

EAST RIDGE FUTBOL CLUB

SOCCER RULES

I. Definitions

- A Rec game involves two Division 4 teams of the same club playing a game against each other (i.e. East Ridge Team 1 versus East Ridge Team 4)
- A RecPlus (County League) game involves two Division 4 teams from DIFFERENT clubs playing a game against each other (i.e. East Ridge Team 2 vs. North River Team 3).

II. Rosters

- The coach of County League games must have a printed copy of the TSSA roster ready to be presented to the referees prior to kickoff. This gives the referee what is needed to file a report (injury, incident, etc.).
- TSSA Policy 12 is here <https://app.box.com/s/ws0bkj10qmrte25fntdzd67alovgk748>
- If a coach doesn't have their roster the game should still be played. However, if rosters are not provided the referee should report this to their assignor and identify which club the offending team is from. Then, the assignor will let Mike Smith, Avery Gallam, or Chad Ayers know about teams not having rosters and they will address this with their club leadership. Regardless of how many times the referees ask for rosters and teams do not have them, please keep asking so we can get all clubs and teams to comply. Ask every game.

III. General

- NO JEWELRY. Band aids are not allowed to cover piercings. The jewelry must be removed, or the player cannot play.
- Shin guards are required at every game and practice. A player practicing or playing without shin guards causes a liability issue for the Club and negates any Insurance coverage and assumes their own liability.
- Spectators/Parents MUST be on the opposite side of the field from the coaches/players.
- No one is allowed behind goals. All spectators/coaches must be on the appropriate side of the sidelines (touchlines).

IV. Pickup Players

- If a coach has a guest player – it is perfectly acceptable to pick up but must be a registered player and in the same age group or below. Can not pick up a non-registered player.

VII. Heading, Punting, & Slide Tackling

- No Deliberate Heading - U12s and younger, NO heading the ball. This does NOT change how a U12 SELECT Game should be called.
- No Punting – because of the heading restriction, there is also NO Punting in U10 or younger Rec Games.
- No slide tackling is allowed. The restart will be an Indirect Free Kick.

VIII. U6/U8 Modifications

- Ball size 3
- 4v4, NO goalkeeper! Coaches MUST NOT put a player in front of the goal as a sweeper. The intention of the small-sided game is to allow the players successful and fun play.
- Unlimited substitutions on the fly.
- Game duration = Two 20-minute halves
- Time between quarters = 2 minutes
- No offsides
- All restarts are Indirect Free Kicks
- No heading.
- All other IFAB laws pertain.
- No Coaches or parents are allowed on the field or behind the goal during games.

IX. U10 Modifications

- Ball size 4
- 7v7
- Substitutions unlimited, but with referee permission
- Game Duration = two 25-minute halves. Halftime = 5 minutes.
- Offsides is called within the Build Out Line and the Goal Line
- The Build Out Line should be drawn halfway between the top of the penalty box and the half line. If the Build Out Line is not present, then the Half Line becomes the Build Out Line.
- When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play.
- If the keeper decides to play the ball before the opposing team is behind the build-out line, that is their choice and is legal. However, once the ball is put into play, the opposing team can resume play from where they are and do not have to go back behind the build-out line first.
- However, they can wait as long as needed for the opposing team to move behind the build-out line as well. They will not be penalized for holding the ball too long.
- If the keeper puts the ball on the ground to play it with their feet, then it is a live ball and the opposing team can play the ball.
- If the opposing team does not retreat immediately behind the Build Out Line, the referee can show a yellow card to the offending player. Play will restart with a Direct Free Kick for the Keeper's team from the spot of the offense.

- No punting allowed. The keeper must roll, throw or pass the ball out. Punting will result in an Indirect Free Kick to the opponent from the spot of the offense.
- No heading allowed. Restart is an Indirect Free Kick.
- All other IFAB laws pertain.

X. U12 Modifications

- Ball size 4
- 9v9
- Substitutions unlimited with referee permission
- Duration 2 30-minute halves. Halftime = 5 minutes.
- Punting is allowed
- No heading allowed. Restart is an Indirect Free Kick.
- All other IFAB laws pertain.
- **U12 Girls will play 7v7 due to number of registered players.**

XI. U14 Modifications

- Ball size 5
- 7v7
- Substitutions unlimited with referee permission
- Duration 2 35-minute halves. Halftime = 5 minutes.
- All other IFAB laws pertain.

XII. U16/U19 Modifications

- Ball size 5
- 7v7
- Substitutions unlimited with referee permission
- Duration 2 35-minute halves. Halftime = 5 minutes.
- All other IFAB laws pertain.