

# Community League Rules and Guidelines

**Uniforms and Equipment:** All players must wear their team shirt provided for them. Shin protectors are required and must be fully covered by socks. Shirts must be tucked into shorts. Athletic pants or shorts (preferred) should be worn. **Players should wear shorts without pockets, belt loops, snaps or zippers as they could pose a safety hazard to themselves and other players.**

**Coaches will be notified, but players WILL be allowed to play.** No jewelry (no earrings, watches, necklaces, etc.) will be allowed. Medic alert bracelets are an exception but must be taped to the wrist/hand. Medic alert necklaces must be removed. No baseball caps, bandannas, or “spray” hair dye is allowed however sweatbands are okay if they do not pose a safety hazard. The goalkeeper may wear a baseball cap when sun affects vision. Sweatpants may be worn during cold weather. Hoods must be tucked in. T-shirt sleeves may not be tied up or folded under. Only soccer shoes and gym shoes are allowed. Metal cleats of any type are not allowed. **Casts if padded are allowed if they do not present a safety risk to other players.** Hard knee braces posing a safety risk to other players are not allowed. Players wearing clothing that may pose a safety risk to themselves or other players are not allowed to play. (See above, Referee’s determination)

**Protective Head Gear:** Soft type head gear is acceptable during games. Any head gear with hard plastic or metal components will not be allowed. The head gear must be worn properly and used for its intended purpose. (Referee’s determination)

**Rainouts and Cancellations:** We play unless you are notified. The decision to cancel games will be made by the Officials and Community leaders. Cancellation announcements will be posted online at [www.lakeshoreunitedfc.org](http://www.lakeshoreunitedfc.org).

**Play Information:** Grades 1<sup>st</sup> is U7, 2<sup>nd</sup> is U8, 3<sup>rd</sup> is U9, 4<sup>th</sup> is U10, 5<sup>th</sup> is U11, 6<sup>th</sup> is U12, 7<sup>th</sup> is U13, 8<sup>th</sup> is U14.

Age Group	Game Length	Ball Size	Players	Minimum Players to Start	Max Roster Size
1 <sup>st</sup>	4 x 10 Min	Size 3	3	3	6
2 <sup>nd</sup>	4 x 10 Min	Size 3	4	3	8
3 <sup>rd</sup> , 4 <sup>th</sup>	4 x 12 Min	Size 4	5	4	10
5 <sup>th</sup> , 6 <sup>th</sup>	2 x 30 Min	Size 4	8	7	15
7 <sup>th</sup> , 8 <sup>th</sup>	2 x 35 Min	Size 5	11	9	18

Teams not having the minimum number of players at the start of the game will forfeit. A scrimmage may be arranged by the coaches at that time. *If a team has less than the required players, the opposing team may field ONE MORE player than the team with the lesser number of players.*

**Playing time:** All players are to play a minimum of one half of the regulation game time and are also to appear in each half of the game. A coach may reduce a player’s playing time due to injury or player conduct.

**Game Time:** Games are to start at scheduled times. Teams should not warm-up on field unless time permits. The referee can reduce the length of the halves (both halves equally) if the games are running late. They must communicate this to the coaches before doing so.

**Coaching from the Sidelines:** Coaches may offer positive encouragement and direction from the sideline. Teams are on one side of the field occupying one half of the sideline, and their fans are on the opposite sideline. Coaches may move about their half of the sideline (within their coaching area) and may only enter the field when signaled by the referee or during halftime. Players and spectators must remain 3 feet away from the sideline and are not allowed behind either goal line.

**Substitutions:** Unlimited substitutions will be allowed with the permission of the referee in the following situations:

Goals Scored	Throw-ins in your favor	Goal Kicks	Injuries	Halftime
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Substitutes must wait at **midfield** until signaled by the referee to enter the game.

**Note:** The opposing team may also substitute during a throw-in if the team in possession is also making substitutions.

**Start of Play:** The ball must be touched to start play and may not be played again by the kicker until touched by another player. Any number of offensive players are allowed in the center circle for the start of play. Defensive players may not enter the center circle until the ball has been touched by an offensive player. A ball replayed by the kicker results in an indirect free kick from the spot it was replayed. If the ball does not move forward, sideways, **or backward** the game is restarted.

**Pass Back to Goalie:** A ball played back to a goalie intentionally by the defending team **may not** be handled (hands) by the goalie. (Foul-Indirect Free Kick from the spot the ball is touched. If the ball is touched within the goal area, the ball will be placed

on the top of the goal area directly parallel to the spot of the foul.) The goalie may play a ball that has been passed back as any other player but may not use his/her hands.

**Heading:** Heading is only allowed in 7<sup>th</sup> and 8<sup>th</sup> grade games. If a player intentionally heads the ball in a game, an indirect free kick will be awarded to the opposing team from the spot of the offense. Grades 5-8 can head the ball in practice, but it should be limited to no more than 30 minutes or 15-20 headers per player per week.

**No Slide Tackling:** Slide tackling is only allowed in 7<sup>th</sup> and 8<sup>th</sup> grade games. If done in younger games: 1st violation - verbal warning; 2nd violation - yellow card; 3rd violation - red card and player must sit out the remainder of the game. Slide tackles must conform to current F.I.F.A. rules.

**Throw-In:** When the whole of the ball passes over a touch line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line by a player on the team not touching the ball last. The thrower must face the field of play and when delivering the ball, must have both feet on the ground either on or behind the touch line. The thrower shall use both hands and shall deliver the ball from behind and over the head. The person taking the throw-in may not touch the ball until it has touched another player. A ball replayed by the thrower results in an indirect free kick from the spot where the ball was touched. Failure to correctly execute a throw-in will result in the ball being awarded to the opposing team at the point where the previous throw-in was attempted.

**Goal Kick:** When the whole of the ball passes over the goal-line outside the goal posts either in the air or on the ground when last touched by the attacking team. The ball may be kicked from any spot within the goal area. The kicker shall not replay the ball until it is touched by another player. **The ball is considered in play when it is kicked and moves.** In grades 5-8, the team not taking the goal kick must remain outside the penalty area until the ball is in play. Goals may be scored directly from a goal kick.

**Keeper Possession:** A keeper holding the ball in his/her penalty area has 6 seconds to put the ball in play. During this time, they are free to move anywhere within the penalty area. Once the keeper places the ball on the ground, the keeper may not pick it up until played by another player. The keeper cannot be charged in the penalty area.

**Corner Kick:** When the whole of the ball passes over the goal-line outside the goal posts either in the air or on the ground when last touched by the defending team. The ball will be kicked from the quarter circle at the corner nearest the spot the ball left play. The corner marker may not be moved. Defending players must remain 10 yards (8 yards for grades 5-6) from the corner position until the ball is played. Goals may be scored directly from such a kick.

**Off-side:** A player is in an off-side position if he is nearer to his opponents' goal-line than the ball unless:

- The player is on their own half of the field.
- The player is not nearer to the opponents' goal-line than at least two opponents. (Goalie and Defender)
- The player is behind the ball either dribbling it themselves or behind a teammate that has the ball.

A player shall be declared off-side if at the moment the ball is played to them by a teammate and:

- The player is in an off-side position.

A player shall not be declared off-side merely because the player is in an off-side position or if the player receives a ball directly from a goal-kick, corner kick or throw-in. The off-side penalty results in an "Indirect Free Kick." at the spot of the off-side player.

**Ties:** Games can end in a tie at all levels of play.

**Fouls and Misconduct:**

A foul committed off the field of play is penalized with a direct free kick on the boundary line nearest the foul.

The following fouls and misconduct will result in a free kick taken at the spot of the foul if committed outside the penalty area:

<b>Direct Free-Kick</b>	<b>Indirect Free-Kick</b>
(More Serious Infractions)	(Minor or Technical Infractions)
Kicks or attempts to kick an opponent	Goalie holding the ball for more than 6 seconds
Trips or attempts to trip an opponent	Goalie picks ball up after releasing it before another player touches it
Jumps at an opponent	Goalie touches ball with hands on intentional pass-back from teammate
Charges an opponent	Goalie touches ball with hands when received directly from teammate throw-in
Strikes or attempts to strike an opponent	Dangerous play
Pushes an opponent	Obstruction/Impeding
Tackles an opponent	Prevents goalie from releasing the ball from his hands
Holds an opponent	

Spits at an opponent	Any other offense not previously mentioned, for which play is stopped.
Hand ball (except goalkeeper in penalty area)	Offside

The ball is placed at the spot of the foul and must be stationary prior to the kick. Opposing players must remain at least 10 yards from the ball until it is kicked. The ball is in play when it is touched.

**Fouls within the penalty area:**

- Committed by Attacking Team – Placement at the spot of the foul – Same as regular field of play.
- Committed by Defending Team – Ball placement will be determined by the severity and location of the foul. A foul committed by the defending team resulting in a direct free kick will be designated a penalty kick. A foul committed by the defending team resulting in an indirect free kick will be taken from the spot of the foul unless that spot is within the goal area. Fouls within the goal area will result in the ball being placed at a point on the goal area line adjacent to the spot of the foul not nearer the goal.

**Direct Kick:** A goal may be scored directly from the kick.

**Indirect Kick:** A goal cannot be scored unless played or touched by another player.

**Penalty Kick:** Direct kicks awarded to the attacking team as a result of a foul within the penalty area. The kick is taken from the penalty mark, 12 yards from the goal line. (10 yards for grades 5-6) All players except the goalie and kicker must remain outside the marked penalty area and behind the ball until the ball has been kicked. **The goalie must keep at least one foot on the goal-line prior to the kick.** They are also allowed to move from side to side prior to the kick. **If the goalie moves both feet off the goal-line prior to the kick,** the kick will be retaken if a goal was not scored. The ball is in play and players may enter the penalty area when the ball is touched. The kicker may not replay the ball until it has been touched by another player.

**Yellow and Red Cards: Referees can give coaches yellow or red cards based on frequency and severity of behavior.**

Unsportsmanlike and/or misconduct by players, fans, or coaches will not be tolerated. The coach must control unruly spectators. Unsportsmanlike actions by the spectators and/or coach will result in the spectators and/or coaches being asked to leave the grounds. Suspension of the game may result based on the following sequence:

1. Request the disruptive person(s) to leave the grounds.
2. Suspension of the game. (Regardless of possession or score). The game will be scored as a loss by the offending team.

Referees should report all concerns regarding spectator and coaching behavior to the Referee Coordinator for follow-up. Serious matters will be reviewed by the LUFC Board of Directors. Their decision will be binding and final. Swearing or taunting will not be tolerated. Coaches lead by example.

**Yellow Card** – Play will be stopped, and a (caution) Yellow Card will be presented to a player for the following misconduct:

Unsporting behavior	Failure to maintain distance on restart
Dissent by word or action	Entering field of play without referee permission
Delays to the restart of play	Deliberately leaving field without permission
Persistent infringement of the laws	

A player receiving a yellow card must leave the field and a substitute can be brought into play immediately. The player receiving the yellow card cannot re-enter play until the next opportunity to substitute.

**Red Card** – Red cards should be given only in extreme cases of unsportsmanlike conduct, continued disregard for the rules or threat of injury from continued play. Players receiving Red Cards are disqualified from the game and must leave the playing area prior to restarting the game. Failure to comply will result in the suspension of play and the game will be forfeited by the offending team. A player receiving a red card must leave the field and **may not** be substituted. The offending team must play the remainder of the game short handed.

Serious foul play	Player deliberately handles the ball to prevent goal
Violent conduct	Player deliberately fouls (resulting in free kick or penalty kick) to prevent a goal

Spitting at any person	Swearing or abusive language
Second yellow card in the same game	

Referees are instructed to notify the Referee Coordinator of the players or coaches receiving cards. Suspensions and Cautions will be reviewed by the LUFC Referee Committee and/or the LUFC Board of Directors to determine if further actions will occur.

**Explaining the laws of the game to all players is beneficial to the growth and understanding of the player.**

**Serious Injuries and Concussions:** Player number must be recorded and communicated to Referee Coordinator.

**Rescheduling:** Cancelled games can be rescheduled at the discretion of the affected coaches. The Referee Coordinator should be contacted to verify field availability for the rescheduled game. Please do not assume that the field will be available for the entire length of the rescheduled game because it is a “regularly scheduled” practice time. Coaches are responsible for obtaining referees. The referee wages can be negotiated and will be paid by the team(s) rescheduling the game, not LUFC.

**Other changes effective 8/30/19.**

- Winner of the coin toss can choose which goal to defend **or the kick-off.**
- **Attacking team players must remain 1 yard away from a defensive team’s player wall.**
- **Players can exit the field at the boundary nearest to them when substituted off.**
- **Hand balls – To be considered a ‘hand ball’ the ball must touch the arm/hand while it is away from the body unless the arm/hand is used to control the ball. If the ball is played in very close proximity to the player such that they did not have time to move, it is not a hand ball. Referee discretion.**
- **Drop balls. Any drop ball inside the penalty area is dropped for the goalkeeper. Any other drop balls are given to the team that touched the ball last at the spot of the last touch. Everyone else must be 5 yards away. A drop ball may also be awarded if the ball hits an official and goes into the goal or causes a change of possession.**

**Other changes effective 3/15/22.**

- The part of the arm just below the bottom of the armpit to the fingertips is eligible for hand ball. This means the shoulder is not eligible. Note, the shoulder is then included when determining offside.
- A teammate intentionally passing the ball back to their goalkeeper with any part of their body will result in an indirect free kick if the goalkeeper touches it with their hands in the penalty area.

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