

2018 OFFICIAL SOCCER RULES

The following are the playing rules for the 2018 Boys & Girls Clubs - Alaska (BGCA) Soccer Season. These rules were established and assembled with help from the BGCA Soccer Technical Advisory Board. The Rules are not to be deviated from nor altered. Any question(s) regarding the Rules should be directed to the BGCA Director of Athletics. If there is a dispute to any rule or if the rule is not stated here, reference will be made to FIFA Laws of the Game.

1:00:00 AUTHORITIES AND RESPONSIBILITIES

1:01:00 Boys & Girls Club – Alaska Soccer program is governed and regulated by the Boys & Girls Club - Alaska (BGCA). The program is managed by Boys & Girls Club – Alaska Athletics Staff and advised by the BGCA Soccer Technical Advisory Board, Members being comprised of United States Soccer Federation “C” (or equivalent) Licensed or higher coaches - and a Referee/Officials Representative.

All recommendations decisions made by the BGCA Soccer Technical Advisory Board are subject to review and approval by Boys & Girls Clubs – Alaska Director of Athletics.

1:02:00 Decisions made by the Director of Athletics regarding the Soccer program are made in accordance with BGCA policy and are made in the best interest of the league. These decisions are final.

1:03:00 The rules contained herein shall govern all participating members of this organization except when these rules are inconsistent with the adopted Policies of the Boys & Girls Clubs – Alaska.

1:04:00 All competition, including tournament play, shall be governed by these rules unless specific competition requires otherwise.

1:05:00 The Head Coach of each team is responsible for informing his/her Assistants, Team Managers, parents, and players of 2018 BGCA Soccer Rules. Specific Coaching Responsibilities and other coaching information can be found in section 11:00:00 Coaches Responsibilities.

2:00:00 REGISTRATION

2:01:00 Boys and girls residing within the boundaries and territories of Boys & Girls Clubs – Alaska are eligible to register and become members.

2:02:00 Player eligibility will be in accordance with the Policies of Boys & Girls Clubs – Alaska. All players are required to submit a properly completed BGCA Registration Form, whether online or paper application, including Consent to Treat, Parent and Player Codes of Conduct, and an Activities Release.

2:03:00 The registration period shall be designated for each season with a Discounted and Late registration period, and closing date. Registration after closing date will be permitted based on roster availability. The BGCA Athletics Staff will determine roster availability.

2:04:00 Proof of age must be provided prior to the first game of the Regular Season. A birth certificate, passport, Zangle Report or any other record specified by the Boys & Girls Clubs - Alaska would suffice.

2:06:00 Teams will be formed and registered players assigned to them in accordance with the following rules. Exceptions to these rules may be allowed, on a case-by-case basis, as determined by the BGCA Director of Athletics.

Teams shall be comprised with the following considerations:

1. Player's first-choice preference/ special request e.g. Coach, Teammate, Team, etc., if there is roster availability (Please Note: Only one special request will be honored)
2. Player's second-choice preference/ special request e.g. Coach, Teammate, Team, etc., if there is roster availability and if first-choice preference for a team's Roster is full
3. ASD High School player is zoned for
4. ASD "sister" High School player is zoned for e.g. Bartlett/East, Dimond/West, South/Service, Eagle River/Chugiak, etc.
5. Any Team which has roster availability
6. Teams composed of late registrants (if all current Rosters are full)
7. Waiting List

2:06:01 Players may be on a team coached by their parent(s) or guardian(s) regardless of the above criteria.

2:06:02 Late registrants on the Waiting List will be assigned to a team as roster vacancies become available. They will be assigned to a team within their neighborhood Anchorage School District school, when possible. Precedence will be based on the date of the waiting list registration.

2:06:03 Protests concerning player assignments on a team must be submitted to the BGCA Director of Athletics in writing before uniforms (and player equipment when applicable) are distributed; Otherwise, any protests on player assignments will not be reviewed.

2:06:04 Special circumstances will be taken into consideration on a case-by-case basis.

2:07:00 The Boys & Girls Clubs – Alaska Director of Athletics will make final approval of all player assignments to a team.

3:00:00 SEASON

3:01:00 The Season for the 2018 Boys & Girls Clubs – Alaska Soccer League shall be from May 21-July 28, 2018 (or thereabouts) for U8-U18 Divisions and June 4-July 28, 2018 (or thereabouts) for U4-U6 Divisions.

3:01:01 There will be no Postseason Tournament/Playoffs for Players and Teams participating in the U4-U8 Divisions.

3:02:00 The duration of the 2018 BGCA Soccer Season will last a total of 10 weeks with an additional 11th week reserved for a Postseason Tournament/Playoffs for U10 Divisions and older. The first two weeks will be designated solely for practice.

3:02:01 After the first two weeks, there will be 2 practices and 1 game per week, with each practicing lasting 1 hour in length for the U10 Division.

3:02:03 After the first two weeks, there will be 2 practices and 1 game per week, with each practicing lasting 1 hour 15 minutes in length for the U12-U18 Divisions.

3:03:00 The duration of the 2018 BGCA Soccer Season will last a total of 10 weeks for U8 Division and a total of 8 weeks for the U4-U6 Divisions. The first two weeks will be designated solely for practice.

3:03:01 After the first two weeks, there will be 1 practice and 1 game per week, with each practicing lasting 1-hour in length for the U4-U8 Divisions.

3:04:00 No games will be scheduled and no team may practice on Memorial Day and Independence Day.

4:00:00 DIVISIONS

4:01:00 Divisions for the 2018 BGCA Soccer Season will be as follows:

4:01:01 U4 Division: Players in this division must be born between January 1, 2014-August 31, 2015

4:01:02 U6 Division: Players in this division must be born between January 1, 2012-December 31, 2013

4:01:03 U8 Division: Players in this division must be born between January 1, 2010-December 31, 2011

4:01:04 U10 Division: Players in this division must be born between January 1, 2008-December 31, 2009

4:01:05 U12 Division: Players in this division must be born between January 1, 2006-December 31, 2007

4:01:06 U15 Division: Players in this division must be born between January 1, 2003-December 31, 2005

4:01:07 U18 Division: Players in this division must be born between September 1, 1999-December 31, 2002

4:02:00 No player will be allowed to participate out of his/her Age Division except on a case-by-case basis. Players will be assigned to Divisions based on their birthdate and may only participate on one team during a season.

4:03:00 Players will be allowed to play in the next higher Age Division provided they meet the following requirements:

4:03:01 The player must have the prior approval from the BGCA Director of Athletics.

4:03:02 Participants may move up one Age Division only.

4:03:03 No player may leave a higher division after registering and participating in that division to play in a lower division, even if they are eligible to play in the lower division.

4:04:00 Divisions may be gender specific or coed

4:05:00 Divisions are subject to change or cancellation due to lack of enrollment.

5:00:00 PLAYING AREA, EQUIPMENT & UNIFORMS

5:01:00 The field size, its markings, and the goal size will be determined by the Director of Athletics based on the facilities available.

5:01:01 U4 Division: The field size for this Division shall be a 15-20 X 20-25 yards

1. Goal Area: 4 yards in front of each goal and from each goal post
2. Center Circle: Located at the center of the field with a 4 yard radius
3. Corners Arcs: Located on all four corners of the field with a 1 yard radius

- 5:01:02 U6 Division: The field size for this Division shall be a 15-20 X 20-25 yards
1. Goal Area: 4 yards in front of each goal and from each goal post
 2. Center Circle: Located at the center of the field with a 4 yard radius
 3. Corners Arcs: Located on all four corners of the field with a 1 yard radius
- 5:01:03 U8 Division: The field size for this Division shall be a 25-30 X 35-40 yards
1. Goal Area: 4 yards in front of each goal and from each goal post
 2. Penalty Area: 8 yards in front of each goal and from each goal post
 3. Center Circle: Located at the center of the field with a 4 yard radius
 4. Corners Arcs: Located on all four corners of the field with a 1 yard radius
- 5:01:04 U10 Division: The field size for this Division shall be a 35-40 X 55-60 yards
1. Goal Area: 4 yards in front of each goal and from each goal post
 2. Penalty Area: 12 yards in front of each goal and from each goal post
 3. Penalty Spot: 8 yards from the center of the goal line
 4. Penalty Arc: 8 yard radius from the Penalty Spot to edge of the Penalty Area
 5. Center Circle: Located at the center of the field with a 8 yard radius
 6. Corners Arcs: Located on all four corners of the field with a 1 yard radius
- 5:01:05 U12 Division: The field size for these Divisions shall be a 55-60 x 75-80 yards
1. Goal Area: 4 yards in front of each goal and from each goal post
 2. Penalty Area: 12 yards in front of each goal and from each goal post
 3. Penalty Spot: 8 yards from the center of the goal line
 4. Penalty Arc: 8 yard radius from the Penalty Spot to edge of the Penalty Area
 5. Center Circle: Located at the center of the field with a 8 yard radius
 6. Corners Arcs: Located on all four corners of the field with a 1 yard radius
- 5:01:06 U15-U18 Divisions: The field size for this Division shall be a 70-80 X 90-100 yards
1. Goal Area: 5 yards in front of each goal and from each goal post
 2. Penalty Area: 15 yards in front of each goal and from each goal post
 3. Penalty Spot: 10 yards from the center of the goal line
 4. Penalty Arc: 10 yard radius from the Penalty Spot to edge of the Penalty Area
 5. Center Circle: Located at the center of the field with a 10 yard radius

6. Corners Arcs: Located on all four corners of the field with a 1 yard radius

- 5:02:00 Boundaries should be clearly marked by 2-4" thick lines.
- 5:03:00 All Players who are not on the field must sit in a top of a different color from the players on the field and out of the designated playable area. This area will be known as the Team or Technical Area. Coaches may stand next to the field and may move along the side of the field (within their half to coach their team).
- 5:03:01 Teams will sit on the same side of the field while spectators will take up occupancy on the opposing side
- 5:03:02 Spectators viewing the game from behind the goals must remain at least 8 yards from the goal line
- 5:03:03 In the event fields two or more fields are side by side, both sets of teams shall occupy the same side of the field and both sets of spectators shall occupy the same side of the field
- 5:05:00 The official ball for U4-U8 Divisions will be any ball designated as Size 3. The official ball for the U10-U12 Divisions will be any ball designated as Size 4. The official ball for the U15-U18 Divisions will be any ball designated as Size 5.
- 5:06:00 The size of the goal will be adjusted to meet the standards for each division. The size standard for each division is as follows:
- 5:06:01 U4-U8 Divisions: 6'-9' x 4'-5'
- 5:06:02 U10-U12 Divisions: 14'-18' x 6'-7'
- 5:06:04 U15-U18 Divisions: 18'-24 x 6.5'-8'
- 5:07:00 Each player must wear their team jersey and shorts during all games. No other uniform will be permitted. Jerseys must also be tucked in at the start of the game.
- 5:08:00 Players MAY NOT wear jewelry during practices or games. Stud earrings cannot be covered by tape. The only exception is for a religious symbol or medic alert bracelet or necklace. If worn, the jewelry must be protected under the player's uniform or wristband.
- 5:09:00 Players MAY NOT wear a guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any rigid substance, even though padded, on the finger, hand, wrist or distal ½ of the forearm. Supports/braces are permitted on other parts of the body in judgment of the Referee/Official, they are not considered dangerous. The Referee/Official will, however, require the support/brace to be covered and padded if a sharp edge or point is exposed.
- 5:10:00 Shin-guards are mandatory both in practice and games and are worn inside the socks.
- 5:11:00 Footwear can be athletic shoes or soft-cleated shoes. Metal spikes are prohibited.
- 6:00:00 SCORES & STANDINGS AND POSTSEASON SEEDING**
- 6:01:00 Final scores will not be recorded and Standings will not be kept for the U4-U8 Divisions
- 6:02:00 Final scores will be recorded and Standings will be kept during the Regular Season for scheduling purposes for the Second Stage of the Regular Season (when applicable) and seeding for the Postseason Tournament/Playoffs for the U10-U18 Divisions
- 6:02:01 To balance out the level of competition and further promote player development, teams in each Division will play each other at least once in

round-robin play during the First Stage of the Regular Season (when applicable). The remaining schedule for each team for the Second Stage of the Regular Season will consist of games versus a more balanced level of competition e.g. at the end of round-robin play, Team Ranked #1 vs. Team Ranked #2, Team Ranked #3 vs. Team Ranked #4, Team Ranked #5 vs. Team Ranked #6, etc.

6:02:02 Teams will be seeded for the Postseason Tournament/Playoffs by their point standing at the end of the Regular Season. The team with the greatest number of points at the end of the Regular Season will play the eligible team with the least number of points, the team with the second greatest number of points will play the eligible team with the second least number of points and so on.

6:02:03 In the event that two teams finish the Regular Season with an equal number of points, the following system will be used to break the tie until one team ranks ahead of the other(s):

1. Goal Differential (GD)
2. Goals For (up to four goals) (GF)
3. Goals Against (GA)
4. Head-to-head
5. Coin Toss (2 teams) or Drawing of Lots (3 or more)

7:00:00 TIME CONSIDERATIONS

7:01:00 Games must start and end on time to remain on schedule.

7:01:01 U4 Division: The game will be played with three 10-minute periods. There will be a 2-minute "half-time" between periods. Teams will change sides after each period. The games shall be terminated regardless of the time remaining to accommodate the next scheduled time.

7:01:02 U6 Division: The game will be played with three 10-minute periods. There will be a 2-minute "half-time" between periods. Teams will change sides after each period. The games shall be terminated regardless of the time remaining to accommodate the next scheduled time.

7:01:03 U8 Division: The game will be played with two 20-minute halves. There will be a 4-minute "half-time" between periods. Teams will change sides after halftime. The games shall be terminated regardless of the time remaining to accommodate the next scheduled time.

7:01:04 U10 Divisions: The game will be played with two 25-minute halves. There will be a 5-minute "half-time" between periods. Teams will change sides after halftime. The games shall be terminated regardless of the time remaining to accommodate the next scheduled time.

7:01:05 U12-U18 Divisions: The game will be played with two 30-minute halves. There will be a 5-minute "half-time" between periods. Teams will change sides after halftime. The games shall be terminated regardless of the time remaining to accommodate the next scheduled time.

- 7:02:00 Referees/Officials will use their discretion before forfeiting a game. The grace period for late arriving players to meet the minimum number of players to play is 10 minutes after the scheduled start time
- 7:02:01 A team delaying the start of a game by more than 10 minutes will forfeit the game to the opponent by a score of 1-0.
- 7:02:02 In the event that both teams fail to show up for a game and the contest has not been postponed, both teams will be assessed a loss.
- 7:03:00 If any game begins late, that game will be shortened accordingly in order to return to the original playing schedule.
- 7:03:01 All halves must be the same time in length of the full game time if shortened due to a delayed start time
- 7:04:00 If time expires with the game tied, the score will remain as such.
- 8:00:00 ROSTER SIZES AND NUMBER OF PLAYERS ON THE FIELD**
- 8:01:00 U4 Division: Each team will play with 3 players on the field. The rosters maximum for each team shall be no more than 7 players and no less than 4 players.
- 8:01:01 The minimum number of players on the field shall be no less than 2 players. If one team is "short" players, the opposing team is asked to reduce their number of players on the field to equal the number of the opposition, but not obligated to oblige
- 8:01:02 If the team has less than 2 players present the game will be canceled and the short team will forfeit.
- 8:02:00 U6 Division: Each team will play with 4 players on the field. The rosters maximum for each team shall be no more than 9 players and no less than 6 players.
- 8:02:01 The minimum number of players on the field shall be no less than 3 players. If one team is "short" players, the opposing team is asked to reduce their number of players on the field to equal the number of the opposition, but not obligated to oblige
- 8:02:02 If the team has less than 3 players present the game will be canceled and the short team will forfeit.
- 8:03:00 U8 Division: Each team will play with 5 players on the field to include a goalkeeper. The rosters maximum for each team shall be no more than 10 players and no less than 8 players.
- 8:03:01 The minimum number of players on the field shall be no less than 4 players. If one team is "short" players, the opposing team is asked to reduce their number of players on the field to equal the number of the opposition, but not obligated to oblige
- 8:03:02 If the team has less than 4 players present the game will be canceled and the short team will forfeit.
- 8:04:00 U10 Division: Each team will play with 7 players on the field. The rosters maximum for each team shall be no more than 12 players and no less than 10 players.
- 8:04:01 The minimum number of players on the field shall be no less than 5 players. If one team is "short" players, the opposing team is asked to reduce their number of players on the field to equal the number of the opposition, but not obligated to oblige

- 8:04:02 If the team has less than 5 players present the game will be canceled and the short team will forfeit.
- 8:04:03 If Division is coed, at least 2 players participating on the field must be female. If there are not enough females to meet this minimum requirement, the coaches may agree to play the game with the maximum allowable on the field to play, irrespective of the gender of players; otherwise, the “offending” team must play down a player up to the minimum allowed to play on the field for the game to commence if the coaches cannot agree.
- 8:05:00 U12 Division: Each team will play with 9 players on the field. The rosters maximum for each team shall be no more than 14 players and no less than 12 players.
- 8:05:01 The minimum number of players on the field shall be no less than 7 players. If one team is “short” players, the opposing team is asked to reduce their number of players on the field to equal the number of the opposition, but not obligated to oblige
- 8:05:02 If the team has less than 7 players present the game will be canceled and the short team will forfeit.
- 8:05:03 If Division is coed, at least 3 players participating on the field must be female. If there are not enough females to meet this minimum requirement, the coaches may agree to play the game with the maximum allowable on the field to play, irrespective of the gender of players; otherwise, the “offending” team must play down a player up to the minimum allowed to play on the field for the game to commence if the coaches cannot agree.
- 8:06:00 U15-U18 Divisions: Each team will play with 7 players on the field. The rosters maximum for each team shall be no more than 12 players and no less than 10 players.
- 8:06:01 The minimum number of players on the field shall be no less than 5 players. If one team is “short” players, the opposing team is asked to reduce their number of players on the field to equal the number of the opposition, but not obligated to oblige
- 8:06:02 If the team has less than 5 players present the game will be canceled and the short team will forfeit.
- 8:06:03 If Division is coed, at least 2 players participating on the field must be female. If there are not enough females to meet this minimum requirement, the coaches may agree to play the game with the maximum allowable on the field to play, irrespective of the gender of players; otherwise, the “offending” team must play down a player up to the minimum allowed to play on the field for the game to commence if the coaches cannot agree.
- 9:00:00 MINIMUM PLAYING TIME**
- 9:01:00 All players are required to play a minimum number of minutes per game (or series of games) regardless of their skill level:
- 9:01:01 U4-U8 Divisions: Players are required to play at least half of each game
- 9:01:02 U10-U18 Divisions: Players are required to play at least 2/3 (or 4 out of 6 halves) over the duration of a 3 game series.
- 9:02:00 It is the coach’s discretion to play a player half the minimum number of minutes per game (or series of games) if said player missed the practice (or two depending on the

number of practices per week) prior to the next scheduled game. This rule is applicable to all players for all unexcused absences.

9:02:01 This rule is also applicable to players who exhibit behavioral issues or a disrespectful attitude

9:03:00 If playtime allotted by coaches becomes “unreasonable” (to be determined upon a BGCA Athletics Staff review), BGCA Athletics Staff will assess concerns specific to the situation.

10:00:00 GENERAL RULES OF PLAY

10:01:00 FIFA Laws of the Game will be followed with the following exceptions:

10:02:00 The game is started with the ball placed on the midfield line of at the center of the center circle:

10:02:01 U4-U8 Divisions: Players of the opposing team must be 4 yards away when the kick is taken. When the referee gives the signal, the ball is in play when it is kicked and moves forward. The kicker may not touch the ball a second time until it has touched another player.

10:02:02 U10-U12 Divisions: Players of the opposing team must be 8 yards away when the kick is taken. When the referee gives the signal, the ball is in play when it is kicked and moves forward. The kicker may not touch the ball a second time until it has touched another player.

10:02:03 U15-U18 Divisions: Players of the opposing team must be 10 yards away when the kick is taken. When the referee gives the signal, the ball is in play when it is kicked and moves forward. The kicker may not touch the ball a second time until it has touched another player.

10:03:00 Scoring a goal may be done by the following means:

10:03:01 Goals can be scored from anywhere, but the ball must pass below the crossbar, between the goal posts, and wholly cross the goal line.

10:03:02 A goal can be scored directly from the kickoff. A goal may also be scored directly from a goal kick, but only against the opposing team.

10:03:03 A goal cannot be scored directly from an indirect free kick or throw-in. The ball must touch another player on the field of either team before going into the goal for a goal.

10:04:00 When the ball goes wholly across the touch line (sideline) or wholly across the goal line, the game is restarted by:

10:04:01 U4-U6 Divisions: When the ball goes wholly across any boundary, the game is restarted with a kick. The ball is awarded to the team opposite of that of the player who last touched the ball.

1. Over the touchline: The ball is placed on the line where the ball went out.
2. Over the goal line by the ATTACKING team: The ball is placed anywhere in the goal area.
3. Over the goal line by the DEFENDING team: The ball is placed in the corner where the GOAL LINE meets the touchline.

10:04:02 U8-U18 Divisions: When the ball goes wholly across the touch line (sideline), the game is restarted with a throw-in. When the ball goes wholly across the

goal line, the game is restarted with a goal kick or corner kick. The ball is awarded to the team opposite of that of the player who last touched the ball.

1. Over the touchline: The ball must be thrown-in on the line where the ball went out. FIFA Law 15 The Throw In will apply. However, if the player throws the ball in incorrectly, the throw-in will be awarded to the opposing team.
2. Over the goal line by the ATTACKING team: The ball is placed anywhere in the goal area.
3. Over the goal line by the DEFENDING team: The ball is placed in the corner where the GOAL LINE meets the touchline.

- 10:05:00 **Fouls and Misconduct** are acts committed by players that are deemed by the referee to be unfair and are subsequently penalized. An offence may be a foul, misconduct or both depending on the nature of the offence and the circumstances in which it occurs.
- 10:05:01 A **Foul** is an unfair act by a player, deemed by the referee to contravene the game's laws, that interferes with the active play of the game. Fouls are punished by the award of a free kick (direct or indirect depending on the offence) or penalty kick to the opposing team. Fouls mostly concern unnecessarily aggressive physical play and the offence of handling the ball. Additionally, a foul can only be committed by a player (not a substitute) and on the field of play, while the ball is in play. Where applicable, fouls are limited to acts committed against an opponent.
- 10:05:02 **Misconduct** is any conduct by a player that is deemed by the referee to warrant a disciplinary sanction (caution or dismissal). Misconduct may include acts that are, additionally, fouls. Misconduct may occur at any time, including when the ball is out of play, during half-time and before and after the game, and both players and substitutes may be sanctioned for misconduct. Misconduct will result in the player either receiving a caution (indicated by a yellow card) or being dismissed ("sent off") from the field (indicated by a red card).
- 10:06:00 A Direct Free Kick is awarded when a player commits any of the following:
- 10:06:01 U4-U8 Divisions: Direct Free Kicks are NOT awarded in these divisions for infringements
- 10:06:02 U10-U18 Divisions: Direct Free Kicks are awarded for tripping, pushing, striking, holding or kicking an opponent. Additionally, a player cannot pick-up, hold, stop or propel the ball with his/her hands.
1. The kick is awarded to the opposite team and is taken from the spot where the foul occurred.
 2. Players of the opposing team must be a minimum of 8 yards away from the ball in the U10-U12 Divisions and 10 yards away from the ball in the U15-U18 Divisions when a free kick is taken.
 3. If the foul occurred INSIDE the penalty area, a penalty kick is awarded and the ball is placed 8 yards from the goal line in the U10-U12 Divisions and 10 yards in the U15-U18 Divisions. All players except the goalkeeper and the player taking the penalty kick must be outside the penalty area and the penalty arc.
- 10:07:00 A Indirect Free Kick (i.e. the ball must touch another player on the field before a goal can be scored) is awarded when a player commits any of the following:

- 10:06:01 U4-U8 Divisions: Indirect Free Kicks are awarded in these divisions for ALL infringements
1. The kick is awarded to the opposite team and is taken from the spot where the foul occurred. If the foul occurred INSIDE the goal area, the ball is placed on the goal area line nearest to the spot of the foul.
 2. Players of the opposing team must be a minimum of 4 yards away from the ball when a free kick is taken.
 3. In any case, A GOAL CANNOT BE SCORED DIRECTLY FROM AN INDIRECT FREE KICK, including out-of-bound free kicks.
- 10:06:02 U10-U18 Divisions: Indirect Free Kicks are awarded for offenses such as playing in a dangerous manner, preventing the goalkeeper from releasing the ball from his or her hands, impeding the progress of an opponent (obstruction), or commits any other offense for which play is stopped
1. The kick is awarded to the opposite team and is taken from the spot where the foul occurred.
 2. Players of the opposing team must be a minimum of 8 yards away from the ball in the U10-U12 Divisions and 10 yards away from the ball in the U15-U18 Divisions when a free kick is taken.
 3. A goal cannot be scored directly off of an Indirect Free Kick; it must touch another player from either team to be a goal.
- 10:08:00 The OFFSIDE rule is not used in the U4-U8 Divisions. The OFFSIDE rule is used in the U10-U18 Divisions
- 10:08:01 It is not an offence in itself to be in an offside position
- 10:08:02 A player is in an offside position if:
1. He/she is nearer to his opponents' goal line than both the ball and the second last opponent
- 10:08:03 A player is not in an offside position if:
1. He/she is in his own half of the field of play or
 2. He/she level with the second last opponent or
 3. He/she level with the last two opponents
- 10:08:04 A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his/her team, he/she is, in the opinion of the referee, 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
- 10:08:05 There is no offside offence if a player receives the ball directly from:
1. A goal kick or
 2. A throw-in or
 3. A corner kick
- 10:08:06 For any offside offence, the referee awards an Indirect Free Kick to the opposing team to be taken from the place where the infringement occurred.

- 10:09:00 Goalkeepers will NOT be used in the U4/U6 Divisions. In the U8-U18 Divisions, goalkeepers will be used and Goalkeeper Rules will apply
- 10:09:01 In the U4-U6 Divisions, there is no rule against “GOALTENDING” (baby guarding) in the 3v3/4v4 games. However, “GOALTENDING” is highly discouraged when your team has possession of the ball and is going forward on the attack. The Boys & Girls Club Athletics Staff strongly recommends the coaches get the goal tenders to come out and support the play.
- 10:10:00 Heading the ball, either in practices or games, is strictly prohibited in the U4-U12 Divisions. In the U15-U18 Divisions, players shall be limited to a maximum of 30 minutes of heading training per week, with no more than 15-20 headers per player, per week.
- 10:10:01 When a player deliberately heads the ball in a game, an Indirect Free Kick will be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the Indirect Free Kick will be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
- 10:11:00 Substitutions are at the discretion of the Head Coach and can be made during any stoppage during the game with the Referee’s permission.
- 10:12:00 **Fair Play Rule:** If a team is up by 4 or more goals, the Fair Play Rule will go into effect and the following amendments to the BGCA Rules of Soccer will be applied:
- 10:12:01 The team leading must make at least 5 passes without loss of possession before taking a shot
- 10:12:02 The team leading must drop behind the half to defend when it is a goal kick and are only allowed to challenge for the ball initially once the ball crosses into their defensive half of the field
- 10:12:03 Failure by the team leading to abide by the Fair Play Rule while it is in effect which results in a goal being scored will result in a goal kick being awarded to the team behind
- 10:12:04 Playing by the Fair Play Rule will be dismissed once the score for both teams fall within a one-goal difference. The Fair Play Rule may be enacted again if the goal difference again becomes four or greater
- 11:00:00 COACHES RESPONSIBILITIES**
- 11:01:00 Any person interested in being a Head Coach, Assistant Coach, Team Manager or any other volunteer staff member who will be in direct contact with participants must complete a Boys & Girls Clubs – Alaska Volunteer Coaching Application and Consent for Criminal Background Check. The BGCA Soccer Technical Advisory Board and/or Director of Athletics will interview and make placement decisions for qualified, incoming Head Coach candidates. The BGCA Soccer Technical Advisory Board and/or Director of Athletics will also evaluate and make decisions regarding current Head Coaches who request assignment to a new Division. BGCA Athletics Staff will make final approval pending Background Check verification.
- 11:02:00 All Head and Assistant Coaches will be required to complete the United Soccer Coaches (USC) Foundations of Coaching Diploma course, which is sponsored by Boys & Girls Clubs – Alaska Athletics: <https://unitedsoccercoaches.org/foundations>
- 11:03:00 All Head and Assistant Coaches will be required to obtain a CDC Heads Up: Concussion in Sports Intro Course (available at no cost on-line): <http://www.cdc.gov/concussion/HeadsUp/clinicians/index.html?source>

- 11:04:00 The Head Coach and/or Assistant Coach must be present at all practices and games. If either the Head Coach or Assistant Coach is not available, then another adult, who has completed the Consent for Criminal Background Check and been cleared by Boys & Girls Club – Alaska Athletics Staff may substitute.
- 11:05:00 The Head Coach is responsible for the conduct of his/her players before, during, and immediately following practice or the game, until the time when the player's parent or guardian assumes responsibility of the player.
- 11:06:00 The Head Coach is responsible for the conduct of the parents of his/her players during the game and at practice.
- 11:07:00 It is expected that Coaches instill a high level of sportsmanship in their players. Players should develop and demonstrate a high level of respect for the sport of Soccer, officials, coaches, parents, teammates, and opponents. This includes high fiving opponents and shaking referee's hands after the game, irrespective of the result.
- 11:08:00 Along with sportsmanship, Coaches should instruct players, using the four components of coaching – technical, tactical, physical, psychosocial – which are age appropriate and prepare them for competition.
- 12:00:00 REFEREES/OFFICIALS RESPONSIBILITIES**
- 12:01:00 Referees/Officials are the official authority on the field. Referees/Officials will speak only with team captains or the Head Coach during the game. Coaches, Players, and Parents may not at any time touch a Referee/Official. Violation of this rule will result in a Red Card, which could result in an ejection from the game and removal from the Soccer program.
- PLEASE NOTE: ANY EJECTION will result in a one-game suspension and require an immediate review by the BGC Athletic Dept. if further disciplinary action is needed.**
- 12:02:00 Pregame
- 12:02:01 The Referee/Official shall check the playing area and its immediate surroundings to ensure it is safe and playable. If the Referee/Official does not feel the playing area is safe or can be brought up to a safe, playable standard in a reasonable amount of time which won't interfere too much, if at all, with the start of the game, he/she has the right to abandon the game in the best interest of player safety.
- 12:02:02 The Referee/Official will check Player Cards to ensure everyone is able to play and inspect the players to make sure they are wearing the proper jersey and equipment.
- 12:02:03 Referees/Officials shall remind coaches to enter the roster of their team into the scorebook.
- 12:02:04 Referees/Officials shall remind the Coaches of parental scoring and time keeping duties and ensure that those requirements are fulfilled before the beginning of the game (if applicable).
- 12:02:05 Referees/Officials will start the game on time. They may use their discretion before forfeiting a game (see 7:02:00).
- 12:03:00 During the Game

- 12:03:01 Referees/Officials shall use discretionary powers of enforcement of all rules of the game depending on the age and skill level of the players.
- 12:03:02 A Referee/Official may initially give a verbal warning to a player that they are committing an infraction. If the player continues to violate the rule, the Referee/Official will stop the game, explain the infraction, and describe the correct way to play.
- 12:03:03 The Referee/Official will use the discretion to ensure a safe playing environment which promotes fair play, but should allow all players, regardless of ability, to compete and have fun.
- 12:03:04 Referees/Officials will help time keepers keep track of time outs, time between quarters, time between halves, time between games, etc.
- 12:03:05 Referees/Officials will use their discretion for the ejection of coaches, players, parents, and fans from games or venue.
- 12:03:06 Referee/Official calls and decisions are final. Under no circumstances shall a coach, player, or parent approach the Referees/Officials and attempt to change or argue the outcome of a call. If a coach, player, or parent does so in a hostile manner, the officials have the option of ejecting said person from the venue.
- 12:04:00 Post Game
- 12:04:01 Referees/Officials shall report any coaches, players, and/or fans that were ejected from the venue by submitting a written Incident Report to the Boys and Girls Clubs – Alaska Director of Athletics within 48 hours of said incident(s). Referees/Officials may also verbally report the issue to a member of the BGCA Athletics Staff if the incident requires immediate attention.
- 12:04:02 The final scores of each game for Divisions keeping scores and standings must be reported to the BGCA Director of Athletics within 48 hours immediately following the game.
- 13:00:00 SPECTATORS RESPONSIBILITIES**
- 13:01:00 Parents, family, fans, or other spectators should keep in mind that the Boys and Girls Clubs – Alaska Soccer program places an emphasis of the program is to develop players who possess good sportsmanship and basic fundamental soccer skills while giving each player similar playing time. Winning games may be a byproduct of the previously mentioned program emphasis, but at no point should winning games take precedent over the program emphasis.
- 13:02:00 Spectators (parents, fans, siblings, etc.) are restricted to the bleacher viewing areas during games. All spectators must show respect towards all players, coaches, and referee officials and must use only positive encouragement when cheering for players or teams. Spectators are also expected to demonstrate good sportsmanship at any Boys and Girls Clubs – Alaska Soccer venue.
- 13:03:00 There is **ZERO TOLERANCE** for disrespectful behavior and the spectator(s) could be asked to leave.
- 13:04:00 Spectators who display unsportsmanlike conduct should be approached by the Head Coach and will be asked to calm down or leave the premises. Further action may be taken by BGCA Athletics Staff.
- 13:05:00 Spectators who have questions about the Rules or complaints about the program should first speak to the Head Coach. If the issue or situation cannot be resolved at

the team level, then a spectator may contact the BGCA Director of Athletics for further clarification. Spectators (parents, fans, siblings, etc.) should not contact the BGCA Director of Athletics unless they feel the Coach is doing something illegal, unethical, immoral or unsafe. Every effort must be made to adhere to the chain of command.

14:00:00 UNSPORTSMANLIKE CONDUCT

- 14:01:00** **Unsportsmanlike** conduct and/or unsafe behavior by a player, coach or parent, or spectator will not be tolerated.
- 14:02:00** **Unsportsmanlike** conduct by a player will result in a Red Card and ejection from the game and will not be permitted to play in the rest of the match in addition to being suspended for the team's next scheduled game.
- 14:03:00** **Unsportsmanlike** conduct by a coach will result in a Red Card and ejection from the game and the coach will be suspended for the team's next scheduled game in addition to being placed on probation for the remainder of the season. If the coach receives a second Red Card that results in an ejection from the game, he/she will be removed from the program.
- 14:04:00** **Unsportsmanlike** conduct by a parent/spectator will result in a removal from the game venue. A second offense by the parent/spectator will result in their removal from the game venue for the remainder of the season.

15:00:00 INJURIES

- 15:01:00** If a player is injured, the game will be stopped and coaches will be allowed on to the field to attend to the player. Every effort will be made to remove the injured player (as long as it is safe to do so) from the field as quickly as possible so the game can be resumed. Once the player has recovered or been helped to the sideline, the game will resume. Time will not be added to the allotted game time to because of the injury.
- 15:02:00** **All injuries must be reported to the BGCA Athletics Department as soon as possible. Injury Reports must be forwarded to Boys & Girls Clubs – Alaska Athletics Staff within 24 hours upon witnessing the injury or being notified. All injuries need to be reported as soon as possible regardless of how minor or severe. To report an injury, call the Athletics Department at 249-5445. Use the included Incident/Accident Report Form.**

16:00:00 BANNED SUBSTANCES

- 16:01:00** The use of, possession and/or consumption of alcoholic beverages, tobacco, or legal/illegal drugs (unless prescribed by a doctor for a medical condition) by coaches, players or officials, immediately before, during or after the playing of any youth soccer game, practice, or Team Event/Activity is **EXPRESSLY PROHIBITED!** Any infraction will be considered extremely serious and there is a **ZERO TOLERANCE POLICY!** Any offender is subjected to immediate suspension.

17:00:00 CHANGES AND/OR EXCEPTIONS

- 17:01:00** Any change and/or exception to these rules must be addressed to the BGCA Director of Athletics and/or the BGCA Soccer Technical Advisory Board. The BGCA Director of Athletics, upon the BGCA Soccer Technical Advisory Board, can change any of these rules if they feel it is appropriate and in the best interest of the BGCA Soccer program.