

Minot Soccer Association

Rec Soccer Rules



1) Field of play

- A. Two halves with a halfway line
- B. Goal box (small box): (none) u-7 and under; (2) u-8 and up
- C. Penalty box (big box): (none) u-7 and under; (2) u-8 and up
- D. Flag posts: (none) u-7 and under; (4) u-8 and up
- E. Two goals at the center of each goal line
- F. Build line: (u4-u8 half line is build line) U9 and up will use the line between the end line and the halfway line

****Players and Coaches sit on one side, Parents and spectators on the other side****

2) The Ball

- A. Size 3 U-7 and under
- B. Size 4 U-8 and up

3) Number of players

- A. 4 vs. 4 U-7 and under (no goalies)
- B. 5 vs. 5 U-8 (4 and a goalie)
- C. 7 vs. 7 U9 and up (6 players and a goalie)

4) Substitutions

- A. Unlimited
- B. **At any stoppage (with referee's approval for ages U8 and up)**
- C. Sub from the team bench side of the field, teams need to sit and sub on SAME side, parents on the OPPOSITE side from the teams

5) Playing Time

- A. Each player shall play a minimum of 50% of the total playing time of each game.
- B. Make sure **ALL players** rotate off the field **every** game for at least a few minutes.
- C. Try to get all players to play all positions throughout the season.

6) Player Equipment

- A. MSA provides for purchase a reversible red/white shirt, red shorts and red socks for each player, **Home team will wear Red and the away team will wear White.**
- B. Non-uniform clothing is allowed based on weather conditions, best if red or white

- C. All players MUST wear Shin guards
- D. Footwear - players can wear tennis shoes or soccer cleats; cleats must NOT have a toe cleat/stud.

7) The Referee

- A. U-7 and under no referee – games officiated by coaches on the field (small fields)
- B. U-8 ONE referee will be provided
- C. U9 and up TWO referees will be provided
- D. Decisions of the referees will be made to the best of their abilities. **Coaches, players and parents are expected to always be respectful.** The referee or mentor referee reserves the right to eject spectators/coaches from the field. If unwilling, the game will be a forfeit.
- E. Any complaints must be addressed to the administration (Zoe or Avery), NOT the referees. DO NOT SHOUT AND YELL AT OUR REFEREES, please remember they are young kids who are still learning.

8) Game Duration

- A. U-4 and U-5: (4) 8-minute Quarters with 2 minutes between each quarter
- B. U-6 and U-7: (4) 10-minute Quarters with 2 minutes between each quarter
- C. U8-U14: (2) 25 minute Halves with a 5-minute half time

**** In order to keep the games on time, please warm-up off of the field and be ready to play at game time.**

9) The Start and Restart of play

- A. **Kick-offs:** Taken at the beginning of the game, at the start of each play period and after a goal is scored. The opponents of the team taking the kick-off must be outside the center circle until the ball is put into play. The ball can be put into play in any direction. All players must be on their own half of the field before the kick is taken. YOU CAN NOT SCORE FROM A KICK-OFF!!
- B. **Corner Kick:** When the ball is put out of bounds over the end line and is last touched by the defensive team. The offensive team will take a kick on the corner nearest to where the ball went out. The opponents of the team taking the kick-off must be at least 4 yards from the ball until it is put into play.
- C. **Goal Kick:** When the ball is put out of bounds over the end line and is last touched by the offensive team. The goal kick shall be taken on the end line for U7 & under (small fields) and on the small goal box u8 & up (big fields). The opponents of the team taking the goal-kick must be behind the build line for U8 & up (**No build line for U12-14 Coed**) and MUST STAY BEHIND THE BUILD LINE UNTIL A DEFENDER TOUCHES THE BALL. The ball is in play once it has been kicked and clearly moves. For U7 & under the opponents of the team taking the goal-kick must be behind the half line UNTIL THE BALL IS KICKED. U-4 and U-5 can dribble in a goal kick; U6 & up must pass

the ball in. **Watch this video to understand the build out line:**
<https://www.youtube.com/watch?v=hgzE9VBY4N0>

- D. **Throw-ins:** When the ball goes out a sideline, a **throw-in** is awarded to the opponents of the player who last touched the ball. Throw-ins will be conducted with both hands from behind and over the head from the point where the ball left the field of play. Feet must stay on the ground. **U-4 and U-5 MAY use kick-ins from the sideline instead of throw-ins.**
- E. **Off-Sides:** Referees will call off-sides to the best of their ability. (U-9 and up). According to FIFA, a player is in an offside position if he is nearer the opponents' goal than both the ball and the last opponent (not including the goalie).
- F. **Headers:** There are NO HEADERS allowed for Ages U11 and down. **Headers are ALLOWED for the U12-U14 age group.**
- G. **NO SLIDING AT ALL**

10) Goalies

- A. Goalies must wear a **different color** from either of the two teams playing. In other words, NOT red or white.
- B. NO PUNTING/DROP KICKS – Goalies must THROW or ROLL the ball out. The build line rules apply (just like goal-kick) when the goalies have possession of the ball. **The ball CAN NOT be set down and kicked.**
- C. The Goalkeeper has 5 seconds to distribute the ball.

11) Determining the Outcome of the game

- A. A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar as deemed by the official.
- B. Each goal is worth one point.
- C. The team scoring the greater number of goals is the winner.
- D. Final game scores will be reported to administration via the referee's scorecard (U8 & up). All forfeits will be recorded as a loss 0-3.
- E. A Win is worth 3 points, Tie is worth 1 point and a loss is worth 0 points.
- F. During the tournament if there is a tie in standings the following criteria will determine teams rank.
 - 1. Head to head
 - 2. Fewest goals allowed
 - 3. Goal Differential
 - 4. Shoot-out (officiated by referees)
- G. During the tournament, the pool play games can end in a tie, but during bracket play, if there is a tie at the end of regulation time a 5-minute overtime will be played. If the score is still tied at the end of overtime a shoot-out of penalty kicks will take place.

12) Fouls and Misconduct

- A. All fouls will result in a direct free kick (can go directly into the goal without another player touching it).
- B. For an offense that happens, by a defensive player, in the goal box (U8 and up) there will be a PENALTY KICK taken from the penalty spot. The goalie will be the only player allowed inside the box until the ball is KICKED.
- C. If players pass back to goalie and the goalie picks it up, or if the goalie takes too long with the ball, a direct free kick will be taken OUTSIDE of the penalty box closest to where the infraction took place.
- D. The referee reserves the right to temporarily eject a player for persistent infringement. Re-entry will be at referee discretion.