

Rochester Youth Soccer Association



Recreation Soccer Condensed Rules of Soccer

**The FIFA Laws of the Game apply except where explicitly overridden by these
Condensed Rules of Soccer for Zumbro Valley Recreational Soccer Grades 1-12**

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Rochester Youth Soccer Association (RYSA)
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RULES – Grade 1-2

The Field of Play: The field is rectangular, approx 30 x 40 yds

The Ball: Size 3

Number of Players: 4 – No goalkeeper, 2 simultaneous games

In the interest of good sportsmanship, if a team does not have enough players to field a full team (i.e. 4), the Zumbro Valley Recreational Soccer committee requires that opponents also play short handed. Players may not be borrowed from another team without the permission of the opponent's coach.

Substitution: In the interest of smooth game flow coaches are to substitute only at the quarter breaks, after a goal or in case of injury.

Player's Equipment: Each player must wear shoes, socks, shin guards, shorts or long pants and a team shirt. The shin guards must be completely covered by the player's socks and protect the entire shin. Shoes are not required to have cleats, but if they do the cleats must not have any sharp edges. Glasses must be secured by an eyeglass holder or band and must not have any sharp edges. No jewelry can be worn.

Coach – 2 per team, 1 per squad minimum

1. Each team should have one coach on the sideline for each game. The coach should only go on the field to deal with an injury.
2. The coach should appoint 2 parent monitors in advance.

Parent Monitor – 2 per team, 1 per squad

1. Keep the time
2. Stay on the field to control any fouls or misconduct
3. Start the game and keep it going
4. Stay clear of the goal
5. Do NOT coach from the field
6. Instruct players on the appropriate game restart, however, let the players retrieve and place the ball to restart the game.

Duration of the Game: Four 10-minute periods

2-minutes between quarters

5-minutes at half-time. Switch ends of the field

The Start of Play: The team winning the coin toss decides which side of the field to attack first and will kickoff to start the 2nd and 4th quarters. The other team will kickoff to start the 1st and 3rd quarters. Each team stays on its own half of the field with the defending players outside the center circle until the ball has been kicked. The ball must be kicked forward and be touched by another player before the kicker can touch it again. A goal may NOT be scored directly from a kickoff. After a goal, the team that was scored upon kicks off. After the half-time the teams change ends. If the monitor stops the game for an injured player, restart play with a dropped ball.

Ball In and Out of Play: The ball is out of play when the ENTIRE ball crosses over the entire goal-line or touch-line, whether on the ground or in the air.

Method of Scoring: A goal is scored when the ENTIRE ball crosses over the entire goal-line into the goal.

Offside: There is no offside in Grade 1-2

Goal Area During Play: Players should not stand in front of the goal during active play unless they are currently playing the ball. A player may pass (be in front of) the goal only to get from one side of the field to the other. No player should be “camped” in front of the goal at any time.

Fouls and Misconduct: Must be deliberate

1. Hitting, kicking, tripping, pushing, holding, jumping or spitting at an opponent.
2. Handling the ball deliberately (not just the ball hitting a player).
3. Playing dangerously. Sliding tackles are considered dangerous play for grades 1 & 2.
4. Charging an opponent carelessly, recklessly or with excessive force.

All penalties assessed are an **Indirect Free Kick** (After the ball is kicked another player must touch the ball before a goal can be scored.) Opponents must be at least 6 yards from the ball until it is kicked.

Kick-In: The ball is put back into play where it crossed the touch line. A goal may not be scored directly from a kick-in. The kick is taken by a player from the team opposite to that of the player who touched the ball last. Opponents must be at least 6 yards from the ball.

Goal-Kick: A goal-kick is taken when the ball completely crosses the goal-line outside the goal and was last touched by the attacking team. The ball is placed on the ground, anywhere on the half-circle in front of the goal mouth, and kicked by one of the players on the defending team. Members of the attacking team must be 6 yards from the ball. The kicker may not kick the ball again until it has been touched by another player.

Corner-Kick: A corner kick is taken when the ball completely crosses the goal-line outside the goal and was last touched by the defending team. The ball is placed within 1 yard of the corner of the field nearest to where it went out. The kick is taken by a player from the attacking team. Opponents must be at least 6 yards from the ball. The kicker may not kick the ball again until it has been touched by another player. A goal MAY be scored directly from a corner-kick.

Bleeding: Any player who starts to bleed while playing must leave the field until the bleeding stops. The player should not re-enter the field with blood on any part of their uniform; that piece of the uniform should be changed. This rule applies to practices as well as games.

Playing Time: Coaches are REQUIRED to play every child at least half of every game, except for disciplinary reasons. If you have any questions about this rule feel free to call your coordinator or any other RYSA Rec Committee member.

RULES – Grade 3-4

Law 1 - The Field of Play: The field is rectangular. Its size will vary depending on age group. The lines on the side of the field are called touch-lines. The lines at each end of the field are the goal-lines. The smaller rectangle at each end of the field (if there is one) is the goal –area. The larger rectangle is the penalty-area.

Law 2 - The Ball: Size 4

Law 3 - Number of Players: 6 – One must be the goalkeeper (min 4)

In the interest of good sportsmanship, if a team does not have enough players to field a full team, the Zumbro Valley Recreational Soccer committee requires that opponents also play short handed. Players may not be borrowed from another team without the permission of the opponent’s coach.

Substitution: Any number of substitutions is allowed during the game. A substitution may be made (a) before any kick-off, (b) before a goal-kick, (c) before a throw-in by your team and (d) whenever the referee stops play for an injury. The coach must request and receive a signal from the referee before making a substitution.

Law 4 - Player’s Equipment: Each player must wear shoes, socks, shin guards, shorts or long pants and a team shirt. Goalkeepers must wear shirts that distinguish them from the other players. The shin guards must be completely covered by the player’s socks and protect the entire shin. Shoes are not required to have cleats, but if they do the cleats must not have any sharp edges. Glasses must be secured by an eyeglass holder or band and must not have any sharp edges. No jewelry can be worn.

Law 5 – Referee: The duties of the referee include, but are not limited to:

1. Enforcing the laws of the game in a consistent manner.
2. Refraining from penalizing where he/she is satisfied that by doing so the offending team would be given an advantage.
3. Stopping the game, if in his/her opinion, someone is injured.
4. Keep the time and the score.

Law 6 – Assistant Referees: Assistant referees are not used at this level.

Law 7 - Duration of the Game: Four 12-minute periods
2-minutes between quarters
5-minutes at half-time. Switch ends of the field

Law – 8 The Start of Play: The team winning the coin toss decides which side of the field to attack first and will kickoff to start the 2nd and 4th quarters. The other team will kickoff to start the 1st and 3rd quarters. Each team stays on its own half of the field with the defending players outside the center circle until the ball has been kicked. The ball must be kicked forward and be touched by another player before the kicker can touch it again. A goal may NOT be scored directly from a kickoff. After a goal, the team that was scored upon kicks off. After the

half-time the teams change ends. If the monitor stops the game for an injured player, restart play with a dropped ball.

Law 9 - Ball In and Out of Play: The ball is out of play when the ENTIRE ball crosses over the entire goal-line or touch-line, whether on the ground or in the air, or when the game has been stopped by the referee.

Law 10 - Method of Scoring: A goal is scored when the ENTIRE ball crosses over the entire goal-line, between the goal-posts and under the cross-bar.

Law 11 – Offside: There is no offside in Grade 3-4

Law 12 - Fouls and Misconduct: All penalties assessed are an **Indirect Free Kick** (After the ball is kicked another player must touch the ball before a goal can be scored.) Opponents must be at least 8 yards from the ball until it is kicked.

An Indirect free kick shall be given to the other team when a player commits any of the following 6 offenses in a careless or reckless manner or with excessive force:

1. Kicks or attempts to kick an opponent.
2. Trips or attempts to trip an opponent
3. Jumps at an opponent
4. Charges an opponent
5. Strikes or attempts to strike an opponent
6. Pushes an opponent.

Or the player commits any of the following 3 offenses:

7. Spits at an opponent
8. Holds an opponent.
9. Handles the ball deliberately (not just the ball hitting a player).

Additionally, an indirect free kick shall be given to the other team when a player does any of the following:

1. Plays in a manner considered dangerous by the referee. Dangerous play will include (a) sliding tackles, (b) charging the goalie after the goalie has control of the ball. The goalkeeper is considered to have control of the ball by touching it with any part of his/her hands or arms.
2. When not playing the ball, impedes the progress of an opponent.
3. Prevents the goalkeeper from releasing the ball from his hands.
4. As the goalkeeper, and having possession of the ball in his/her hands, takes more than 6 seconds before releasing the ball.
5. As the goalkeeper, after releasing the ball into play, touches the ball again with his/her hands before it touches a player from either team.
6. Deliberately kicks or (on a throw in) throws the ball to their own goalkeeper and the goalkeeper touches the ball with his/her hands.

Misconduct:

A player shall be cautioned and shown a yellow card if they:

1. Are guilty of unsporting behavior
2. Show dissent by word or action
3. Persistently violate the laws of the game

4. Delay restart of play
5. Fail to yield the required distance on a free or corner kick (8 yards.)
6. Enter or re-enter the field without the referee's permission
7. Deliberately leave the field without the referee's permission.

A player shall be sent off the field and shown a red card if they:

1. Are guilty of serious foul play
2. Are guilty of violent conduct
3. Use offensive, insulting or abusive language and/or gestures.
4. Spit at any person
5. Deny a goal or obvious goal scoring opportunity by an illegal action.
6. Receive a second caution (yellow card) in the same match.

Law 13 - Free-Kick: All free kicks are indirect and must be taken at least 5 yards from the goal.

Law 14 – Penalty-Kick: No Penalty kicks. All free kicks are indirect and must be taken at least 5 yards from the goal.

Law 15 – Throw-In: When the ball completely crosses the touch-line, the ball is put back into play by a throw-in from the spot where it went out, by a player from the team opposite to that of the player who last touched it. The player must face the field of play; have both feet on the ground on or outside the touch-line and throw the ball with both hands from behind and over their head. The thrower may not play the ball again until it has been touched by another player. A goal may not be scored directly from a throw-in.

Law 16 – Goal-Kick: When the ball completely crosses the goal-line outside the goal and was last touched by the attacking team. The ball is put back into play by a kick from anywhere within the goal-area by a player from the defending team. If no goal-area is marked on the field the kick should be taken anywhere within 5 yards of the goal. All members of the attacking team must be outside the penalty area while the kick is being taken. The ball must go outside the penalty area before it may be played again by either team. If the ball does not go outside the penalty area, the goal-kick is retaken. The kicker may not touch the ball again until it has been touched by another player. A goal may be scored directly from a goal-kick.

Law 17 - Corner-Kick: A corner kick is taken when the ball completely crosses the goal-line outside the goal and was last touched by the defending team. The ball is placed within 1 yard of the corner of the field nearest to where it went out. The kick is taken by a player from the attacking team. Opponents must be at least 8 yards from the ball. The kicker may not kick the ball again until it has been touched by another player. A goal MAY be scored directly from a corner-kick.

Bleeding: Any player who starts to bleed while playing must leave the field until the bleeding stops. The player should not re-enter the field with blood on any part of their uniform; that piece of the uniform should be changed. This rule applies to practices as well as games.

Playing Time: Coaches are REQUIRED to play every child at least half of every game, except for disciplinary reasons. If you have any questions about this rule fell free to call your coordinator or any other RYSA Rec Committee member.

THE REFEREE IS THE FINAL AUTHORITY

RULES – Grade 5-12

Law 1 - The Field of Play: The field is rectangular. Its size will vary depending on age group. The lines on the side of the field are called touch-lines. The lines at each end of the field are the goal-lines. The smaller rectangle at each end of the field (if there is one) is the goal –area. The larger rectangle is the penalty-area.

Law 2 - The Ball: Grade 5-6 = Size 4; Grade 7-12 = Size 5

Law 3 - Number of Players:

Grade 5-6= 8, one must be the goalkeeper (min 5),
Grade 7-12 = 11, one must be the goalkeeper (min 7); teams with less than 7 players must forfeit the game.

In the interest of good sportsmanship, if a team does not have enough players to field a full team, the Zumbro Valley Recreational Soccer committee requires that opponents also play short handed. Players may not be borrowed from another team without the permission of the opponent's coach.

Substitution: Any number of substitutions is allowed during the game. A substitution may be made (a) before any kick-off, (b) before a goal-kick, (c) before a throw-in by your team and (d) whenever the referee stops play for an injury. The coach must request and receive a signal from the referee before making a substitution.

Law 4 - Player's Equipment: Each player must wear shoes, socks, shin guards, shorts or long pants and a team shirt. Goalkeepers must wear shirts that distinguish them from the other players. The shin guards must be completely covered by the player's socks and protect the entire shin. Shoes are not required to have cleats, but if they do the cleats must not have any sharp edges. Glasses must be secured by an eyeglass holder or band and must not have any sharp edges. No jewelry can be worn.

Law 5 – Referee: The duties of the referee include, but are not limited to:

5. Enforcing the laws of the game in a consistent manner.
6. Refraining from penalizing where he/she is satisfied that by doing so the offending team would be given an advantage.
7. Stopping the game, if in his/her opinion, someone is injured.
8. Keep the time and the score.

Law 6 – Assistant Referees: The assistant referees assist the referee by signaling when the ball goes out of bounds or when an offside violation occurs. They may also signal for other fouls or misconduct which occurs out of the view of the referee.

Law 7 - Duration of the Game:

Grades 5-6 = Four 15-minute periods, 2-minute quarter breaks,
Grades 7-8 = Two 35 minute halves,
Grade 9-12 = Two 40 minute halves

All grades: 5-minutes at half-time. Switch ends of the field

Law – 8 The Start of Play: The team winning the coin toss decides which side of the field to attack first and will kickoff to

start the 2nd and 4th quarters. The other team will kickoff to start the 1st and 3rd quarters. Each team stays on its own half of the field with the defending players outside the center circle until the ball has been kicked. The ball must be kicked forward and be touched by another player before the kicker can touch it again. A goal MAY be scored directly from a kickoff. After a goal, the team that was scored upon kicks off. After the half-time the teams change ends. If the monitor stops the game for an injured player, restart play with a dropped ball.

Law 9 - Ball In and Out of Play: The ball is out of play when the ENTIRE ball crosses over the entire goal-line or touch-line, whether on the ground or in the air, or when the game has been stopped by the referee.

Law 10 - Method of Scoring: A goal is scored when the ENTIRE ball crosses over the entire goal-line, between the goal-posts and under the cross-bar.

Law 11 – Offside: A player is in an offside position when the player is closer to the other team's goal-line than both a) the ball and b) the second-to-last opponent, unless the attacking player is in their own half of the field. A player should only be penalized for being in an offside position if, when the ball is played by a teammate, they are or become actively involved in the play.

A player shall not be declared offside a) merely because they are in an offside position or b) if they received the ball directly from a goal-kick, corner-kick, or throw-in. Offside shall be judged from the moment the ball is touched by one of their teammates, not when the player receives the ball.

Law 12 - Fouls and Misconduct: A direct free-kick shall be given to the other team when a player commits any of the following 6 offenses in a careless or reckless manner or with excessive force:

10. Kicks or attempts to kick an opponent.
 11. Trips or attempts to trip an opponent
 12. Jumps at an opponent
 13. Charges an opponent
 14. Strikes or attempts to strike an opponent
 15. Pushes an opponent.
- Or the player commits any of the following 3 offenses:
16. Spits at an opponent
 17. Holds an opponent.
 18. Handles the ball deliberately (not just the ball hitting a player).

If a player commits any of these fouls in their own penalty-area, the other team will be given a penalty kick.

Additionally, an indirect free kick shall be given to the other team when a player does any of the following:

7. Plays in a manner considered dangerous by the referee. Dangerous play may include (a) sliding tackles, (b) charging the goalie after the goalie has control of the ball. The goalkeeper is considered to have control of the ball by touching it with any part of his/her hands or arms.
8. When not playing the ball, impedes the progress of an opponent.

9. Prevents the goalkeeper from releasing the ball from his hands.
10. As the goalkeeper, and having possession of the ball in his/her hands, takes more than 6 seconds before releasing the ball.
11. As the goalkeeper, after releasing the ball into play, touches the ball again with his/her hands before it touches a player from either team.
12. Deliberately kicks or (on a throw in) throws the ball to their own goalkeeper and the goalkeeper touches the ball with his/her hands.

Misconduct:

A player shall be cautioned and shown a yellow card if they:

8. Are guilty of unsporting behavior
9. Show dissent by word or action
10. Persistently violate the laws of the game
11. Delay restart of play
12. Fail to yield the required distance on a free or corner kick (8 yards.)
13. Enter or re-enter the field without the referee’s permission
14. Deliberately leave the field without the referee’s permission.

A player shall be sent off the field and shown a red card if they:

7. Are guilty of serious foul play
8. Are guilty of violent conduct
9. Use offensive, insulting or abusive language and/or gestures.
10. Spit at any person
11. Deny a goal or obvious goal scoring opportunity by an illegal action.
12. Receive a second caution (yellow card) in the same match.

Law 13 - Free-Kick: Free-kicks are classified into two categories: “direct,” from which a goal can be scored directly; and “indirect,” from which a goal cannot be scored unless the ball is first touched by another player from either team. For all free-kicks, the offending team must be the required distance from the ball until the ball is kicked and the kicker may not play the ball again until it has been touched by another player. The ball is in play when it has been kicked and moves.

Required distance: Grade 5-6 = 8 yards, Grade 7-12 = 10 yards.

Law 14 – Penalty-Kick: The penalty-kick is a direct free-kick taken from the penalty-mark. All of the players from both teams, except the kicker and goalkeeper, must stay outside the penalty-area, behind the penalty-mark and 10 yards away from the ball until it is kicked. The goalkeeper must stand on the goal-line and may not move forward, but may move sideways, until the ball is kicked.

Law 15 – Throw-In: When the ball completely crosses the touch-line, the ball is put back into play by a throw-in from the spot where it went out, by a player from the team opposite to that of the player who last touched it. The player must face the

field of play; have both feet on the ground on or outside the touch-line and throw the ball with both hands from behind and over their head. The thrower may not play the ball again until it has been touched by another player. A goal may not be scored directly from a throw-in.

Law 16 – Goal-Kick: When the ball completely crosses the goal-line outside the goal and was last touched by the attacking team. The ball is put back into play by a kick from anywhere within the goal-area by a player from the defending team. All members of the attacking team must be outside the penalty area while the kick is being taken. The ball must go outside the penalty area before it may be played again by either team. If the ball does not go outside the penalty area, the goal-kick is retaken. The kicker may not touch the ball again until it has been touched by another player. A goal may be scored directly from a goal-kick.

Law 17 - Corner-Kick: A corner kick is taken when the ball completely crosses the goal-line outside the goal and was last touched by the defending team. The ball is placed within 1 yard of the corner of the field nearest to where it went out. The kick is taken by a player from the attacking team. The members of the defending team must be at least the required distance from the ball until it is kicked. The kicker may not kick the ball again until it has been touched by another player. A goal MAY be scored directly from a corner-kick.

Required distance: Grade 5-6 = 8 yards, Grade 7-12 = 10 yards.

Bleeding: Any player who starts to bleed while playing must leave the field until the bleeding stops. The player should not re-enter the field with blood on any part of their uniform; that piece of the uniform should be changed. This rule applies to practices as well as games.

Playing Time: Coaches are REQUIRED to play every child at least half of every game, except for disciplinary reasons. If you have any questions about this rule feel free to call your coordinator or any other RYSA Rec Committee member.

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