

LIVINGSTON SOCCER CLUB **IN-TOWN SOCCER RULES**

I.DURATION OF PLAY

- A. 1st/2nd Grade: 6 Periods @ 7 minutes each = 42 minutes
- B. 3rd/4th Grade: 4 quarters @ 11 minutes each = 44 minutes
- C. 5th/6th Grade: 2 halves @ 25 minutes each = 50 minutes
- D. 7th-12th Grade: 2 halves @ 35 minutes each = 70 minutes *
- E. Half-time is limited to 5 minutes
- F. Quarter-time is limited to 2 minutes.
- G. Referees and coaches are instructed to begin play on time!
- H. Official time is kept by the referee.
- I. Time *is* to be extended beyond the end of a quarter or half to allow a penalty kick.
- J. There is **NO** extension of time to complete a play or shot on goal.
- K. A game is considered official when one half or more has been completed.
 - 1. It is the responsibility of a representative of the Board of Trustees and the referee to determine when to suspend or cancel a game.
 - 2. A Board member, or referee, has the authority to cut time from a game in order to complete a game on time.
 - 3. Such a decision is not subject to protest.

II.PLAYER ATTIRE

- A. The Livingston Soccer Club team jersey **MUST** be worn over any other garments.
- B. Shin guards are REQUIRED and must be worn under the socks.
- C. Cleats are recommended, but not required, for safety purposes. Metal cleats, baseball cleats or spikes are PROHIBITED.
- D. Jewelry that is metal or hard is expressly **forbidden** to be worn by players during games or practices.
 - 1. Jewelry **MUST** be REMOVED prior to the start of the game.
 - 2. This includes earrings, necklaces, chains, bracelets, wristwatches and rings.
 - 3. In addition, long hair **MUST** be tied back so that it is not in the player's face at any time during the game.
- E. Coaches are responsible for adherence to player attire provisions (and for communicating this rule to all players and parents).
- F. Referees are not required to check player attire prior to the start of each game, but will remove any player who is not in compliance.

III.START OF GAME

- A. The referee will determine which side each team defends and which team kicks off at the start of the game.
- B. Coin tosses will not be performed.
- C. The kickoff is to alternate teams at the beginning of each quarter, period, or half.
- D. All coaches of each team must stand on separate halves of the same side of the field.
- E. All coaches must remain between the half line and a point 10 yards from the half line

IV.KICKOFF

- A. The kickoff is signaled by the referee's whistle.
- B. The ball **MUST** travel in a forward direction to be in play
 - 1. The kicker **CANNOT** touch the ball a second time until it has touched another player.
 - 2. A goal **CAN** be scored directly from a kickoff.

V.OUT OF PLAY

- A.The ball is out of play when it crosses completely over the touchline (sideline) or goal line, either on the ground or in the air.
- B.If the ball crosses the touchline, it is put into play with a throw-in.
- C.If the ball crosses the goal line, it is put into play with either a goal kick (if the attacking team last touched it), or a corner kick (if the defending team last touched it).
- D.The line judges signal out of play by raising their line flag.
 - 1.The referee may elect to have the line judge determine possession by pointing the flag in the direction the ball is to be played.
 - 2.The referee is responsible for making the final decision.

VI.THROW-IN

- A.A throw-in does **NOT** require a stoppage of play, or whistle, but must be made in the following manner:
 - 1.Both feet must be on the ground when the ball is released.
 - 2.Part of each foot must be either on the touchline or on the ground outside the touchline.
 - 3.The throw-in must be from behind the head and released over the player's head.
 - 4.The player must use both hands.
 - 5.The player **CANNOT** play his or her own throw-in; it **MUST** touch another player first.
- B.A goal **CANNOT** be scored directly from a throw-in.
- C.A player **MAY** make a throw-in to his or her goalkeeper, but the "keeper" **CANNOT** play the ball with the hands or arms, *even in the penalty area*.
- D.A throw-in that does **not** reach the field of play is to be re-thrown by the same team.
- E.The referee shall award a throw-in to the opposing team if a player executes an improper throw-in.

VII.GOAL KICK

- A.A goal kick is a direct kick that does **NOT** require a stoppage of play, or whistle, but must be made in the following manner:
 - 1.A field player or the goalkeeper may make a goal kick.
 - 2.All **opposing** team members **MUST** stay outside the penalty area (box).
 - 3.The ball may be placed anywhere within the goalkeeper's area (box).
 - 4.The ball may **not** be moved after it is placed in position.
 - 5.No opposing team member may cross the penalty line until the ball crosses the line.
 - 6.The ball **MUST** be kicked beyond the penalty area, or it **MUST** be re-kicked.

VIII. CORNER KICK

- A.A corner kick is signaled by the referee and placed on the closest corner "arc".
- B.It does **NOT** require a stoppage of play, or whistle, and may be made by any player.
- C.If the ball is kicked out of bounds, possession reverts to the opposing team for a goal kick.

IX. SCORING

- A.A goal is scored **ONLY** when the entire ball crosses over the end line between the goal posts and under the crossbar, either on the ground or in the air.
- B.A goal results in a stoppage of play, and is signaled by the referee's whistle.

X. PENALTIES

- A.The referee has the authority to penalize players for **ANY** infraction.

B. Referees are instructed to **refrain** from imposing a penalty in cases where doing so would give an advantage to the offending team, or where doing so would take away an existing advantage. In this case, the referee should allow “offended” team to “play on”.

XI. OFFSIDE

A. It is **NOT** an offense in itself to be in an offside *position*. A player is in an offside position when he or she is nearer to the opponent’s goal line than both the ball and the second last opponent. A player is **NOT** in an offside position if:

1. The player is in his/her own half of the field of play,
2. The player is even with the second to last opponent, or
3. The player is even with the last two opponents.

B. The referee determines if a player is offside **AT THE TIME THE BALL IS PASSED, NOT** when it is received.

C. A player in an offside position is **penalized** by the referee **ONLY** if, at the moment the ball touches or is played by a member of that player’s team, he/she is, in the opinion of the referee, involved in active play by;

1. Interfering with active play,
2. Interfering with an opponent, or
3. Gaining an advantage by being in that position.

D. A player **CANNOT** be offside on a goal kick, corner kick, or throw-in.

E. For any offside offense, the referee awards an **indirect free kick** to the opposing team at the place where the infringement occurred.

XII. FOULS AND MISCONDUCT

A. An **indirect free kick** is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following offenses:

1. Plays in a dangerous manner,
2. Impedes the progress of an opponent,
3. Prevents the goalkeeper from releasing the ball from his or her hands, or
4. Delay of game by the goalkeeper.

B. A **direct free kick** is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using 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,
7. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball,
8. Tackles an opponent **from behind**,
9. Holds an opponent,
10. Spits at an opponent, or
11. **Intentionally** touches the ball with the hand or arm (except for the goalkeeper in the penalty area).

XIII. FREE KICKS

A. The referee signals an **indirect kick** by raising one arm straight up in the air and keeping it raised until another player touches the ball.

1. A goal can be scored from an indirect kick **ONLY** if the ball subsequently touches another player before it enters the goal.

- 2.If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded.
- B.The referee signals a **direct kick** by holding one arm out in the direction that the kick is to be made.
- 1.A goal **CAN** be scored from a direct kick without touching another player.
- C.All free kicks are taken from where the infraction occurred.
- 1.The ball must be stationary.
 - 2.The kicking team may either request ten (10) yards of space, or kick the ball promptly. The only free kicks that require a whistle are the kickoff and a penalty kick.
 - 3.**Direct kicks, indirect kicks, corner kicks, and throw-ins** do **NOT** require a stoppage of play.
- D.A player may **NOT** re-kick a free kick until another player touches it (otherwise an indirect kick is awarded to the opposing team).
- E.A team **CANNOT** score **against itself** directly from a free kick. If this occurs, the opposing team is awarded a corner kick.

XIV.PENALTY KICK

- A.Any **direct kick foul** within the defensive penalty area results in a penalty kick. On a penalty kick:
- 1.The ball is spotted on the “penalty spot”,
 - 2.All players except the kicker and goalkeeper must be outside the penalty area,
 - 3.No other players may enter the penalty area until the ball is kicked,
 - 4.The goalkeeper can move from side to side, but both feet **MUST** be on the goal line until the ball is kicked,
 - 5.The kick is started with the referee’s whistle, and
 - 6.The ball remains in play if a goal is **NOT** scored and the ball does **NOT** go “out of bounds”.

XV.CAUTIONS BY THE REFEREE

- A.A player, or coach (where applicable), is to be **cautioned and shown the yellow card** by the referee for committing any of the following infractions:
- 1.Unsporting behavior,
 - 2.Showing dissent by word or action,
 - 3.Persistently infringing upon the rules,
 - 4.Delaying the restart of play,
 - 5.Failing to respect the required distance when play is restarted with a corner kick or free kick,
 - 6Entering or reentering the field of play in opposition to the rules, or
 - 7.Deliberately leaving the field of play without the referee’s permission.
- B.A player, or coach (where applicable), **MUST** leave the field, along with being **shown the red card** by the referee, for committing any of the following infractions:
- 1.Serious foul play, including a tackle from behind,
 - 2.Violent conduct,
 - 3.Spitting at an opponent or any other person,
 - 4.Denying an opponent a goal or an **obvious** goal scoring opportunity by *deliberately* touching the ball (this does not apply to the goalkeeper in the penalty area),
 - 5.Denying an **obvious** goal scoring opportunity to an opponent moving towards the player’s goal by an offense punishable by a free kick or penalty kick,
 - 6.ANY offensive, insulting, abusive or foul language or gestures, or
 - 7.Receiving a second caution (**yellow card**) in the same game.
- C.Any coach receiving a red card will be suspended for two games and reviewed by the club enforcement committee.
- D.Any player receiving a red card will be brought to the Enforcement Committee for possible suspension
- E.Any coach who receives two yellow cards during the season is to be penalized for a red card infraction.
- F.All yellow and red cards issued for the following reasons must be reported to the Referee Coordinator within 24 hours of the incident.
- 1.All yellow and red cards issued to coaches.
 - 2.All red cards issued to players.

3.The report should provide the following information:

- a.Date, time, and location of game,
- b.Team names and colors,
- c.Name or number of player or coach carded, and
- d.A description of the incident.

XVI.INJURIES

A.Referees are instructed to stop play with a whistle if there is an ***appearance*** of an injury to a player.

B.The referee will **NOT** stop play during a goal scoring opportunity. As soon as the opportunity has passed, the referee will stop play.

C.When play is stopped, coaches are instructed to direct their players to walk in place based of a U.S. Soccer initiative that will prevent cramping while sitting on the field.

D.If there is no infraction and the ball was in play when the stoppage occurred, then play is resumed with a drop ball.

E.Referees should **NOT** allow for “injury time”. However, if a substantial amount of time was stopped for an injury, the referee may extend game time (but **not** beyond five minutes before the scheduled starting time of the next game.)

XVII GOALKEEPER

A.The goalkeeper may touch the ball with **ANY** part of the body, but **ONLY** within the penalty area.

B.A ball that is ***intentionally*** (in the opinion of the referee) played back by a member of the goalkeeper’s team **CANNOT** be handled by the “keeper”, **even in the penalty area**. It can only be kicked by the “keeper”. The penalty for this infraction is an **indirect free kick** to the opposing team.

C.After making a “save”, the goalkeeper **must NOT take more than six seconds** before releasing the ball (either by throwing or punting). The penalty for this infraction is an **indirect free kick** to the opposing team.

D.Once **outside** the penalty area, the goalkeeper is considered a regular field player.

XVIII. PLAYER SUBSTITUTIONS

A.Coaches are allowed to make an **UNLIMITED** number of player substitutions throughout the game.

B.There are free substitutions by **EITHER** team, **after getting the referee’s permission**, on a goal kick, a goal, on a throw-in, after a stoppage of play for an injury or at the end of a quarter or half.

C.Substitution is not allowed on a corner kick.

D.Field players **MUST** be removed from the field prior to the substitutes entering the game.

XIX. REFEREE JUDGMENT/DISCRETION

A.The referee is solely responsible for;

- 2.Time management (including stoppages of play), interpretation of rules,
- 3.Caution to players, coaches and spectators,
- 4.Awarding free kicks, throw-ins, goal kicks and corner kicks, and
- 5.Exercising judgment in discharging his or her duties.

B. Although a referee **may** change a call, or ruling, **any and all decisions of the referee are final and may NOT be reversed!**

XX. FIFA RULES

A.FIFA rules will apply in all cases not covered by these rules.

XXI.SPECIAL FIRST AND SECOND GRADE RULES

- A. **Rotation:** The goal of the mandatory rotation system is to ensure that all players experience both offensive and defensive positions with a FAIR distribution of playing time.
 1. Each player changes positions by rotating “x” number of positions, with “x” equal to the number of substitutes on the bench. Specific rotation formulas, instructions and diagrams will be made available to the coaches and representatives of the Board of Trustees responsible for field duty.
 2. Each game consists of two 21-minute halves, with a three-minute half time. Each half is divided into three seven-minute periods. Teams will change sides of the field at half time **ONLY**. Each period is restarted with a kickoff on an alternating basis. Except for the three-minute half time, breaks between other periods are strictly for changing positions.
 3. The coaches and assistant coaches are responsible for managing the rotation system for the entire game. Referees are **NOT** responsible for **any aspect** of player positioning, rotation or distribution of playing time. A referee may, however, *constructively* and *objectively* offer advice to a **1st or 2nd Grader** during the course of play.
- B. **Coaches on the Field:**
 1. **For 1st Graders**, *one* (1) coach from each team is to be on the field during play to direct and instruct the players for the first six (6) games.
 2. **For 2nd Graders**, *one* (1) coach from each team is to be on the field during play for the first two (2) games **ONLY**.
 3. Coaches on the field must stand outside of the penalty areas, not in close proximity to the ball in play, and must **NOT** block the referee’s view.
 4. If coaches do not defer to the referees direction, after proper warning, the referee may request all coaches to leave the field for the remainder of the game.
- C. **Throw Ins:**
 1. After an improper throw in, the referee will **demonstrate** to the player how to properly execute a throw-in.
 2. The referee shall exercise latitude in determining a legal throw-in.
 3. 1st and 2nd Graders are **NOT** expected to make perfect throw-ins.
The second attempt will stand whether it is a legal or illegal throw
- D. **Goal Kicks:**
 1. Play will be stopped and the referee will place the ball on the penalty area line, **NOT** the goalkeeper’s area.
 2. The defending team should allow approximately **ten (10) feet** of space for the kick, as determined by the referee.
- E. **Offside:** A penalty for an offside play is only to be called by the referee if a player is **CLEARLY** and **FLAGRANTLY OFFSIDE**.
- F. **Penalty Kicks:**
 1. **Instead of a penalty kick**, the referee will award a **direct kick** from the top of the penalty area, directly in front of the goal.
 2. The referee will start the play with a whistle and hand signal for a direct kick.
 3. Coaches are allowed to instruct their defensive players to set up a defensive “wall” to block the shot.
 4. The referee should allow **ten (10) feet** of space for the kicker.
- G. **Dangerous Situations:** The referee should **immediately** whistle a stoppage of play if any player is in a **potentially dangerous** position. Play is restarted with a drop ball. H. **Substitutions:**
 1. Substitutions are to be made between periods.
 2. During the period, no substitutions are allowed, except due to injury, exhaustion or a crying player.
- I. **Time between periods:**
 1. Coaches have sixty seconds between periods to switch players into new positions.
 2. The game clock will start even if teams are not ready within allotted time period.
 3. Three minutes should be allowed for half time.
- J. **Goalies:** The goalkeeper may run up to the end of the penalty area with the ball before throwing or punting it.

XXII. SPECIAL HIGH SCHOOL CO-ED (10th- 12th Grade) RULES

A. Number/Gender of Players

There will be a minimum of seven (7) players from each team on the field of play, including the goalkeeper, at all times to avoid a forfeit. There will be a maximum of eleven (11) players from each team on the field of play (11v11), including the goalkeeper.

The maximum number of boys to play on the field will be determined by the team with the most number of girls who show up.

If 3 girls show for either team, then the max # of boys is 8

If 2 girls show for either team, then the max # of boys is 9

If 1 girl shows for either team, then the max # of boys is 10

If 0 girls show for either team, then the max # of boys is 11

As an example if a team has 3 girls show up and the other team has 0 girls show up, the team with 0 girls still can only play a maximum of 8 boys.

NOTE: If the number of girls changes during a game due to late arrivals or early departures, an on the spot numbers adjustment is to be made based on the team with the most amount of girls in attendance at that time.

- Coaches are strongly encouraged to play with the same ratio of boys to girls for each team at all times, regardless of the number of players on the field.
- Coaches are expected to “play down” or otherwise manage playing time in order to maintain equity of playing time between a team’s boys and girls, and fair play between the two teams.

B. Heading the Ball

There is to be ***no heading*** of the ball by any player - other than the goalkeeper. Any incident deemed by the referee as **intentional heading** will be considered an indirect kick foul and will be cause for a yellow card (caution).

C. Slide Tackling

Slide tackling is strictly prohibited! Any slide tackle, or attempted slide tackle, is to be considered a direct kick foul and will be cause for a red card from the referee (with an automatic ejection from the game.)

- Only a goalkeeper may slide in an attempt to stop a kicked ball (either a shot or a pass.) Any **incidental** contact resulting from a goalkeeper’s slide is **not to be penalized**. Any such contact deemed **intentional** by the referee **is to be penalized as a red card foul.**

D. **Red Cards**
Any player who is ejected from a game for red card or multiple yellow card offenses may be replaced on the field of play. The team will **not be penalized** by being required to “play down” for the duration of the game.

E. Scoring

On an experimental basis, from time to time, these rules may be further altered to allow a goal scored by a girl to count as more than one goal (e.g., it may count as 1^{1/2} or 2 goals.) This change will be announced to the coaches at least one day before the game.

XXIII. Playing Time (Grades 3-12):

No player is permitted to play more than ¼ of the game MORE than any other player (barring injuries). For example, if one player only plays half of the game, then no player is permitted to play more than ¾ of that game

XXIV. Playing Positions (Grades 3-6):

EVERY player should have an opportunity during EVERY game to play at a position OTHER than defender and goalkeeper for at least ¼ of the game.

XXV. Coaches on Sidelines:

- A. There are only THREE (3) coaches allowed on the sidelines (exception – 1st grade, which may have 4); this applies even if your team has “alternate” coaches – only 3 (any 3) may be on the sideline. Others should remain on the spectator’s side of the field, behind the “setback” line
- B. Coaches MUST stay on their team’s side of midfield and within approximately 10 yards of midfield. Coaches are NOT to move up and down the sidelines with the play (or for any reason)

XXVI. Linespeople

- A. Individuals acting as linespeople CANNOT “coach” or otherwise instruct any players during the game, including when the ball is out of bounds.
- B. Unless the linesperson is a FIFA licensed referee who is assigned as an assistant referee by the LSC ref assignor, the linesperson’s job is simply to raise a flag when the ball is out of bounds (which occurs when the ENTIRE ball is outside the line); the REFEREE is the only individual who determines which team gets possession, or if a team is offside.

Revised August 2015