

# NCRSL Rec Soccer Rules

FIFA "Laws of the Game" govern Rec Soccer unless modified by the North County Rec Soccer League  
Check out: [www.FIFA.com](http://www.FIFA.com)

These modifications to the "Laws of the Game" are authorized.

Division	Age	Minutes Per Half	Ball Size	# of Players on team	# Players on the field	Free Kick / Distance
PeeWee (2020-2019)	4-5	20	3	8	4 v 4 (no goalie)	NA
Micro/U6 & U7 (2019-2017)	5-6	20	3	14	4 v 4	NA
6 (2017-2016)	7 (U8)	25	4	14	7 v 7	8 yards
5 (2016-2014)	8-9 (U10)	25	4	14	7 v 7	8 yards
4 (2014-2012)	10-11 (U12)	30	4	16	9 v 9	10 yards
3 (2012-2010)	12-13 (U14)	35	5	18	11 v 11	10 yards

**Game Ball:** The home team shall provide a suitable game ball.

**Game Duration:** Time is not added for any stoppages. Half-time is 5 minutes in all Divisions.

**Substitutions:** Require the Referee's prior consent; are unlimited and may occur only when the ball is out of play (dead ball). Substitutes must be at the half way line and ready to play.

**Coaching:** *PeeWee Division:* Coaches allowed to be on the field; *Micro Division:* Coaches allowed on the field during first half of season; *Other Divisions:* Coaching allowed only by a Coach who is behind the touch line and within 10 yards of halfway. The tone of voice must be informative, and not derogatory.

**Loaned/Borrowed Players:** Technically this is not allowed, but if a team is short players they can, with the approval of the opposing coach, "borrow" players as long as they are registered to the club and of the same age group or younger.

**Sideline Behavior:** Teams are expected to sit on opposite sides of the field when possible. The Home team will choose their side. Coaches are responsible for their sideline and all actions thereon. Coaches are expected to coach their teams in a positive and respectful manner. The League encourages referees to discipline any coach for irresponsible behavior if the coach, player, parent or spectator uses derogatory words or actions aimed at their players, the opposing team's players, coach, sideline or any of the referees.

# NCRSL Rec Soccer Rules (continued)

## Rule Interpretations and Clarifications

The following rules have been approved by Cardiff Soccer League, Encinitas Soccer League, Rancho Santa Fe Youth Soccer and Solana Beach Soccer Club for use in Recreational Soccer Games.

**Free Kick/Distance:** The same for Kickoffs, Corner Kicks, Penalty Kicks.

**Substitution requests:** May be denied if deemed excessive or too close to the end of a half. Substitute goalkeepers should be ready to play (shirt, gloves, etc.) so as to minimize delay.

**Player Ejection:** (Red Card) or **Coach Caution/Ejection** (Yellow/Red Card): Referee must send a report to the player's league of registration. In Division 6 there are no Cautions/Ejections but a Referee can require a Coach to substitute a Player for unacceptable conduct.

**Throw-in or Kick-in:** Pee Wee & Micro will use Kick-in's to restart play. U8's and older will use a throw-in to restart play. For U8 throw-in's, a second attempt is allowed with the Referee assisting the same player to achieve the correct method.

**Offside:** There is no off sides in Pee Wee or Micro. With the U8's, there is no offside but *deliberately* placing a player in an offside position is contrary to the spirit of the game and should be actively discouraged by Coaches and Referees alike.

**Heading: Only players on 11v11 teams can head the ball.** The following rules will apply for 7v7 and 9v9 age groups:

- If a player intentionally heads the ball, the opposition will be awarded an indirect free kick from the point of the infraction.
- If a player (either on offense or defense) intentionally heads the ball within the 18-yard box, the ball will be placed in the nearest corner at the top of the 18-yard box.

**Shirt Color:** In case of conflict, the Home team must wear bibs.

**Build Out Line (7v7 only):** The build out line is used to promote playing the ball out of the back in an unpressured setting. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team should move behind the build out line. Once the opposing team is behind the build out line, the goalkeeper can pass or throw/roll the ball to a teammate (no punting). After the ball is put into play, the opposing team can cross the line and play resumes as normal.

**Goalkick (9v9 & 11v11):** Any number of players on the kicking team may be inside the Penalty Area. Opponents must remain outside until the ball is in play (whole of ball fully crosses Penalty Area line).

### **Miscellaneous**

- Pierced ears - earrings must be taped over/no dangle earrings
- Hard casts - must be bubble wrapped; if referee determines that it is being used to players advantage, then player may be asked to leave the field.