

SUSQUEHANNA RECREATIONAL SOCCER LEAGUE
(**Hawkrock**, Newport and Dauphin Soccer Clubs)
RULES AND REGULATIONS
Revised: August 2025

(The changes for 2025 are shown in black bold with the exception of section titles which are also bolded)

Introduction

The SUSQUEHANNA RECREATIONAL SOCCER LEAGUE (SRSL) community soccer program is a recreational league. SRSL was formed and will operate with the primary objectives being to teach the fundamentals and methods of playing soccer and to teach and instill a spirit of sportsmanship and team play. SRSL also stresses the importance of player safety and respect for the authority of the referees who are donating their time so that all players can participate in a safe, harassment free atmosphere. You will notice that winning has not been mentioned as a prime objective. Everyone involved with SRSL should keep “winning” in perspective.

This is a recreation league. Competition is healthy and if a player wants more of a challenge and contest, he/she should seriously think about trying out for **Hawkrock travel** or another travel program. **Hawkrocks travel** program is open to all players and coaches in the SRSL.

Winning is fun and exciting, and it is an important goal each time you take the field, but there are many other ways to “win” that are more important, including: learning team play, playing in a sportsmanship like manner, using the skills learned each week in practice, becoming physically fit, developing skills for a lifetime of sports enjoyment (and use in school sports), and having FUN!

Play to win; but think of winning as much more than the final score.

For the above reasons, following are our Condensed Rules and Regulations, which will be strictly adhered to. Penalties for failure to comply with these Rules are spelled out along with the appropriate and applicable Rule

ARTICLE I – ORGANIZATIONAL CONTINUITY

Each participating recreational soccer organization must be governed by a Board consisting of at least a President, a Treasurer, and a Secretary. More Board Members would be desirable to share the responsibilities inherent in providing recreational soccer opportunities to youth in the respective communities. Each organization will set their procedures for determining which volunteers will serve on the Board. Each Board will hold scheduled meetings to discuss and make decisions affecting the organization. The meetings will be open to parents of youth players and the officers and board members of the other participating organizations.

ARTICLE II - Team Draft

Each organization may set their own procedures for drafting players onto teams as long as the teams are balanced in terms of gender, age, and relative ability. It is recommended that a committee be used to conduct the draft. Moreover, teams must not move up from one age group to another over a period of years with virtually no change in team rosters. Therefore:

- Players with past experience will be equally divided among teams

- An effort must be made to balance the number of male and females on a team and there must be no all-male teams or all female teams
- If the abilities of players are known, these players will be placed on teams to equally distribute ability among teams, to the extent possible.
- There is no dual enrollment. If a player is rostered on a team in another league (travel or recreation), he/she cannot play in the SRSL.

Returning players will remain on their previous respective teams unless they are moving up to an older age group OR if the current number of registrations requires the revising of the team make-up (for example the disbanding of a team or the creation of additional teams) or extenuating circumstances exist.

The guiding principle in this recreational soccer league is that players should play within their age groups. Therefore, players should not be held back to play in a younger age group due to physical size, travel problems, or any other reason. Likewise, players should not be moved up from their age group to the next higher age group. Request for exceptions should be carefully and impartially reviewed to determine if extenuating circumstances exist that would be in the best interests of the SRSL, the individual soccer organization, and the player. Exceptionally gifted players should be encouraged to seek out a travel team on which to play.

ARTICLE III – Age Groups

The following age groups of duly registered players will be sponsored by SRSL:

- A. U6 ages 4-5
- B. U8 ages 6-7
- C. U10 ages 8-9

Age groups above U10 will be determined on a yearly basis.

Age group assignments (i.e. U10, U13) will be done based on the age of the player as of August 31st of the playing year. For Example, a player who turns five years old on August 31st will be playing as a 5-year-old; a player who turns five years old on September 1st will be playing as a 4-year-old.

ARTICLE IV – COACHES

Each organization will recruit volunteer coaches for their teams. The coaches must obtain the proper youth protection clearances before they can begin coaching. No person can be the primary coach for more than one team although that person can serve as assistant coach on another team. Each coach and assistant coach must sign off on the current rules each and every year he/she coaches. These records will be the responsibility of each individual organization.

ARTICLE V -- Teams

All teams shall consist of boys and girls at a number deemed appropriate by the number of registrations in an age group. If additional teams are formed within a soccer organization, experienced older players should be redistributed among all teams to insure parity among all teams. Every registered player who is present at a game MUST play at least ½ of the game, unless:

- they are injured;
- they become injured;
- they are issued a RED card from the previous game;
- they have not participated in at least one practice per week; or

- for disciplinary action within the team.

A player, coach, or referee who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in a game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The length of time that is considered reasonable will be left to the referee's judgment. Uniform rule violations will not be enforced if a uniform change is required. The referee will:

- Stop the game and immediately call a coach, or other authorized person to the injured player and allow treatment,
- Apply the rules of the game regarding substitution if necessary.

The soccer organizations should coordinate uniform jersey colors as much as possible within age groups to prevent two teams arriving to play a game with both teams having the same color jerseys.

ARTICLE VI - Games Schedule:

A **Hawkrock** official (the President, vice President or a Board Member) will establish a schedule of all games to be played. The official will consult with the presidents of the other recreational soccer organizations in preparing the games schedule. **Hawkrock** will post the game schedule on League Lobster or other platform as well as distribute it to all other leagues. The game schedule should be posted as early as possible but no later than one month before games start. The schedule will NOT be made public until all organizations have approved it.

There will be a minimum of eight weekend games and there may be as many as two-week night games for every team. To the degree possible there will be an even number of games scheduled in September and October. Tournaments will be scheduled for a weekend after the regular season ends.

The season starts the weekend after Labor Day except in those years when there are not four free weekends after Labor Day. In those years, the games may start the last weekend in August with a break in the games schedule for the Labor Day weekend.

Every effort will be taken when tournaments are being scheduled to equalize the responsibility for holding individual tournaments based on number of teams within age groups, availability of fields, parking capacity, and number of volunteer workers available.

ARTICLE VII - Referees

Each recreational soccer program will provide referees for the games played at their fields.

There will be at least one referee (or junior referee) and assigned to each U8, U10, and U12 game (and above if applicable), with 2 volunteers assisting at the discretion of the referee. Normally a lines person is chosen by each coach from volunteers to patrol their side of the field and can be a junior player age 12 or older, a coach from another team, or a parent. This is most important at the U12 and above level.

Referees are responsible for the control of the game and the decisions of the referee are final. Penalties for continued harassment of the referees by players, coaches, and/or spectators will be discussed later in this document.

The duties performed by a lines person may include calling offsides, when the ball is out of play, and in certain situations help the referee determine which team should get possession of the ball.

If an assigned referee does not show up for a game, the head coach of the home team will be responsible for obtaining a substitute referee for the game. Parents, assistant coaches, or junior referees may be used. Reasonable efforts should be made to alert the Head Referee or his/her assistants in this event as they may have someone available to referee. If a coach has to referee a game, that person cannot coach his/her team during the game. An assistant coach or a parent will coach the team in that instance.

Each referee must sign off on the current rules each and every year he/she referees. These records will be the responsibility of each individual organization.

Each recreational soccer program should designate a Head Referee. That person should have ample experience and familiarity with the rules of soccer play. Primary functions of this person include, but are not limited to the following:

- A. Arrange for and schedule referees for all games on all fields maintained by that organization.
- B. Fill in or find replacements for referees who do not show up for assignments.
- C. In the case of inclement weather, help the president of the organization and other representatives decide safety of the fields for postponements of games.
- D. Assure that all fields have the appropriate equipment of game days.
- E. Act as a mediator when disputes arise over the rules. The Head Referee's decisions are final on the field of play.

Rules/Regulations of the Game

Section 1: Organization

- A. The playing rules for Dauphin Middle Paxton Soccer Association (DMPSA), **Hawckrock Football Club**, and Newport Youth Soccer Association (NYSA) will be parallel to those of FIFA and/or PIAA except as modified in these Rules and Regulations.
- B. It is understood that the aforementioned organizations is each run by its own Board. Collectively, for purposes of our play against each other, these organizations will be referred to throughout this document as the "SRSL".
- C. It is also understood that the aforementioned organizations have also entered into an Organizational Agreement whereby standardized processes and procedures have been outlined to ensure consistency amongst the various organizations.

Section 2: Cancellations

- A. All games shall be played as scheduled unless prohibited by weather conditions. Since all games are to be played on Saturdays (except for U6 and U8), school activities generally are not considered a legitimate excuse for canceling games. Coaches may NOT cancel or postpone games - only the SRSL has the power to do so.
- B. In the event of inclement weather, SRSL officials, including Board members, the Coach Coordinator and Referee Coordinator, will make a determination as to the conditions of the fields. If the games are to be postponed, these officials will notify the SRSL who will notify the coaches as close to 8:00 a.m. or earlier if possible (or 5:00 p.m. on evening games). It will be each coach's responsibility to call his/her players.
- C. Rain showers and/or falling snow will NOT be cause for an automatic postponement of the games. An inspection of the conditions of the fields will be made to determine player safety.
- D. If a game begins and there is a visible lightning strike, there will be an automatic delay of game. The delay will be 30 minutes since the LAST lightning strike.

- E. If there is a threat of lightning any time before or during a game, it shall be the referee's decision to delay the start of the game, stop the game or cancel the game entirely for the safety of everyone. If the game is canceled, the referee shall notify the SRSL. It shall be the SRSL's decision whether to reschedule the game at a later date.

Section 3: Rules of the Game

RULE 1: Number of Players - Play may begin with no more than the maximum and no less than the minimum number of players on the field from each team as outlined below:

Group	Number of Players	Minimum required
U6	3 v 3 (No Goalie)	3
U8	6 v 6 (5 Field, 1 Goalie)	5
U10	8 v 8 (7 Field, 1 Goalie)	7
U12	9 v 9 (8 Field, 1 Goalie)	8

- A. A minimum number of players for each team as outlined above will be allowed as a valid game, one of whom must be the goalkeeper, except for the U6 age group where goalkeepers are not used. Games will begin with the SAME NUMBER OF PLAYERS from each team on the field. Should a team be unable to field at least the minimum number of players that team forfeits the game.
- B. If a team loses a player due to injury or illness during the game that causes that team to have less than the maximum number of players allowed, the opposing team may play with a full complement of players until the end of the quarter in which the injury or illness occurred. For the remainder of the game, both teams will play with the same number of players.
- C. Guest Player(s): When players are unable to make a game, the coach(es) may call upon other registered players within the league from same age group or below to give the team two substitutes. Guest player(s) must:
- Wear a team jersey or similar color shirt of his/her guest team
 - Guest players that are playing as "true" substitutes cannot start the game (unless no rostered player is available) or play more than a rostered player. The coach shall substitute the guest player(s) from the field, at the first opportunity, once the registered player(s) are prepared to enter the game.
 - A Guest Player may NOT be called up to play if it would cause them to miss a game in their designated age group**
 - Coaches with guest players must tell the referee and opposing coach which players are the guest players prior to the start of the game.
 - As stated in Article II, There is no dual enrollment. If a player is rostered on a team in another league (travel or recreation), he/she cannot play in the SRSL.

RULE 2: The Field - The field of play shall be rectangular; the length shall in all cases exceed the width. The field dimensions have been laid out accordingly by age group and may vary depending on field location. However, efforts should be made to ensure that field dimensions approximate the following:

<u>Group</u>	<u>Field Size in Yards (roughly)</u>	<u>Goal Size in Feet</u>
U6	25 x 20	4 x 6
U8	45 x 30	6 x 12
U10	55 x 40	7 x 18
U12	75 x 50	7 x 21

U16	100 x 55	8 x 24
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The field of play shall be marked with distinctive lines, not more than five (5) inches in width in accordance with the dimensions outlined above. The longer boundary lines are called the touch-lines and the shorter boundary lines are called the goal-lines. Where possible, a halfway-line shall be marked across the field of play. The center of the field of play shall be indicated by a suitable mark and a circle with a ten (10) yard radius shall be marked around it. Where possible, from each corner-post a quarter circle, having a radius of one (1) yard, shall be drawn inside the field of play to form the corner-area.

RULE 3: The Ball - The ball shall be spherical; the outer casing shall be of leather or other suitable materials. No material shall be used in its construction, which might prove dangerous to the players. Ball size by will be as follows by age group:

<u>Group</u>	<u>Ball Size</u>
U6	3
U8	4
U10	4
U12 & above	5

RULE 4: Player Equipment - The basic compulsory equipment of a player shall consist of a jersey or shirt, socks, shorts, shin guards and shoes.

- A. Shirts must be kept tucked in and the entire uniform must be visible at all times. In cooler weather, "sweats" may be worn UNDER the uniform.
- B. The goalkeeper shall wear colors which distinguish him/her from other players and the referee.
- C. Shin guards MUST be worn during all practices and games and MUST be UNDER the socks. If sweat pants are worn, socks MUST be outside the sweat pants.
- D. Non-billed, soft knit hats are permitted during cold weather. They may not have any hard buttons or pins attached. Sweat bands are permitted during hot weather (again, no hard buttons or pins). Knotted bandannas are NOT permitted.
- E. Shoes may have rubber, plastic or aluminum-tipped soccer studs. Spikes, metal cleats, or other such dangerous shoes are not permitted. Under no circumstances will players be allowed to enter the field of play with a shoe having a toe cleat.
 - a. Sneakers are allowed if the player does not have cleats available, except when grass is wet or field conditions do not permit. This will be at the discretion of the referee.
- F. Uniforms are the property of each player to be kept in condition for next year, and cannot be altered in any way without the consent of the Board.
- G. No jewelry, such as earrings, hair clasps, bracelets, or watches, may be worn during practices or games. Hair can be kept out of the face with rubber/cloth hair bands. The only exception to this rule will be medical bracelets.
- H. The referee, prior to the start of the game, shall inspect the players' equipment and prevent any player whose equipment does not conform to these requirements from playing until such time as the equipment does comply.

RULE 5: Duration of the Game - Game will transpire as follows:

<u>Group</u>	<u>Half/Quarter</u>	<u>Minutes Per</u>
U6	Quarter	9
U8	Quarter	12

U10	Half	30
U12 & above	Half	30

- A. The clock shall continue to run at all times unless an injury occurs or significant delay. At the referee's discretion he/she can add up to 5 minutes. The ref's time is the official time.
- B. There will be a break of approximately 2-3 minutes at the end of the 1st and 3rd quarters, unless the age group dictates playing a whole half, in which case a break of approximately 5 minutes will occur at half time.
 - a) For age groups that play halves, the ref may call a 2-min water break during excessively hot days
 - b) Ref will call for a break during a stop in play, in each half, approximately half-way through
- C. Time shall be extended to permit a penalty-kick being taken at or after the expiration of the normal period of any quarter.
- D. Time duration may be reduced ONLY by the referee, in consultation with both head coaches. This option should only be used in cases of inclement weather arising during the play of the game or in low light conditions.
- E. The clock will only be stopped for any injury on the field. Play will STOP IMMEDIATELY when a significant injury occurs. The injured player MUST then leave the field of play until the next official stoppage of play for which that team is entitled to make substitutions (see substitution rules for discussed later). The team controlling the ball at the time play is stopped will begin play with an indirect free kick from the spot at which the ball was when play was stopped, unless a foul was called. If there was no control of the ball at the time play was stopped, the game will be restarted by a drop ball.
- F. Only coaches will be permitted to enter the field to attend an injured player unless a parent is called on by coaches or referees. Players should remain where they are on the field - they may not leave the field unless directed to do so by the referees.

RULE 6: Start of Play - A flip of a coin, which will be called by the visiting team, will give the winner of the coin toss the opportunity to decide which goal it will attack in the first half of the game. The other team takes the kick off to start the game.

- A. Each team must stay in its own half of the field and the defending players must be outside of circle until it is kicked.
- B. The ball is in play when it is touched and moves in any rotation. The first player to touch the ball may not touch the ball again until another player has touched the ball.
- C. After a goal is scored, the team scored upon will kick off from their half of the field.
- D. The team that wins the kickoff at the beginning of the game will also kick off from the SAME end of the field for the 2nd quarter. At half time, the teams will change ends of the field and the opposite team will kick off for the 3rd and 4th quarters.
- E. A goal may be scored directly from a kick off.

RULE 7: Ball In and Out of Play - The ball is out of play when:

- A. It has wholly crossed the goal line or touch line (sideline), whether on the ground or in the air.
- B. The game has been stopped by the referee.

A ball is considered to be in play if any part of the ball is still touching the line, even if the player playing the ball is out of bounds.

RULE 8: Method of Scoring - A goal is scored when the whole of the ball has passed wholly over the goal line, between the goal posts and under the cross bar. A goal is NOT SCORED if the referee's whistle sounds (for ANY reason such as a foul, end of the time period, etc.) before the ball goes wholly across the goal line, regardless of whether the ball is on the ground or in the air headed in that direction. The ball is dead as soon as the whistle blows.

- A. Referee will check game score during half time with both head coaches
- B. Referee will have both coaches review and sign the game score card at the end of the game.
- C. Scores shall not be kept for U6 games.

RULE 9: Off-Side -

- A. Offside position: It is not an offense in itself to be in an offside position. A player is in an offside position if he is nearer to his opponents' goal line than both the ball and the second-last opponent (remember goalie counts as a defender)
- B. A player is not in an offside position if he is in his own half of the field of play or he is level with the second-last opponent or he is level with the last two opponents
- C. 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 is involved in active play by:
 - 1. interfering with play or
 - 2. interfering with an opponent or
 - 3. gaining an advantage by being in that position
- D. The player cannot be offside on his/her own defensive half of the field.
- E. A player must be on-side when a pass is made to him/her or in his/her direction, and which is behind the second defender, and for which he/she makes a play. A player can be in an off-side position and not be called off side IF the ball is not played to him/her and he/she does not move toward the ball thereby creating an unfair advantage.
 - 1. The player can receive a ball in any location (what would be perceived as off-sides) as long as they were on-sides when the pass was made.
- F. If a player is declared off-side, the referee shall award an indirect free kick which shall be taken by any player of the defending team from the spot where the player has moved into an off-sides position and became involved in the play. If the offense is committed by a player in the defender's goal area, the free kick will be set on any point along the goal box line within the half of the goal area in which the offense occurred.
- G. The Off-side Rule will not be enforced for the U6 age group and it will not be enforced for the U8 age group unless, in the opinion of the referee, a U8 team is abusing the spirit of the game/rule by purposely positioning a player as a means to score a goal(s) (ex. In the box and/or behind the defense). The referee shall be entitled to enforce the offside rule and award an indirect free kick to the defending team as stated in the section(s) above.

RULE 10: Fouls and Misconduct -

- A. A player who commits any of the following offenses (intentionally attempts to or actually does) in a manner considered by the referee to be careless, reckless or involving disproportionate force:
 - 1. kicks or attempts to kick an opponent;
 - 2. trips an opponent; or
 - 3. jumps at an opponent; or
 - 4. charges violently at an opponent; or
 - 5. charges an opponent from behind; or
 - 6. strikes or attempts to strike an opponent; or
 - 7. holding (the body or uniform) or pushing an opponent in order to get the ball
 - 8. push an opponent OR teammate with hands or arms extended
 - 9. intentionally handles the ball (this does not apply to the goalkeeper within his/her own penalty area)
 - 10. High kicks above own waist or direct opponent's waist (when in striking distance of another player) (at the referee's discretion concerning safety)
- B. U10 and above will be penalized by a direct free kick (from which a goal may be scored from anywhere on the field) being awarded to the opposing team. Any one of these offenses committed in the penalty area by a defender will result in a penalty kick awarded to the offensive team. Referee's will instruct both the player

and the coach of the offense before awarding the kick.

- C. At the U8 level, when an infraction occurs, the penalty play will be limited to:
 - 1. If penalty occurs in the box, a Direct penalty shot can be awarded. The ball will be placed on the line at the top of the '18' box (inside the arc).
 - 2. All other penalties are indirect shots from the site of the infraction. (Ref may move ball for safety reasons). The ball must be touched with observable rotation prior to a shot on goal
- D. Intentionally handling the ball is called a "hand ball" and is defined as follows:
 - 1. The ball touches ANY part of the player's arm from the seam at the shoulder of the jersey to the fingertips.
 - 2. Any intent or attempt of the player to block or direct the movement of the ball with his/her arm resulting in clear player advantage.
 - 3. The touch is intentional and/or the player or a teammate receives an advantage
- E. A hand ball shall NOT be called when:
 - 1. A player is protecting himself/herself from the flight of the ball and is not attempting to control or play the ball.
 - 2. The ball has come from behind the player and he/she was not aware that the ball was coming, even if there is an arm reflex motion.
 - 3. The player's hands or arms are against the body, remain in contact with the body during the play, and are not extended during the ball contact.
- F. A player committing less flagrant violations such as:
 - 1. off-sides
 - 2. dangerous play
 - 3. obstruction
 - 4. unsportsmanlike conduct
 - 5. Dissent or disagreement with the call of a referee
 - 6. Persistent infringement of the rules
 - 7. Heading the ball (Only U10 & U8, 1 warning per kid)

will be penalized by an indirect free kick to be taken by the opposing side from the place where the infringement occurred. In the case of an indirect kick, a goal may NOT be scored without the ball first touching ANY other player. Referee's will instruct both the player and the coach of the offense before awarding the kick.
- G. A direct free kick is awarded if a goalkeeper handles the ball using his/her hands after receiving it from a throw in from his own team, except for U8.
- H. Violent conduct, foul play, taunting, abusive, obscene, and foul language will not be tolerated. This violation will result in an indirect free kick for the opposing team AND a RED CARD "given" to the guilty player.
- I. Advantage - If a foul is committed by a team not having possession of the ball and the referee feels the team with the ball retains the advantage, he/she will raise both hands to the front, state "advantage" and let play continue.
- J. Repeat Offenses. Any player who commits an infraction described above will be logged by the referees. Should that same player repeat the same offense, or a similar one of equal or stronger severity, he/she will be shown a YELLOW CARD and told what the offense was, thereby being publicly warned. It is suggested (not mandatory) that the coach of that player remove that player from the game for a time to allow him/her a cooling off period. However, should that player be offensive yet a third time, he/she will be "given" a RED CARD and ejected from the game by the referees. He/she will be required to sit quietly on the sideline with his/her team for the remainder of that game AND is required to sit out the next four (4) full consecutive quarters his/her team plays - IN UNIFORM. He/she may NOT be wandering around the grounds during that game. Should the player fail to attend the next team game, the player's name and number will be noted by the referees, along with the infraction, and the player will not be allowed to play until he/she has satisfied

this requirement.

When an official issues a red card, they must notify their assigning board and provide the details of the incident.

- K. Referees are NOT required to show a YELLOW CARD prior to a RED CARD, and ejection of a player, if the offense is deemed to be of extreme nature and/or shows lack of respect for the referee and/or fellow players. Spitting, abusive and foul language, etc., are considered severe ungentlemanly conduct and will be punished with ejection from the game with no warning. An indirect kick will be awarded following the stoppage of play to the team that did not commit the offense.
- L. Replacement of a player ejected due to a RED CARD is NOT PERMITTED for the duration of the current game. That team will complete the current game one player short (for example, 10 v 11). The team may play with a full team at the next scheduled game, provided one of the players is not the ejected player from above.
- M. Pass back Rule - On any occasion when a player deliberately kicks, or otherwise directs the ball to his/her own goal keeper, the goal keeper is not permitted to touch it with his/her hands. If, however, the keeper does touch the ball with his/her hands, the team will be penalized by the award of an indirect free kick to be taken by the opposing team from the place where the offense occurred. Should the offense occur within the goal box, the ball will be placed on the goal box line nearest the spot of the offense.
 - 1. Will not be enforced at the U8 level

RULE 11: Free Kicks are classified into 2 categories - direct and indirect.

- A. Direct kicks are those from which a goal can be scored directly against the defending side.
- B. Indirect kicks are those from which a goal cannot be scored unless the ball is touched by ANY player other than the kicker before entering the goal. The ball must show observable rotation prior to a shot on goal.
- C. For all free kicks, direct or indirect, the defending team must be at least 10 yards from the ball when kicked, unless the penalty is committed by the defending team less than 10 yards from their goal, in which case the defending team may be located on their goal line. The ball is in play when it is kicked and moves.
- D. The player who takes the indirect kick can NOT touch the ball a second time after their initial touch. The ball must be touched by another player before being played by the player who took the indirect kick.
- E. An indirect kick shall be awarded after play has been stopped because of an injury and possession at the time of stoppage of play is known.

RULE 12: Penalty Kick - is a direct kick taken at the penalty mark for U10 and above. See Rule 10 C for U8 direct kick guidelines.

- A. All players except the player taking the kick and the goalkeeper must stay outside the penalty area and at least 10 yards from the penalty mark (hence the arc at the edge of the penalty area).
- B. The goalkeeper must stand with one or both feet on his/her own goal line facing the kicker between the goal posts and may only move his/her feet laterally along the goal line until the ball is kicked.
- C. The player taking the kick must kick the ball forward; the ball is in play when it is kicked and moves. The player taking the kick may not play the ball a second time until it has been touched or played by another player. A goal may be scored directly from a penalty kick.

RULE 13: Throw-In – shall be governed by FIFA rules.

- A. When the whole ball passes over the touch line (sideline), either on the ground or in the air, it is to be put back in play by a throw-in from the spot where the ball left the field and by a player from the opposite team that last touched it.
- B. A throw-in must:
 - 1. be thrown from behind the head, directly over the head using both hands, and in one continuous motion.
 - 2. have little or no spin or rotation when thrown with equal pressure from both hands
 - 3. both feet must remain on the ground during the throw

4. a player must have both feet on or behind the line during when throwing.
- C. The ball must fully enter the field of play during a throw, if this does not occur the player may take a re-throw from the original throwing location.
- D. A goal cannot be scored directly from a throw-in.
- E. A player cannot be called off-side on a throw-in if he/she received the ball directly from the thrower. Should any player from either team touch the ball prior to his/her receiving the ball, he/she will then be considered in an off-side position.
- F. An indirect kick shall be awarded to the other team when the player who performs the throw in is also the first to touch the ball after it enters the playing field. A second player must touch the ball before the thrower may make a touch on the ball.
- G. Second Chance Throw-Ins - Because this is a recreational/educational league, the U6 and U8 players will be given a second chance at throw-ins if the first attempt does not comply with the rules.
- H. For all other age groups, players will be given one chance only to properly perform the throw-in.
- I. If the throw-in is not completed successfully in the allotted chance(s), the ball is then turned over to the opposing team for a throw-in.

RULE 14: Goal Kick -

- A. When the ball has wholly crossed the goal line, excluding that portion of the goal line between the goal posts, either in the air or on the ground, after being last touched by a player from the attacking team, it is to be put back in play by a kick from the goal area by the defending team.
- B. ALL "attacking" team players must be outside the penalty area when the ball is kicked and must remain outside the penalty area until the ball has wholly passed out of the penalty area.
- C. Defending players may be within the goal box during the kick.
- D. Defending players are allowed to touch the ball at any location, within or outside the goal box. If a defending player touches the ball within the goal box, the Attacking team may enter and resume play as normal.
- E. If a defending player does not touch the ball within the goal box, the Attacking team must allow the ball to exit the goal box prior to touching.
- F. If the attacking team touches the ball prior it crossing the goal line or a defending player touch, the play is ruled dead and the kick is retaken.
- G. The ball can be placed anywhere on the 6 yard line, but once set the ball cannot be moved.
- H. A goalkeeper shall not receive the ball into his/her hands from a goal kick in order that he/she may thereafter kick it into play.
- I. A goal may be scored direct from a goal kick.

RULE 15: Corner Kick -

- A. When the whole of the ball has crossed the goal line, excluding that portion between the goal posts, either on the ground or in the air, after last being touched by a player from the defending team, a member of the attacking team shall put the ball back into play by a kick from the corner on the side the ball went out. A goal may be scored direct from such a kick.
- B. Players of the team opposing that of the player taking the corner kick shall not approach within ten (10) yards of the ball until it is in play, that is, when it is kicked and moves, nor shall the kicker play the ball a second time until it has been touched or played by another player. If the player who takes the kick plays the ball a second time before it has been touched or played by another player, the referee shall award an indirect free-kick to the opposing team, to be taken from the place where the infringement occurred.
- C. A player cannot be called off-side on a corner kick IF he/she received the ball directly from the kicker. Should any player from either team touch the ball prior to his/her receiving the ball, he/she shall then be considered in an off-side position.
- D. The corner flag cannot be touched/held for any reason during a corner kick.

NOTE: In addition to the Rules detailed on the previous pages, which closely follow those of FIFA, the SRSL publishes the following rules for our organization. These Rules are for the purpose of further establishing guidelines under which we must abide for the safe and sportsmanlike atmosphere to which we are committed.

RULE 16: Playing Time

- A. Each and every player who is present on game day must play a minimum of two complete quarters (or ½ of the game). Quarters of play need not be consecutive. The only exceptions to this Rule are:
1. A player who is injured prior to completion of his/her minimum playing time and cannot continue.
 2. A player who is being disciplined by his/her coach for failure to comply with these rules.
 3. A player who is removed from the game due to a RED CARD.
 4. A player who was RED CARDED during the last previous game which he/she attended.

NOTE: Those situations under items b and d above should be mentioned to the referees prior to the start of the game by the head coach. ALL DISCIPLINE by a coach must be approved by the Board of the individual organization.

- B. Players may NOT play in the goalkeeper position for more than two quarters (or ½ of the game).

RULE 17: Substitutions ALL AGE GROUPS

- A. Coaches may make substitutions only at the following times:
1. On YOUR team's throw-ins, goal kicks or corner kicks.
 2. On the opponent's throw-in, goal kicks or corner kicks if the opponent is substituting.
 3. To replace an injured player at the time of the injury.
 4. After a goal has been scored by either team.
- B. All substitutions are at the discretion of the referee. If the referee determines that a coach is using a substitution to delay play, the referee does not have to stop play and accept the substitution. At the discretion of the referee, indirect kicks shall be awarded when it is determined that pace of play is being slowed as a result of too many substitutions.
- C. Coaches MAY NOT send a substitute onto the field until the referee motions or calls for the substitute to enter the game. The coach must make the referee aware that he/she wishes to make a proposed substitution prior to the current play. Substitutes should enter the field of play only during a stoppage in the game, after approval by the referee and at the halfway line. The substitution is completed when the substitute enters the field of play and the player he/she is replacing has left the field of play. Illegal substitution may be a CARDABLE offense.
- D. Illegal substitutions (including a player entering/leaving the field without permission) shall result in an indirect kick.

RULE 18: Goalie Possession - The goalkeeper is said to have possession of the ball when he/she is in control of the movement of the ball or the ball has stopped any rotation. For U8, hands on the ball but not in total control equals goalie control. It is at the referee's discretion on what is called as goalie possession, due to safety concerns.

Remember, this position is the most dangerous and is allowed a bit of leeway when compared to other positions.

- A. Should any player from the opposing team commit the following, a foul will be called and an indirect kick awarded to the goalie's team:
1. Jump at a goalkeeper under the pretext of heading the ball
 2. Dodge about in front of a goalkeeper in order to prevent him/her from releasing the ball
 3. Standing in front of a goalkeeper when a corner kick is being taken thereby taking advantage of his position to obstruct the goalkeeper before the kick is taken and before the ball is in play
 4. Attempt to kick the ball when the goalkeeper is in the process of releasing it
 5. Kick the ball when the goal keeper has clear possession of the ball within their body
- B. Finger(s) on the ball while it is rolling does not constitute goalie possession if he/she cannot control the ball,

except U10 and U8 (as stated above).

- C. The ball is considered in the goalie's possession if the rotation of the ball has been stopped in any way. The referee is responsible for identifying when this occurs and announcing this when this is in question
 - 1. The referee can pull back a goal if the ball is kicked from a goalie with clear possession
 - 2. The referee can call possession in situations where the goal keeper is in danger of injury, such as a ball is near their head or field conditions warrant (rain and slick ball and field conditions)
- D. If the goalkeeper takes more than six (6) seconds to release the ball back into play, the referee will award an indirect free kick to the other team. Similarly, if the goalkeeper holds the ball for an excessive amount of time in order to delay the game, the referee will award an indirect free kick to the other team (the ball shall be placed at the top of the "D" outside the penalty box).
- E. In a miskick, failed punt, or misthrow, the goalie cannot touch the ball with his hands until another player touches the ball. This rule is not enforced at U8.
- F. An indirect kick shall be awarded when, after the goalie rolls the ball, it is again touched by the goalie before being touched by another player.
 - 1. 1st offense – warning
 - 2. 2nd offense – Indirect kick outside of the box
- G. An indirect kick shall be awarded when the goalie intentionally throws or kicks the ball at an opponent (unsportsmanlike conduct).
- H. The same goalie cannot play more than half a game

RULE 19: Goal Lead - Should a team be dominant enough to obtain a THREE goal lead at any time during the game, the losing coach may add a player to the field. If the goal lead extends to FIVE, the losing coach may add another player (two in total) to the field. If the goal lead extends to SEVEN, the losing coach may add another player (three in total) to the field. The losing coach does not have to add players. It is at his/her discretion.

RULE 20: Coaching Area

- A. Coaches will only coach from their sideline and may only coach in between the 18's except U8.

RULE 21: Spectator Areas

- A. NO spectators or coaches may position themselves at the goal line ends of any field. The players do not need the distraction of extra people or coaching when they are defending against, or trying to score a goal. Referees should direct anyone positioned at the goal line ends of the fields to move to a proper side line position. Any unfair advantage will be guarded against.
- B. Spectators and substitute players will position themselves no closer than five (5) yards from the touchline (sideline). This is to allow enough room for the referees, coaches, and ball boys/girls to work without running into someone.

RULE 22: Coach/Spectator Behavior

- A. Unlike teams in high school and college, SRSL teams will take positions on opposite sides of the field. This enables the younger players to distinguish which coaches are telling them to do what.
- B. Coaches may not be positioned on the opponent's side of the field; nor may spectators be positioned there for coaching purposes.
- C. There shall be NO SMOKING, around, or on the playing field, by coaches or spectators (practice or games). Smoking should be kept in the parking areas, in personal vehicles, or any other general area away from the players, concession stands, rest rooms, etc.
- D. Referees are in control of the games at all SRSL fields for the purpose of ensuring good, clean games which will be fun and safe for the players. Everyone should note, however, that referees are human and may make mistakes - they are NOT trained professionals. By harassment of the referee, you take his/her attention away from the play on the field where possible fouls (and injuries) may be occurring. If a coach or spectator

continues to harass any referee (including junior referees) during a game, the referee is authorized by their League (**Hawkrock**, Newport or Dauphin) to use the YELLOW and RED CARDS with similar results as those cited for repeat offenses (Rule 10).

1. A verbal warning will follow the first offense of any coach or spectator.
 - a. If spectators are getting out of hand, the game will be made SILENT
 - i. Coaches may still coach their team
2. A YELLOW CARD will be shown and the offense announced for the second offense. The offender's name will be written in the score book.
3. The third offense will result in a RED CARD at which point the offender will be asked to leave the area of the game. The game will NOT continue until the offender complies, but the clock WILL continue to run. If the offender is a coach, he/she will be summoned before the Board.
4. Since the head coach is indirectly responsible for the attitude of his/her team and parents, should an entire group be offenders, the coach will be held responsible.
5. If the head coach has received a RED CARD and been removed from the game, the assistant coach(es) will take over his duties and responsibilities. Should they all be removed, the referees will then appoint a parent to oversee the team until the game is over. It would not be fair to punish a team for the behavior of their elders. **Concurrent with rule 10, section J, any coach who receives a red card shall be prohibited from coaching the team's next scheduled game.**
6. If a junior referee is involved, the adult referee will intervene and enforce the judgment, if the situation requires.

RULE 23: Slide Tackles - Slide tackles will NOT be permitted in any age group. Going to the ground to kick the ball for any reason should be discouraged due to safety of the offensive and defensive players. The players going to the ground should be given a warning for the infraction, even if there was not an opponent near the play.

- A. The first offense for a slide tackle shall be a TEAM YELLOW CARD.
- B. The second offense for a slide tackle by any player on the team that has been cautioned shall be a RED CARD to the offending player regardless of whether or not they committed the initial YELLOW CARD offense.

RULE 24: Drop Balls – Drop balls will occur in the event there is a stoppage of play and there was no clear advantage for either team. The drop ball shall be taken at the stop of play directly prior to the stoppage of time. The referee will drop the ball to the ground between any two players, one from each team. The ball MUST touch the ground before being kicked by either player. Reasons for a drop ball would include:

- A. The ball was kicked out of bounds by two opponents at the same time, or the referee cannot determine which team player kicked the ball out - thus a drop ball.
- B. An injury has occurred and the ball was between players, therefore no advantage was had by either team, or the referee may have forgotten who had the ball at the time of the injury.
- C. Simultaneous fouls by opponents which are of equal severity have occurred. A drop ball breaks the standoff.

Rule 25: Yellow and Red Cards – Use of YELLOW and RED CARDS is at the discretion of each referee. The following should be used in determining whether a card should be issued:

- A. YELLOW CARD – If after being cautioned, players or coaches continue in any of the following:
 1. D - Dissent
 2. U - Ungentlemanly - Unsportsmanlike conduct
 3. P - Persistent infringement of the Rules (1st card, 2nd offense)
 4. E - Entering/Reentering without permission of referees
- B. RED CARD

1. V - Violent conduct, serious foul play
2. A - Abusive language
3. P - Persistent infringement of the Rules (after caution)

RULE 26: These Rules and Regulations may not be changed during the current season except by unanimous vote by all active members of the Boards within the SRSL.

NOTE: DON'T FORGET - We are here to teach the players the fun and enjoyment of soccer. We are here to instill a sportsmanlike attitude in our players. We can best do that with your cooperation and example. The referees will make mistakes from time to time, but THEY are out there trying.

SUSQUEHANNA RECREATIONAL SOCCER LEAGUE
(**Hawkrock**, Newport and Dauphin Soccer Clubs)
RULES AND REGULATIONS
Revised: August 2025

ACKNOWLEDGEMENT

Coach Sign Off: By signing this page you acknowledge that you have:

1. Have been given a copy of the 2025 SRSL League Rules
2. Have read and understood the 2025 SRSL League Rules
3. Will bring any questions or concerns up to the Ref Coordinator or a board member

Signature _____

Printed Name _____

Date _____

Please circle your appropriate role(s) below:

NYSA COACH

NYSA REF

HAWKROCK COACH

HAWKROCK REF

DAUPHIN COACH

DAUPHIN REF