



# INTRO to Competitive Soccer

## U-7 & 8 Rules

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### **Administration:**

The Excelsior Springs Parks and Recreation Department is now offering an intro to competitive league. Decisions that are rendered by the Parks and Recreation Department are final. The National Federation of State High School Associations Rule Book and the Fédération Internationale de Football Association (FIFA) is the governing body of rules for our league unless superseded by specific youth soccer program rules as set forth by this league.

### **Objective and Goals:**

The Excelsior Springs Parks and Recreation Youth Soccer program is designed to give all boys and girls, through participation in practices and competitive games, the opportunity to learn and improve the fundamentals of the game of soccer.

### **Coaches:**

1. Shall, above all, have the welfare of each child as his or her main objective.
2. Must have reasonable knowledge of the game.
3. Shall act as an example of good conduct and sportsmanship to his or her team in all league matters.
4. Shall place emphasis of coaching on learning rules and fundamentals, participation, and personal enjoyment.

### **Rules and Regulations:**

#### **Law I – The Field of Play:**

**Field Markings:** Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. There is a center circle with a five (5) yard radius. Four corner arcs each with a two (2) foot radius.

**The Goal Area:** Two lines are drawn at right angles to the goal line three (3) yards from each goal post and extend three (3) yards into the field of play joined by a line drawn parallel with the goal line.

**The Penalty Area:** None.

**Goals:** The size of the goals will be 18 feet wide x 6 feet tall. Goals may be smaller.



**Law II – The Ball:** Size three (3).

**Law III – The Number of Players:** A match is played by two teams, each consisting of not more than five (5) players, one of which is a Goalkeeper.

Minimum number of players to start or continue a game is three (3).

The maximum number of players on a roster should not exceed twelve (12).

Substitutions: At any stoppage with the permission of the referee and unlimited.

If the referee stops the clock for an apparent injury to a field player or goalkeeper, and a coach enters the field to check on said player, the player must come off the field.

Playing time: Each player should play an equal amount of the total playing time. Teams and games will be coed.

**Law IV – The Players Equipment:** Conform to FIFA with the following exceptions:

Footwear: Tennis shoes or soft-cleated soccer shoes are recommended.

Shin guards are MANDATORY

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry).

**Law V – The Referee:** An official licensed referee will be assigned to each game. Their job is to keep the playing environment FUN, SAFE, and focused on the children. Duties are: keep time, enforce the rules, and stop and restart play. When you stop play for a foul or other reason, take the time to explain to the players WHY! This is their first experience with soccer and the best time to educate.

**Law VI – The Assistant Referees:** One (1) official licensed assistant referee will be assigned to each game.

**Law VII – The Duration of the Match:** The match shall be divided into four (4) equal, ten (10) minute quarters. There shall be a two (2) minute break between quarters one and two and another two (2) minute break between quarters three and four. There shall be a half-time interval of five (5) minutes.

In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee or league supervisor shall declare it an official game if one complete half or more of the game has been played. If less than one-half has been played, the game will resume from point of interruption. If the game is unable to resume that day and is not considered a complete game, the game will be rescheduled and will start all over.

**Law VIII – The Start and Restart of Play:** Before a kick-off at the start of the match, a coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match or if it would like to start with the ball.



**Kick-off:** All players must be in their own half of the field of play. The opponents of the team taking the kick-off are at least 5 yards from the ball until it is in play. The ball must be stationary on the center mark. The ball is in play when it is kicked and moves forward. The kicker must not touch the ball again until it has touched another player.

**Law IX – The Ball In and Out of Play:** Ball must completely cross line to be out of play.

**Law X – The Method of Scoring:** Ball must completely cross goal line between post and beneath crossbar to be a goal.

**Law XI – Offside:** None.

**Law XII – Fouls and Misconduct:** Conform to FIFA with the following exceptions:  
All fouls shall result in an indirect free kick with the opponent five (5) yards away.  
The referee must explain ALL infractions to offending player.

**Law XIII – Free Kicks:** Conform to FIFA with the exceptions that all free kicks are indirect. The ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player. Opponents must be five (5) yards away from the ball until it is in play.

**Law XIV – The Penalty Kick:** None.

**Law XV – The Throw-In:** A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line. A goal cannot be scored directly from a throw-in. At the moment of delivering the ball, the thrower must face the field of play, has part of each foot on the line or on the ground outside the line, hold the ball with both hands, and delivers the ball from behind and over his head. A second throw-in will be allowed if the player makes an improper throw-in. If the second attempt is improper, the opposing team will receive the ball for the throw-in play.

**Law XVI – The Goal Kick:** A goal kick is awarded when the whole of the ball passes over the goal line having last touched a player of the attacking team and a goal is not scored. The ball is kicked from any point within the goal area by a player of the defending team. Opponents remain on their half of the field until the ball is in play. The kicker must not play the ball again until it has touched another player. The ball is in play when it is kicked directly out of the penalty area.

**Law XVII – The Corner Kick:** A corner kick is awarded when the whole of the ball passes over the goal line having last touched a player of the defending team, and a goal is not scored. The ball is placed inside the corner arc nearest to the point where the ball crossed the goal line. Opponents must remain 5 yards from the arc until the ball is in play. The ball is in play when it is kicked and moves. The kicker must not play the ball again until it has touched another player. A goal cannot be scored off of a corner kick.



## **Sportsmanship:**

Team members, coaches, and spectators shall exhibit appropriate behavior towards other players, officials, and spectators. Unsportsmanlike conduct from team members and/or associates including spectators will result in being carded accordingly and action taken such as:

1. Player or coach ejection from the game.
2. Player or coach ejection from the league.
3. Player or coach suspension.
4. Forfeit of game.

\* An official should not directly interact with a fan that is being unsportsmanlike. Every effort to control the fan should go through that team's head coach. If cooperation does not take place from that head coach, then the official may take action such as head coach ejection and then if the fan continues, a forfeit of the game is well within the rules.

During the game, the officials do have the authority to eject players or coaches. The ESPR department has the final authority on determining the duration of the suspension or other penalty. Any player or coach ejected from the game must leave the playing area. Failure to do so may result in forfeiture of the game.

## **Weather Policy:**

The official/supervisor has final say on whether a game will be temporarily suspended or postponed due to weather conditions or poor field conditions – once he or she arrives on the field. If lightening is in the immediate area, the game shall be suspended immediately. Everyone should be instructed to take shelter and the official can monitor the situation and determine whether the game should play on. In case of heavy rain, play should be suspended and possibly postponed due to the amount of rain. If field conditions become extremely poor and children are at risk of injury, then play should be postponed. If the playing weather is horrible such as cold, rain, mud, high winds, tornado warnings etc... then play should be postponed. Finally, if the weather is warm and there is a light to moderate rain falling, it is possible to keep playing. Remember, this decision to play or not to play rests with the official/supervisor working the game and his or her call can NOT be disputed. The official/supervisor will always have the safety of the children in mind when making their decision.

**Weather/ Cancellation INFO: *Excelsior Springs Parks and REC Facebook page.***