

**UNITED CHURCH ATHLETIC LEAGUE  
RULES OF SOCCER  
Updated 8/31/2016**

**PLAYER LIMITATIONS**

**No player who plays in another club or tournament level soccer league at the same time as U.C.A.L. soccer league is being played, will be allowed to participate.**

**I. GENERAL RULES:**

**A. Conduct:**

Rules of conduct will be specified by those separate rules as enforced by the United Church Athletic League (UCAL) and will govern the conduct of players, coaches, parents and spectators. There will be no deviation from these rules. If a coach or player is removed from the game by the ref, they must be approved by League Administrator before they may play or coach.

**B. Communication With League:**

Communications with League are to be made through the League Administrator. Email is [administrator@ucalsports.org](mailto:administrator@ucalsports.org) Any protest, inquiries, or request for clarification may be made to the Commissioner/Coordinator

**C. Rules:**

Unless specified herein to the contrary, the rules of the University Interscholastic League of Texas shall control play.

Exception:

**No headers:** If a player makes an intentional header, an indirect free-kick will be awarded. If the ball hits a players head unintentionally, then no call should be made.

**No Slide Tackling:** A indirect free-kick will be awarded and the player will be warned. Repeat offensive will result in player being removed from game.

**Goal Keeper:** There shall be no charging, intentional or reckless contact with the goalkeeper in any manner whatsoever. Any such conduct shall be considered dangerous play and punished accordingly.

**II. Ball Size and Number of Players**

**A. Ball:**

Each team will provide a ball to be used for a "game ball". The ball should be properly inflated.

1. 1st and 2nd grade - 3rd and 4th grade divisions: Size 4 balls will be used.
2. 5th and 6th grade division: Size 5 balls will be used.

**III. Number of Players:**

- 1-2 Grade: No more than 7 including the goal keeper.
- 3-4 Grade: No more than 9 including the goal keeper.
- 5-6 Grade: No more than 11 including the goal keeper.

**IV. Substitutions and Amount of Playing Time For Players**

1. There shall not be any limit in substitutions except in the case of a goalie. If a goalie is substituted, the referee shall be notified prior to the substitution.
2. A substitution may be made only during a stoppage in play and with the permission of the referee.
3. All players must play at least 20 minutes per game. There should be a goal to start each child in at least one half of the games in a League.

**V. Conduct of Coaches:**

1. Coaches must stay in the area of their bench and not "move" up and down the sidelines during the game. Coaches must not be on playing field during the game.

2. In 1st-2nd grade 1 coach can be designated to be by the goalie to assist with coaching the defense. This coach does not enter the field of play.
3. Coaches should not verbally challenge a referees call on the field.
4. If a coach is asked to leave the game by the ref or any other league official they must seek reinstatement by League Commissioner before they may coach again.

**VI. DURATION OF GAMES:**

- A. 1st and 2nd grade along with 3rd and 4th grade divisions games shall be played with two twenty (20) minute halves with a five minute half-time.
- B. 5th and 6th grade division games shall be played with two twenty-five (25) minute halves with a five minute half-time. The referee shall keep time on the field.
- C. A player injury is the only authorized time-out.

**VII. UNIFORMS & EQUIPMENT:**

1. A goalie must wear a black or contrasting color jersey or shirt.
2. Each other player must wear a jersey in the teams' colors. Jerseys should be numbered on the front and back. All players must wear soccer or gym shorts.
3. Each player must wear shin guards. No one will be allowed to play without shin guards.
4. Players must wear soccer shoes or tennis shoes. No metal cleats or baseball cleats (shoes) are allowed.
5. No jewelry is allowed to be worn on the field. Casts or knee braces must be adequately padded.

**VIII. START OF PLAY:**

- A. All games will begin with a prayer.
- B. A coin toss will be held to begin play. The team winning the toss may choose choice of ends of the field or to kick off.

**IX. OFFSIDE:** The Offside Rule shall be interpreted liberally – No player may play in an obvious offside position in front of or near the goal such as a designated

**X. TIES:**

- A. Regular Season:** All games that end in a tie will be considered a tie.
- B. Playoffs:** If the score of a game is tied at the end of regulation time, then the following shall occur:

**1. Overtime:**

- a. No Overtime in regular season**
- b. Playoff Rules: If game ends in tie teams will move directly to a shoot-out.**

A coin toss will determine which team kicks first. The kicks will be taken from the penalty spot. A round will consist of five kicks by each team. In the event the score is still tied at the end of a round, than another round will be conducted. The same player may not repeat as a penalty kicker until all players on the team have kicked once.

**REPORTING OF SCORES: In 3-4 and 5-6 scores should be reports to [administrator@ucalsports.org](mailto:administrator@ucalsports.org)**