

Juniors (U 11) -Rules

1. FIELD OF PLAY: Dimensions: 40 x 60 (subject to change each season)
2. THE BALL: Size 4
3. THE PLAYER: Player must be 8 years of age, and no older than 10 years of age by start of season
 - a. Age up rule- If the player is 6 months away from the starting age of the next division at the start of the season, they may choose to age up into the next division. Ex: a 5 and a half year old Pee-Wee player could play in the Intermediate division (U8) if their 6th birthday falls 6 months before the start of the season
 - b. Recommendation by coach and parent will be based on skill set of the player and what is best for that player
 - c. There is not an age-down rule within this league. Special considerations will be reviewed by the league director on an as needed basis
4. NUMBER OF PLAYERS:
 - a. 7 v 7 **or** 8 v 8 counting the goalie (subject to change each season)
5. LACK OF PLAYERS:
 - a. Teams are allowed to borrow 2 players if
 - i. The team does not have enough players to start a game
 - b. SUBSTITUTE PLAYERS
 - i. Cannot be a goal keeper
 - ii. Can be another registered player from the same division
 - iii. Cannot score more than three goals combined
6. GENTLEMENS RULE
 - a. If a team is down 2 players at the start of a game and 2 subs are used to play, it is asked that the opposing team play an equal number of players on the field
 - b. Keep in mind the short sided team has no substitutions during the game and the opposing team has a small advantage with an extra substitute to give their teammates a breather
7. PLAYER EQUIPMENT:
 - a. Proper uniform, required for all games, is as follows: team shirt, black shorts or pants, shin guards, socks that completely cover the shin guards, soccer shoes or gym shoes.
 - b. Cold weather gear may be worn under uniform as players shirts must be visible at all times
8. THE OFFICIAL
 - a. Referees maintain jurisdiction over the game at all times.
 - b. Questioned call can only be addressed in a non-confrontational manner by the coaches during breaks. This applies to the Laws of the game only. Judgment calls cannot be questions.
 - c. Any and all calls by the referee stand for the game
 - d. Please review Yellow/Red Card procedure and protocols
9. LINESMEN Note: the use of linesmen is up to the referee in charge of that game
 - a. Before the start of the game, the referee will solicit an adult from each team to AID the referee in out of bounds calls

10. DURATION OF THE GAME

- a. Game shall be played for 2 twenty minute quarters
- b. Game times may be shortened by the referee due to weather conditions or field conditions
 - i. If lightning is present, everyone will leave the fields on a 30 minute delay
 - ii. If conditions are safe to play, play will resume after the 30 minute delay
- c. Teams will change ends after the first half
- d. There will be a five minute break at half time
- e. Referee will be responsible for keeping time
- f. Coach must play every player in attendance (even if practice attendance is poor) for a minimum of 50 % of the game
- g. Time outs are not allowed, except in the case of injury, at which time everyone is to follow the direction of the referee
- h. Coaches will instruct their players on the field to take a knee in the case of an injury

11. OFFSIDE

It is not an offense in itself to be in an offside position. A player is in offside if their playable body is nearer to the opponent's goal line than both the ball and the second to last defender (arm/hands are not playable body parts in soccer) and are involved in active play by:

- Interfering with play
- Interfering with an opponent
- Gaining an advantage by being in that position

A player is NOT in an offside position if in their own half of the field, is level with the second to last opponent, and/or level with the last two opponents.

12. START OF PLAY

- a. Before play begins, a representative of each team will participate in the coin toss.
- b. Team winning the coin toss chooses which goal to defend in the first half. Team losing the coin toss takes kickoff to begin the first quarter, alternating teams each quarter

13. BALL IN AND OUT OF PLAY

- a. Ball is in play until it ENTIRELY crosses the touchline, goal line or the referee stops the game

14. SCORING

- a. A goal is scored when the WHOLE ball passes over the goal line, between the goal posts and under the crossbar, provided that no infringement of the laws of the game has been committed previously by the team scoring the goal

15. FOULS AND MISCONDUCT

- a. Kicks or attempts to kick an opponent
- b. Trips or attempts to kick an opponent
- c. Jumps at or on an opponent
- d. Charges an opponent
- e. Strikes or attempts to strike an opponent
- f. Pushes an opponent
- g. Tackles an opponent (including slide tackle)
- h. Holds an opponent
- i. Spits at an opponent
- j. Any play that is deemed dangerous by the referee not listed here
- k. Handles the ball deliberately (except goal keeper in penalty area)
- l. The referee, coach, parent must explain all infringements to the offending player

16. FREE KICKS

- a. All free kicks are indirect
- b. Indirect kicks must be touched by another player before a goal is counted

17. PENALTY KICKS

- a. Penalty kicks are awarded when the defense commits a direct free kick foul in the penalty area
- b. Ball must be played forward from the penalty mark
- c. Goalkeeper must remain on the goal line between the posts until the ball has been kicked
- d. All other field of play players must be outside the penalty area and behind the penalty mark

18. THROW-IN

- a. A throw in is a method of restarting play and is awarded to the opponents of the player who last touched the ball when it completely crosses the touch line either on the ground or in the air
- b. Throw in will be a 2 handed, over the head, with part of each foot either on or behind the touchline
- c. A second attempt is allowed if a failed execution of the throw-in is committed
- d. Referee will explain the proper method before the second attempt is made
- e. Players must remain a minimal of 2 yards away from the player making the throw in

19. GOAL KICK

- a. A goal kick is a method of restarting play and is awarded when the WHOLE ball passes over the goal line, in the air or on the ground last touched by the attacking team and a goal is not scored
- b. Goal kicks can be taken any where inside the Goal Area
- c. Opponents must be outside the penalty area

20. CORNER KICK

- a. A corner kick is a method of restarting play and is awarded when the WHOLE ball passes over the goal line, in the air or on the ground last touched by the defending team and a goal is not scored

21. MERCY RULE

-There is no score keeping in this division but coaches need to be courteous of this rule in all divisions

- a. A goal differential of greater than 5 is generally viewed as “running up the score” and is not acceptable.
- b. During a game both teams should take the following steps before this happens.
 - i. Recognize early
 - ii. Stop your scorers from scoring
 - iii. Rotate your offensive and defensive players
 - iv. Switch your goalie
 - v. Set a number of passes before they shoot
 - vi. Anticipate that last second goal
- c. If the score between the team is 5 goals apart the referee will take action and apply the mercy rule, a player will be removed from the leading team when the score between teams is a 5 goal difference. The referee is in charge of letting players on and off the field and will notify the coaches when the mercy rule is in effect and will wave on for a player to be removed or added.
- d. In the event that the leading team scores again, now a 6 goal differential, the losing team will be allowed an additional player
- e. Once the score has been reduced between the teams to a 3 goal difference the mercy rule will not be in effect and the teams will return to full strength

22. YELLOW AND RED CARD DISCIPLINARY ACTIONS

Player

Yellow Card - CAUTION

- a. First yellow card in a game will result in that player being substituted and cannot return to the game until the next substitution opportunity, with permission of the referee
- b. Two yellow cards issued in the same game will result in ejection from game. That player will not be substituted for, and their team will have to play one (1) player short
- c. Three yellow cards in a SEASON, the player will be suspended for the next scheduled game but will be able to finish the game in progress
- d. Four yellow cards issued in a SEASON, the player will be suspended for one (1) additional game

Red Card - GAME EJECTION

- a. A player receiving a Red Card will be ejected from the game
- b. Two (2) Red Cards in a SEASON, will result in a suspension in the next three (3) games
- c. Any card after two (2) Red Cards in a Season will be determined after review of the incident by the League Director and Park Superintendent

22. YELLOW AND RED CARD DISCIPLINARY ACTIONS (Continued)

Coaches

Yellow Card - CAUTION

- a. First yellow card on a coach will result in probation.
Probation: two next scheduled games to uphold their coaching agreement without infraction of that agreement.
b. Infraction of Probation: One game suspension and probation extends one (1) more scheduled game
- c. Three infractions in two consecutive SEASONS will result in probation of one season.
2. Two yellow cards in a GAME will result in ejection of game

Red Card - GAME EJECTION

- a. Coach will be asked to calmly leave the PARK.
 - i. If you are not compliant and/ or disrespectful: Two next scheduled game suspension and four game probation periods. (Can include the upcoming season)
- b. Any card after two Red Cards the course of action will be determined after review of the incident by the League Director and Park Superintendent

Spectator

- a. No cards will be shown to spectator(s)
- b. A Yellow Card related infraction: The referee will verbally notify ALL spectators, at that game field, that any continuance of those actions will result in cancelation of game. Game clock does not stop
- c. A second Yellow Card related infraction: Game is canceled. Referee will stop the game, collect game ball, and report to the League Director. Course of action will be determined after review of the incident by the League Director and Park Superintendent

23. CONCUSSION www.lowell.net, Parks, Soccer Rules and Documents

- a. Review the Heads-Up concussion information sheet located in your player packets/online
- b. An athlete who is believed to have a concussion or head injury is to be removed from play right away. They will not be able to return to play for 24 hours, if suspicion of a concussion or head injury is warranted.
- c. Concussion medical release is needed for mild to severe cranial injury. Player is confused, headache, speaks slowly, ect. are symptoms of mild to severe injury. Anything less will be determined by player parent/guardian

24. SUDDEN CARDIAC ARREST www.lowell.net, Parks, Soccer Rules and Documents

- a. Review the Sudden Cardiac Arrest information located online

25. REFUND POLICY

Registration fees are refundable prior to the close of registration with a \$3 administration. Registration fees will be refunded at 50% with a \$3 administration fee between the close of registration and the first league practice. No refunds will be made after the first practice with the exception to medical issues that prevent the player from participating in the remainder of the season. Medical documentation may be requested in order to process this refund.