, players from both teams are allowed to enter the half circle surrounding the goal whether it is to defend or score.

11) OFFSIDE

- a) **Offsides will be enforced for all games U11 & up. There will be no offsides for any games of a lower age. It is not an offense in itself to be in offside position.**
- b) A player **is** in an offside position if:
 - i) that player is nearer to an opponent's goal line than both the ball and the second last opponent
- c) A player **is not** in an offside position if:
 - i) he is in his/her own half of the field of play or
 - ii) he is level with the second last opponent (Goalie be counted as one of the opponent),
 - iii) he is level with the last two opponents (Goalie be counted as one of the opponent).
- d) A **player in an offside position is only penalized** if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:
 - i) interfering with play or
 - ii) interfering with an opponent or
 - iii) seeking the gain advantage by being in that position.
- e) A player shall not be penalized for an offside position if he/she receives the ball direct from a:
 - i) Goal Kick
 - ii) Corner Kick
 - iii) Throw-in

12) FOULS AND MISCONDUCT

- a) **Penal Fouls:** Coaches, referees, and players must be familiar with the basic rules of soccer. The objectives for sports for youth should be enjoyment, skill development, benefits from participating in a team sport, and the development of good sportsmanship. The followings are considered **Ten Penal fouls** if it is committed by any player in a manner considered by the referee to be **careless, reckless or using excessive force**:

- i) player shall not intentionally kick or attempts to kick an opponent,
 - ii) player shall not intentionally trip or attempts to trip an opponent,
 - iii) player shall not intentionally strike or attempts to strike an opponent's,
 - iv) player shall not intentionally jump at an opponent,
 - v) player shall not intentionally push an opponent,
 - vi) player shall not intentionally handling the ball with a hand or an arm (except for the goalkeeper within his own penalty area),
 - vii) player shall not intentionally hold an opponent,
 - viii) player shall not intentionally charge an opponent unfairly,
 - ix) player shall not intentionally spit at an opponent,
 - x) player shall not intentionally tackle an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
 - (1) **NOTE 1:** A **direct free kick** is awarded to the opposing team if the above fouls committed by a player outside of his own penalty area.
 - (2) **NOTE 2:** A **penalty kick** is awarded to the opposing team if it is committed by a player inside of his own penalty area, irrespective of the position of the ball, provided it is in play.
- b) **Cautionable Offenses:** A player is cautioned and shown the yellow card if he commits any of the following offenses:
- i) entering or re-entering the field of play without permission of the official,
 - ii) deliberately leaves the field of play without permission of the official,
 - iii) persistent infringement of any of the rules of the game,
 - iv) objecting by word of mouth or action to nay decision given by an official; (dissent),
 - v) fails to respect the required distance when play is restarted with a corner kick or free kick,
 - vi) any incidental use of vulgar or profane language, un-sportsmanlike conduct or behavior including but not limited to:
 - (1) coaching outside team area (10 yards away from the halfway line)
 - (2) unnecessary delay the restart of play,
 - (3) holding a shirts, shorts, etc.
 - (4) deliberate verbal tactics
 - (5) encroachment
 - (6) intentional handball to stop an attack
 - (7) deliberate tactic foul
 - vii) **NOTE :**A coach or bench personnel who commits above offenses may receive only a verbal warning for the first time.
- c) **Sending-Off Offenses:** A player is sent off and shown the **red card** if he commits any of the following offenses and suspended for their next league game:
- i) exhibiting **violent conduct or committing serious foul play:**
 - (1) A player anywhere on the field intentionally handles the ball to prevent it from going into the goal. (except for goalkeepers within own penalty area)
 - (2) An intentional foul by a player against an opponent is moving toward his/her offensive goal with an obvious chance of scoring.
 - (3) spitting at an opponent or any other person
 - ii) using foul, insulting or abusive language and/or gestures.
 - iii) player who receives a second caution (Yellow Card) in the same game.
 - iv) leaving the area to enter the field where a fight or altercation is taking place.
 - v) **NOTE 1:** A player who receives a second yellow card shall immediately leave the field and shall not be substituted.

- vi) **NOTE 2:** A red carded player also cannot participate in their next regular season scheduled game, however, the team can play at full strength in the next game. It is the responsibility of each club to keep track of carded player.
- vii) **NOTE 3:** A coach or bench personnel who commits above offenses, if requested by the referee shall leave the vicinity of the playing field immediately and is not permitted to return during the length of the game. Failure to do so will result in termination of the game.

viii)

13) FREE KICK

- a) Referee, coaches, and players should recognize the distinction between direct and indirect free kick. Referees must signal the appropriate call and type of kick to prevent confusion. Opposing players must be at least ten (10) yards for U13 & up, at least eight (8) yards for U9 – U12 and at least four (4) yards for U8 & under away from the spot of the kick.
 - i) Free kicks shall be classified "**Direct**" from which a goal may be scoring against the offending team, or "**Indirect**" from which a goal may not be scored unless the ball is touched or played by another player of either team.
 - ii) Any player of the offended team may take a free kick.
 - iii) **Direct free kicks are awarded:**
 - (1) If a player intentionally spits at, kicks, strikes, and attempts to kick or strike or jump at an opponent.
 - (2) If a player intentionally trips or attempts to trip an opponent.
 - (3) If a player, other than the goalkeeper in his/her own penalty area intentionally handles the ball.
 - (4) If a player intentionally pushes or holds an opponent.
 - (5) If a player intentionally charges an opponent in a violent or dangerous manner.
 - (6) If a player tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
 - (7) **NOTE 1:** If a direct free kick is kicked directly into the **opponents' goal, a goal** is awarded.
 - (8) **NOTE 2:** If a direct free kick is kicked directly into the **team's own goal, a corner kick** is awarded to the opposing team.
 - iv) **Indirect free kicks are awarded:**
 - (1) If a player is penalized for being offside
 - (2) If a player prevents the goalkeeper from releasing the ball from his hands.
 - (3) If a player unfairly charges an opponent neither within playing distance of the ball.
 - (4) If a player who is not in possession of the ball intentionally obstructs an opponent and/or impedes the progress of an opponent. Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.
 - (5) For dangerous play (Playing the ball while on the ground and/or high kick are only considered a dangerous play when it endanger other players)
 - ** Heading the ball in games for leagues below the 6th grade league (U12) are considered a dangerous play and results in an indirect free kick for the non-offending team.**
 - (6) If a goalkeeper inside his own penalty area commits any of the following five offences:
 - (a) takes more than six (6) seconds releasing the ball after gaining possession and having control of the ball.
 - (b) Touches the ball again with hands after it has been deliberately kicked to him by a team-mate,
 - (c) Touches the ball again with his hands after it has been released from his possession and has not touched any other player,

- (d) Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate,
- (7) **NOTE 1:** If an indirect free kick is kicked **directly into the opponents' goal, a goal kick** is awarded.
- (8) **NOTE 2:** If an indirect free kick is kicked **directly into the team's own goal, a corner kick** is awarded to the opposing team.
- (9) **NOTE 3:** The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.
- b) The referee has the right to determine severity of infraction and determine the type of free kick to be taken. All free kicks for U8 and below, except for restarts at half field to start the half or after a goal is scored, are indirect for U8 and below.

14) PENALTY KICK

- a) A **penalty kick** is awarded against a team which commits one of the ten penal fouls inside of its own penalty area and while the ball is in play.
- b) Procedure for taking a Penalty Kick:
 - i) the player taking the penalty must kick the ball forward,
 - ii) only the player who taking the kick and the goalkeeper are allowed inside of the penalty area. All other player must stay outside of penalty box until the kick is taken,
 - iii) the player taking the penalty cannot play the ball a second time until it has touched another player,

15) THROW-IN

- a) A **throw-in** shall be awarded to a team when the opposing team last touches the ball before the entire ball crosses the touch line either in the air or on the ground.
- b) The ball may be thrown in any direction from the point where it crosses the touch line as long as the thrower faces the direction that ball being thrown at.
- c) The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head while keeping both feet on the ground until the ball has left the hands.
- d) If the ball fails to enter the field of play, it shall be re-thrown.
- e) For the U8 and under games, no penalty will be given for the bad throw-in instead referee should use constructive teaching of the proper throw-ins. For the U9 and U10 levels, during the first two (2) weeks of the season games, referee should use constructive teaching of the proper throw-ins and give second chance to the player to throw-in correctly. If the second attempt is unsuccessful, regular rules apply.
- f) Opposing players shall not interfere with the thrower.
- g) Goalkeeper can't handle the ball with hands if the ball has been thrown to him by one of his teammate from throw-ins.

16) GOAL KICK

- a) A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal posts, either in the air or on the ground having last been touched by the attacking team.
- b) Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.

- c) The ball may be placed at any point in the goal area. After kicking, the ball must completely leave the penalty area and enter the playing field. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated.

17) CORNER KICK

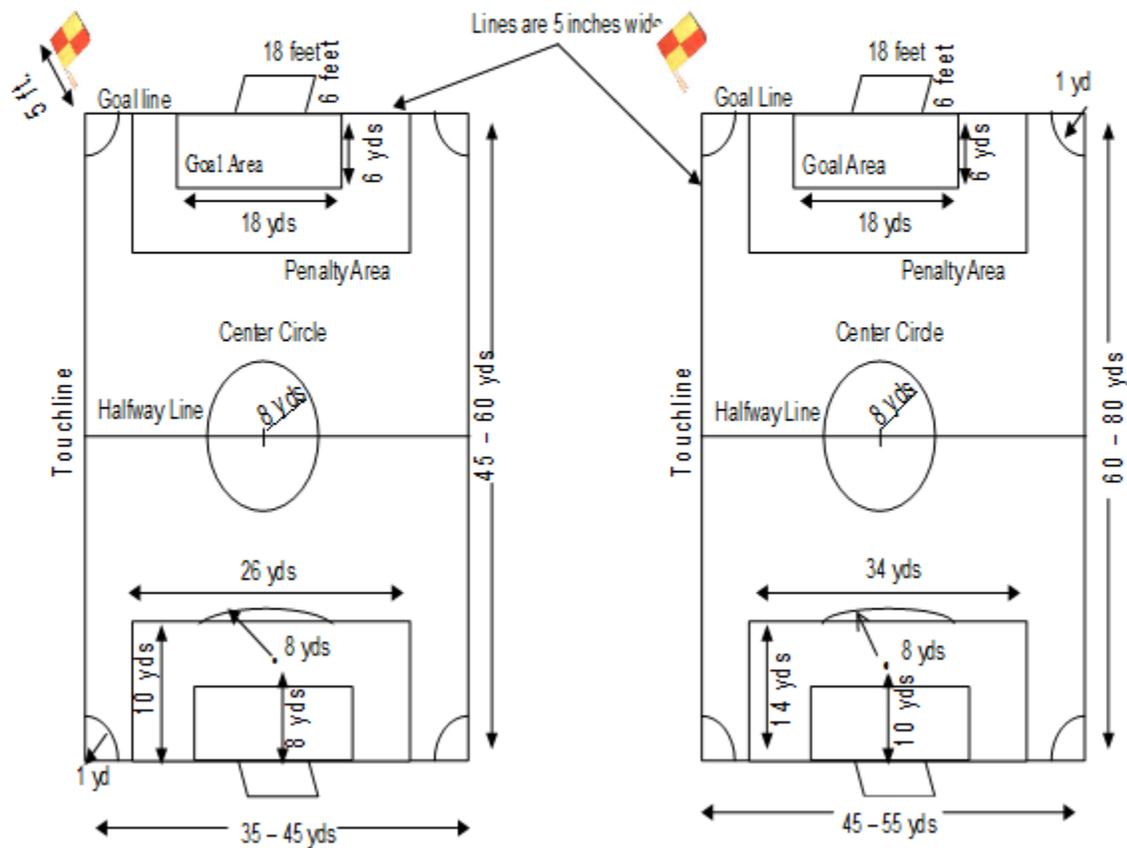
- a) A corner kick shall be awarded to the attacking team when the entire ball, either on the ground or in the air, completely crosses the goal line, excluding that portion between the goal posts and below the crossbar having been last touched by the defending team.
- b) Players of the defending team shall be at least 10 yards from the ball until it has been kicked.
- c) The ball shall be kicked within the quarter circle at the corner kick location.

THE FIELD OF PLAY

Small-sided Games for Under-10 & 12

Under-10

UNDER-12



**Safety: Goals must be anchored securely to the ground.
Portable goals may only be used if they satisfy this requirement.**

10

