

# INDOOR RECREATIONAL RULES

Updated: 01/04/18

BSC Rec Leagues will be played in accordance with the FIFA Laws of the Game and USYS guidelines with the following modifications listed below.

## 1. EQUAL PLAY FOR ALL

Recreational soccer is all about playing and having fun! ALL PLAYERS, regardless of ability, deserve an equal amount of the available playing time in all games. Additionally, they should have opportunities to experience playing multiple positions throughout the season.

## 2. PLAYERS EQUIPMENT

All players must adhere to the following requirements:

- ☐ Team shirt
- ☐ Shin guards with socks that completely cover them
- ☐ Athletic wear – shorts or sweats
- ☐ Soccer cleats, indoor soccer shoes, or tennis shoes
- ☐ NO JEWELRY. Only exception is medical bracelets, which must be taped down
- ☐ Eyeglasses must have a strap

## 3. MATCH SPECIFICATIONS

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AGE GROUP	MATCH LENGTH*	BALL SIZE	# OF PLAYERS PER TEAM	KICK-IN or THROW-IN	OFFSIDE
U6	20 minute practice; 2-15 minute halves	3	4 total – 4 field players with NO GK	Kick-in	No
U8	20 minute practice; 2-15 minute halves	3	4 total – 4 field players with NO GK	Kick-in	No
U10	20 minute practice; 2-15 minute halves	4	5 total – 4 field players + GK	Kick-in	No
U12	20 minute practice; 2-15 minute halves	4	5 total – 4 field players + GK	Kick-in	No

Goalkeepers for U10-U12 CANNOT punt the ball, they must throw/roll the ball to a teammate.

## 4. COED SPECIFIC RULES

Rosters with four girls **MUST** have at least two girls on the field at all times. If roster has three or less girls **OR** only three or less girls show up for a game, teams **MUST** have one girls on the field at all times. The goalie can be either gender, but **that will not count towards the number of girls required on the field.**

## 5. SUBSTITUTIONS

Teams can sub “on the fly” much like in hockey.

## 6. TEAM AREA / COACHING RESTRICTIONS

All coaches will be on same side lines with NO PARENTS allowed on the benches. No coaches on the field (Exception: U6 age groups coaches can assist a struggling player if needed but cannot stay on the field during entire match)

## 7. SPECTATOR RESTRICTIONS

All parents will be seated on the opposite side of the coaches and players. NO PARENTS allowed to sit next to the teams.

## 8. FIELD MANAGERS / REFEREES

For the Recreational League, BSC will use field managers in place of certified USSF referees. All games will have one field manager. Spectators will refrain from criticizing the referee and will understand that like the players, the referee is a young learner who is trying to improve their skills. Referee/Field Managers’ decisions on all aspects of the game are final.

## 9. HEADING RESTRICTIONS

Heading is not allowed for ALL AGES. If a player deliberately heads a ball, an indirect free kick is awarded to the opposing team at the spot nearest to where the infringement occurred.

## 10. START / RESTART OF PLAY

The home team is listed first on the schedule and will kick-off to start the game. Visiting team kicks-off at the start of the second half.

**Free Kicks** – U5-U10 age groups will have indirect free kicks only. All opposing players must be at least 6 yards away from the spot of the kick.

U12 will have both direct and indirect free kicks and opponents must remain 6 yards away from the spot of the kick.

**Penalty Kicks** – No penalty kicks for U5-U8. Instead an indirect free kick will be awarded on the edge of the penalty box nearest to where the infringement occurred. Penalty kicks will be awarded for U10-U12.

**Goal Kicks** – For ALL AGE GROUPS, opposing team must retreat to the halfway line until the ball has been put back into play.

## 11. SCORE RECORDING

Scores are not kept for **ALL AGES**.

## 12. SPORTSMANSHIP

All players, coaches, parents and referees are expected to display positive sportsmanship at all times to everyone involved in the game. It is up to every single one of us to set a positive example of how to behave towards one another.