

# MIFFLIN COUNTY

# SOCCER CLUB

FALL RECREATIONAL LEAGUE  
RULES AND REGULATIONS  
REV. JULY 19, 2010

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# Mifflin County Soccer Club Rules and Regulations

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## MISSION STATEMENT

The mission of the Mifflin County Soccer Club (MCSC) is to introduce the youth of Mifflin County to the *beautiful game* of soccer; to coach them in the sport; provide fun, safe team competition; and to prepare and encourage them to continue soccer in high school, college, and adult life.

## INTRODUCTION

The standard rules of soccer, as determined by FIFA and as published in "The Rules of Soccer: Simplified" By Larry Maisner and Bill Mason, will apply to all league games with the exceptions and local rules outlined in this document.

## GRADE DIVISIONS

There will be three grade divisions:

Grade Kindergarten and First grade Division (K/1<sup>st</sup>)

Grade Second and Third grade Division (2<sup>nd</sup>/3<sup>rd</sup>)

Grade Fourth through Sixth grade Division 4<sup>th</sup>/6<sup>th</sup>)

The soccer grade of the child will be determined by the grade placement as of September 1<sup>st</sup> of the fall season by (as per U.S.Y.S.A. rules). Any exception to this rule must be approved by both the applicable grade division coordinator and the Rec. League Director.

## GENDER DIVISION

All grade divisions are coed.

## PRACTICES

Practices may start August 1<sup>st</sup>. Prior to the first game of the season, grade division K/1<sup>st</sup> and 2<sup>nd</sup>/3<sup>rd</sup> may practice up to two times a week for no more than 60 minutes per practice. Grade division 4<sup>th</sup>/6<sup>th</sup> may practice up to three times per week for no more than 90 minutes per practice. After the start of the season K/1<sup>st</sup> may practice once per week for no more than 60 minutes per practice. Grade divisions 2<sup>nd</sup>/3<sup>rd</sup> and 4<sup>th</sup> /6<sup>th</sup> may practice up to twice per week for no more than 90 minutes per practice.

## EQUIPMENT

### BALLS

# 3 Ball is to be used for the K/1<sup>st</sup> division.

# 4 Ball is to be used for the 2<sup>nd</sup>/3<sup>rd</sup> division.

# 4 Ball is to be used for the 4<sup>th</sup>/6<sup>th</sup> division.

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## UNIFORMS

Individualized team shirts will be used at each game. Shorts may be coordinated by each team. Warm-up style pants will be acceptable in cooler weather if they are of such a length as to pose no danger of tripping the player. In the event of cold weather, players may wear long sleeved shirt or jacket **UNDERNEATH** their team shirt which must always be visible. Team shirts and socks are provided for each player prior to the first game.

## SHOES

Cleated soccer shoe may be worn but are not mandatory in all grade divisions. Sneaker type shoes may be worn. Baseball, football, and track cleats or spiked shoes are prohibited, as well as any shoe with a cleat or spike on the toe part of the sole. **NO TOE CLEATS** allowed.

## PROTECTION / SAFETY

Shin guards that are size appropriate are mandatory in all grade divisions for BOTH games and practices. Socks must cover the shin guard completely. Jewelry (necklaces, earrings, watches, ect.) and hats must not be worn during games and practices. Players wearing a cast are not encouraged to play or practice. If players wearing a cast play or practice, the cast must be completely covered by 1" thick padding.

Parents **must** pick up their child from the coaches at the end of the practice and games in the K/1<sup>st</sup> and 2<sup>nd</sup> /3<sup>rd</sup> grade level. This is for the protection and safety of all of our children.

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## GAMES

### FIELDS

Games will be played on the assigned fields for each grade division, the size and goals of which will be grade appropriate as determined by the club.

### SPECTATORS

Spectators are not permitted on the same side of the field as the players during game time for all grade divisions. Referees and coaches are to enforce this by not starting or continuing a game until all spectators have moved themselves to the opposite side of the playing field.

### PLAYERS

Grade divisions K/1<sup>st</sup> and 2<sup>nd</sup>/3<sup>rd</sup> will play with seven players per team on the field: three on offense, three on defense, and one goaltender. Grade division 4<sup>th</sup>/6<sup>th</sup> will play with eleven players per team on the field: ten field players and one goaltender. In all grade divisions each player must play at least three quarters and must play at least one quarter in an offensive and one quarter in a defensive position. Allowing players to experience different positions is encouraged.

Each player **MUST** have submitted a registration / wavier form signed by a legal guardian or parent to play in games or to practice.

### DURATION

Four quarters will be played in the k/1<sup>st</sup> and 2<sup>nd</sup>/3<sup>rd</sup> grade divisions. Halves will be played in the 4<sup>th</sup>/6<sup>th</sup> grade division. Time will be kept by the referee and will run continuously unless stopped for an injury (at the referee's discretion).

#### DURATION OF GAMES

Division	K/1st	2nd/3rd	4th/6th	
Quarter	8 minutes	9 minutes	Half	20 minutes
Rest at Qtr.	3 minutes	3 minutes	Rest at Half	10 minutes
Half Time	5 minutes	5 minutes	Half	20 minutes
<b>Total</b>	43 minutes	47 minutes	<b>Total</b>	50 minutes

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## GAME RULES

Standard FIFA Soccer rules as published in "The Rules of Soccer : Simplified" By Larry Maisner and Bill Mason will be in effect with the following exceptions:

### THROW INS

In division K/1<sup>st</sup> a improper throw in will NOT result in a turn over, but the referee will explain the problem and allow additional tries until one is successful. In division 2<sup>nd</sup>/3<sup>rd</sup> the first improper throw in will be permitted and not result in a turnover. The player will get an explanation of the problem by a coach or referee then get another opportunity to make second, successful thrown in. If the second throw in is not successful, it will result in a turnover. In the 4<sup>th</sup>/6<sup>th</sup> division an improper throw in will result in a turnover.

### OFFSIDE

Offside will not be called, but is discouraged, in grade divisions K/1<sup>st</sup> and 2<sup>nd</sup>/3<sup>rd</sup>. It will be enforced in division 4<sup>th</sup>/6<sup>th</sup>.

### FREE KICKS AND PENALTY KICKS

All free kicks in all grade divisions will be indirect. No penalty kicks will be allowed, infractions inside the penalty area will be enforced with an indirect kick just outside the penalty area.

### COACHES

Only coaches are permitted within their team's bench area and are the only ones permitted on the field to assist an injured player. **No one** is permitted behind the end lines.

### SUBSTITUTION

In K/1<sup>st</sup> and 2<sup>nd</sup>/3<sup>rd</sup> grade divisions, substitutions may be made only at the end of a quarter or in the event of an injury or disciplinary action. In 4<sup>th</sup>/6<sup>th</sup> grade division, substations can be made on teams own throw ins or goal kicks. Each team is allowed two substations per half with unlimited subs. For example: Team A can sub at 8 minutes and sub unlimited players and then sub again at 15 minutes and sub unlimited players.

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## GAMES CONTINUED

### GAME RULES CONTINUED

#### DISCIPLINARY ACTIONS

Disciplinary action can be enforced by either the coach or referee during the game. Player may be removed from field during game, restricted game time, and or removed from practice.

#### SPORTSMANSHIP

This must be followed by **all** players, coaches, parents, and fans. Taunting and negative remarks will not be tolerated. Only positive encouragement and support is acceptable. Any infraction will result in a warning by the referee; any subsequent infractions will result in disqualification of the player, coach, parent, or fan with the immediate expulsion from the game and surrounding fields. Refusal to comply will result in the match being stopped and forfeiture. Two disqualifications in the same season will result in suspension for the remainder of that season.

#### WINNING / LOSING

The MCSC fall recreational league is designed to teach youth basic soccer skills and to have fun with the beautiful game. Keeping score is not important. Winning and losing is not to be emphasized and should not be the focus of our players, coaches, parents, or fans. Players should be encouraged and supported as their basic skills improve.

Coaches in the 4<sup>th</sup>/6<sup>th</sup> division are required to contact the rec league coordinator via email within 24 hours after game with the score of the game played. Failure to do so will result in a score of zero. The score is kept for seeding purposes for tournament at the end of the season.

#### AWARDS / FUNDRAISING

Individual Awards are not encouraged and should be only given with the prior consent from MCSC. MCSC name or logos may only be used with permission. Individual team fundraising is not permitted.

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## Grade Division K/1<sup>st</sup> Summary

<b>Gender</b>	Coed
<b>Equipment</b>	<p>Number 3 Ball.          Individualized team shirts.          Distinctive goalie shirt or bib (pinnie) must be worn.          Cleated soccer shoe may be worn; not mandatory.  <b>NO TOE CLEATS</b> allowed.          Shin guards are mandatory for games and practices.          Socks must cover shin guards completely during a game.</p>
<b>Practice</b>	<p>No more than 2 practices per week permitted prior to season.          No more than 1 practice per week permitted during the season.          Practices are not to be longer than <b>60</b> minutes in duration.</p>
<b>Games</b>	<p>4quarters with continuous clock, unless stopped for injury.          8 minute quarters.          3 minute rest between quarters.          5 minute rest at halftime.          Total game time is 43 minutes.          Ideal number of players per team is 8 or 9.          7 players on the field (3 forward, 3 defenses, 1 goalie).          Each player must play an equal number of quarters per game and play in both an offensive and defensive position in each game.</p>
<b>Throw Ins</b>	Turnovers will not occur, referee will correct improper throw ins and allow additional throws until successful.
<b>Offside</b>	Will not be called, but will be discouraged.
<b>Slide Tackling</b>	Is <b>NOT</b> permitted and will be considered dangerous play.
<b>Free Kick</b>	<p>All free kicks are indirect.          No penalty kicks will be taken; rather an indirect free kick outside the penalty area will be awarded.</p>
<b>Coaches</b>	<p>Coaches may <b>NOT</b> be on the field to assist players, except for injury or as a referee.          Coaches may <b>NOT</b> be behind the goals to assist players.  <b>No One Is Permitted Behind the End Lines.</b></p>
<b>Substitution</b>	Only at the quarter, unless for injury.
<b>Refreshments</b>	<b><u>ONLY WATER or Sport Drink</u></b> (Gatorade/Powerade) permitted at the games.

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## Grade Division 2<sup>nd</sup>/3<sup>rd</sup> Summary

<b>Gender</b>	Coed
<b>Equipment</b>	<p>Number 4 Ball.          Individualized team shirts.          Distinctive goalie shirt or bib (pinnie) must be worn.          Cleated soccer shoe may be worn; not mandatory.  <b>NO TOE CLEATS</b> allowed.          Shin guards are mandatory for games and practices.          Socks must cover shin guards completely during a game.</p>
<b>Practice</b>	<p>No more than 2 practices per week permitted prior to season.          No more than 2 practices per week permitted during the season.          Practices are not to be longer than <b>60</b> minutes in duration.</p>
<b>Games</b>	<p>4quarters with continuous clock, unless stopped for injury.          9 minute quarters.          3 minute rest between quarters.          5 minute rest at halftime.          Total game time is 47 minutes.          Ideal number of players per team is 8 or 9.          7 players on the field (3 forward, 3 defenses, 1 goalie).          Each player must play an equal number of quarters per game and play in both an offensive and defensive position in each game.</p>
<b>Throw Ins</b>	<p>Referee will allow one improper throw in that will not result in a turn over. The player will get an explanation of the problem by a coach or referee then get another opportunity to make second, successful thrown in. If the second throw in is not successful, it will result in a turnover.</p>
<b>Offside</b>	<p>Will not be called, but will be discouraged.</p>
<b>Slide Tackling</b>	<p>Is <b>NOT</b> permitted and will be considered dangerous play.</p>
<b>Free Kick</b>	<p>All free kicks are indirect.          No penalty kicks will be taken; rather an indirect free kick outside the penalty area will be awarded.</p>
<b>Coaches</b>	<p>Coaches may <b>NOT</b> be on the field to assist players, except for injury or as a referee.          Coaches may <b>NOT</b> be behind the goals to assist players.  <b>No One Is Permitted Behind the End Lines.</b></p>
<b>Substitution</b>	<p>Only at the quarter, unless for injury.</p>
<b>Refreshments</b>	<p><b><u>ONLY WATER or Sport Drink</u></b> (Gatorade/Powerade) permitted at the games.</p>

**\* In the event that there is not a referee available at the time of the game, a representative from each team can be a referee.**

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## Grade Division 4<sup>th</sup>/6<sup>th</sup> Summary

<b>Gender</b>	Coed
<b>Equipment</b>	<p>Number 4 Ball.          Individualized team shirts.          Distinctive goalie shirt or bib (pinnie) must be worn.          Cleated soccer shoe may be worn; not mandatory.  <b>NO TOE CLEATS</b> allowed.          Shin guards are mandatory for games and practices.          Socks must cover shin guards completely during a game.</p>
<b>Practice</b>	<p>No more than 3 practices per week permitted prior to season.          No more than 2 practices per week permitted during the season.          Practices are not to be longer than <b>90</b> minutes in duration.</p>
<b>Games</b>	<p>2 halves with continuous clock, unless stopped for injury.          20 minute halves.          10 minute rest at halftime.          Total game time is 50 minutes.          Ideal number of players per team is 13 or 14          11 players on the field (10 field players, 1 goalie).          Each player must play an equal number of quarters per game and play in both an offensive and defensive position in each game.</p>
<b>Throw Ins</b>	Turnovers will occur with the first improper throw in.
<b>Offside</b>	Will be called per standard rules.
<b>Slide Tackling</b>	Is <b>DISCOURAGED</b> and <b>MAY</b> be considered dangerous play.
<b>Free Kick</b>	<p>All free kicks are indirect.          No penalty kicks will be taken; rather an indirect free kick outside the penalty area will be awarded.</p>
<b>Coaches</b>	<p>Coaches may <b>NOT</b> be on the field to assist players, except for injury or as a referee.          Coaches may <b>NOT</b> be behind the goals to assist players.  <b>No One Is Permitted Behind the End Lines.</b></p>
<b>Substitution</b>	May be made on the team's own throw ins or goal kicks. Each team is allowed 2 substitutions per half with unlimited subs.
<b>Refreshments</b>	<u><b>ONLY WATER or Sport Drink</b></u> (Gatorade/Powerade) permitted at the games.

**\* In the event that there is not a referee available at the time of the game, a representative from each team can be a referee.**