

THE FIELD OF PLAY

DIMENSIONS

The field of play must be rectangular. The length of the touch line must be greater than the length of goal line. The dimensions are to be as near as possible to:

Preschool	(3v3)	15 yards X 25 yards
TK - 1 st Grade	(4v4)	30 yards X 40 yards
2 nd Grade – 4 th Grade	(5v5)	35yards X 50 yards

FIELD MARKINGS

The field of play is marked with lines. These lines belong to the area of which they are the boundaries. The two longer lines along the side are called touch lines. The two shorter lines are called goal lines. All lines are to be no more than 5 inches wide. The field is divided into two equal halves by a halfway line. The center mark is at the midway of the halfway line. A circle with a radius of 10 yards is marked around it.

GOALS

Goals are placed in the center of each goal line, with the two upright posts equidistant from each corner marker or corner flag. The soccer goals will be as close as possible to these specified sizes:

Preschool – 1 st Grade	12 feet wide X 6 feet high
2 nd Grade – 4 th Grade	15 feet wide X 6 feet high

THE BALL

QUALITIES AND MEASUREMENTS

The ball must be spherical and made of a suitable material. It should weigh no more than 16 ounces or no less than 14 ounces at the start of the game. Suggested pressure is 8.5 lbs. per square inch.

SIZE OF THE BALL

Preschool	Size 3
TK – 1 st Grade	Size 3
2 nd Grade – 4 th Grade	Size 4

THE NUMBER OF PLAYERS

PLAYERS

The match is played between two teams, each consisting of:

Preschool/Kindergarten	(3v3)
TK – 1 st Grade	(4v4)
2 nd – 4 th Grade	(5v5) includes Goalie

If either team has more than the maximum number of players on the field, the coach shall stop play immediately and correct the matter. A drop ball will be taken at the point the ball was at when stoppage of play occurred. If the coach determines, before restarting the game after a

goal has been scored by a team with more than the maximum number of players on the field, the goal shall be disallowed and the game restarted with a goal kick. In the 2nd -6th grade age group, one player on the field must be designated as the goalkeeper.

SUBSTITUTIONS

Substitutions will be unlimited. Free substitution will be allowed in all age groups. The substituting player can enter the field only after the replaced player leaves. All players will enter the field and exit the field at the half line. Substitutions can be made at the following times:

- ✓ Prior to either team's throw-in
- ✓ Prior to a goal kick by either team
- ✓ After a goal by either team
- ✓ After an injury by either team
- ✓ At each quarter

CHANGING THE GOALKEEPER

Any of the other players on the field may change places with the goalkeeper during a stoppage of play.

PLAYING TIME

Each player present at the game must play a minimum of half of each match. Exceptions to the playtime rule would be in a case of player injury or illness.

THE PLAYERS' EQUIPMENT

All players will be provided with a t-shirt of the team color. This should be worn for all practices and games. For the 2nd -4th grade games, the goalkeeper should wear a shirt of a different color than those of the players on both teams in the game. Players are allowed to wear tennis shoes, turf shoes, rubber cleats (no toe cleat), or screw-in cleats (no toe cleat) provided they are deemed safe by the coach. All players are required to wear shin guards, which must be covered by an appropriate sock. The shin guard should provide a reasonable degree of protection. Casts, splints, or braces must be padded, and are allowed only if deemed safe by the coach. Necklaces, bracelets, watches, earrings, other body pierced jewelry, and other jewelry are **NOT** allowed. It is recommended those players wearing glasses wear a sport frame or safety glasses. It is recommended that the player should wear a band to hold the glasses in place.

THE DURATION OF THE MATCH

PERIODS OF PLAY

The match will consist of four equal quarters as listed below for each respective age group. The games will be played this amount of time unless determined by the two participating teams (for example, to reduce the time because of insufficient light, a delayed game start, or inclement weather).

Preschool	4 Quarters @ 8 minutes each
TK – 1 st Grade	4 Quarters @ 8 minutes each

2nd – 4th Grade

4 Quarters @ 10 minutes each

Players are entitled to an interval at halftime not to exceed 5 minutes.

ALLOWANCE FOR TIME LOST

Allowance may be made in any period for time lost through substitution, injury to players, removal of injured players from the field, wasting time, or other loss of time deemed unnecessary.

RESCHEDULING GAMES DUE TO BAD WEATHER OR FIELDS

Games may be rescheduled due to inclement weather or potential damage to the fields or potential for injury. The LBC Board will announce the change of schedule using email and/or our website, www.larchwoodbettermentclub.org.

RESCHEDULING GAMES DUE TO SCHEDULE CONFLICTS

Coaches may request a game be rescheduled, but only in the event of a major conflict resulting in that team's inability to field a team. Coaches that are unable to field a team because of a major conflict should make arrangements with the coach from the other team and notify the Larchwood Betterment Club so that updates can be made to the schedule online.

THE START OF PLAY

PRELIMINARIES

A coin is tossed and the team winning the toss will decide which goal it will attack. The other team takes the kick off to start the match and will kick off during the 3rd quarter. The team winning the toss will kick off the second and fourth quarters. The teams will go in the same direction for the first half (quarters 1&2) and change directions in the 2nd half (quarters 3&4). (In place of a coin toss the two coaches can decide which team can start the kick off, especially in the lower age brackets.)

KICKOFF

A kickoff is a way of starting or restarting play:

- ✓ At the start of the match
- ✓ After a goal has been scored
- ✓ At the start of each quarter

All players must be on their own (defending) half of the field.

Opponents must be at least 10 yards away from the ball until it is put in play.

The ball will be stationary at the center of the field before it is kicked.

The referee/coach must give a signal for the kick to take place.

The ball is considered in play when it is kicked and moves forward.

The kicker cannot touch the ball a second time until it is touched by another player. (If this does happen, an indirect free kick is awarded to the opposing team at the spot where the infringement occurred).

After a team scores, the kickoff is taken by the other team.

For any infringements of the above (except when the kicker plays the ball twice), it will be considered that play has not begun, and the kick will be taken again.

DROPPED BALL

A dropped ball is a way of restarting the match after a temporary stoppage becomes necessary while the ball is in play. The coach drops the ball at the place where it is located when play was stopped. Play will restart when the ball hits the ground. The ball will be dropped again if a player touches it before it makes contact with the ground; or if it leaves the field of play after making contact with the ground and a player does not touch it.

SPECIAL CIRCUMSTANCES

A free kick awarded to a defending team in its own goal area will be taken within that goal area. The ball will not be considered to be in play until it leaves the penalty area. An indirect free kick awarded to the attacking team in the opponent's goal area will be taken from the goal area line parallel to the goal line at a point nearest to where the infringement occurred. A dropped ball to restart the match after play has been temporarily stopped inside the goal area will take place on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.

THE BALL IN AND OUT OF PLAY

The lines are considered part of the field of play and part of the area they define on the field. The ball is out of play when the whole ball crosses the entire goal line or touch line either on the ground or in the air. The ball is in play at all other times, including when it rebounds off a crossbar or upright of a goal, or a corner flag post. The coaches are considered part of the field of play when on the field. Balls rebounding off these officials are considered in play.

THE METHOD OF SCORING

A goal is scored when the whole ball has passed over the goal line, between the goalposts, and under the crossbar. The team scoring the greatest number of goals during a match will be the winner. If both teams score the same number of goals, or if no goals are scored by either team, the game is a tie.

***Scores will not be recorded. We ask that coaches respect the other team and be mindful of the number of goals scored against an opponent.**

OFFSIDE

There will be no offside violation. .

FOULS AND MISCONDUCT

DIRECT FREE KICK

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 with excessive force.

- ✓ Kicks or attempts to kick an opponent
- ✓ Trips or attempts to trip an opponent
- ✓ Jumps at an opponent
- ✓ Charges an opponent
- ✓ Strikes or attempts to strike an opponent
- ✓ Pushes an opponent holds an opponent
- ✓ Spits at an opponent
- ✓ Handles the ball deliberately (except for the goalkeeper within his/her own penalty area)

Players making contact with each other while playing a ball is allowed; however, if in the coach's opinion, one player is not playing the ball but is rather playing the person, it is an offense.

PENALTY KICK

A penalty kick is awarded if any of the above offenses is committed by a player inside his/her own penalty area, irrespective of the ball's position. However, the ball must be in play when the offense occurs.

KEEPER FOULS AND MISCONDUCT 2nd-4th Grade

If a player intentionally kicks the ball to their own keeper, the keeper may not use his/her hands to play the ball. A player may pass the ball to his own goalkeeper using the head or chest or knee, and the keeper may use his/her hands to collect the ball. If, however, in the opinion of the referee, a player uses a deliberate trick while the ball is in play the player is guilty of unsporting behavior. The player may be cautioned, and an indirect free kick is awarded to the opposing team at the spot of the infringement. In such circumstances, it is irrelevant whether the goalkeeper subsequently touches the ball or not. The offense is committed by the player attempting to circumvent both the letter and the spirit of the Law. When the goalkeeper has taken possession of the ball within his/her own penalty area, attacking players are required to move away and to the side while the keeper returns the ball.

If a player is standing in front of or beside the keeper, they are to remain stationary if the keeper moves to the side to return the ball. Any player moving with the keeper or attempting to screen the keeper from returning the ball may be cautioned and an indirect kick awarded to the opposing team.

INDIRECT FREE KICK

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his/her own penalty area, commits any of the following offenses:

- ✓ Takes more than 6 seconds while controlling the ball with his/her hands before releasing it from his/her possession.
- ✓ Touches the ball again with his/her hands after it has been released from his/her possession
- ✓ Touches the ball with his/her hands after it has been deliberately passed to him/her by a teammate
- ✓ Touches the ball with his/her hands after receiving it directly from a throw in taken by a teammate.

THE INDIRECT FREE KICK

A goal can only be scored if the ball subsequently touches another player before it enters the goal. If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded and no score is counted. If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

POSITION OF FREE KICK

On a free kick inside the penalty area, and a direct or indirect free kick is given to the defending team

- ✓ all opponents must be at least 10 yards from the ball
- ✓ all opponents need to remain outside the penalty area until the ball is in play
- ✓ the ball is in play when it is kicked directly beyond the penalty area
- ✓ a free kick awarded in the goal area is taken from any point inside that area

INFRINGEMENTS & SANCTIONS

If, when a free kick is taken, the referee determines an opponent is closer to the ball than the required distance, the kick is retaken. If, when a free kick is taken by the defending team inside its own penalty area, the ball is not kicked directly out of the penalty area and thusly is not in play, the kick shall be retaken. If, after a ball is in play, the kicker touches it a second time (except with his hands) before it is touched by another player, an indirect free kick is awarded the opposing team at the spot of the infringement. If after a ball is in play, the kicker deliberately handles it before it is touched by another player, a direct free kick is awarded to the opposing team, to be taken from the place the infringement occurred. (If a hand ball occurs after another player has touched it, it is enforced as penalty for handling the ball). If the kicker handles it inside his/her penalty area, it is a penalty kick. If a goalkeeper deliberately handles the ball before another player touches it, a direct kick is awarded the opposing team if the infringement is outside the keeper's penalty area, or an indirect free kick is awarded if the infringement is inside the keeper's penalty area at the point of the infringement subject to the position of the free kick.

THE THROW-IN

A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in.

A throw-in is awarded:

- ✓ when the whole ball passes over the touch line (side line) either on the ground or in the air
- ✓ from the point where it crossed the touch line
- ✓ to the opponents of the player who last touched the ball

PROCEDURE

At the moment of delivering the ball, the thrower must:

- ✓ face the field of play
- ✓ have part of each foot either on the touch line or on the ground outside the touch line
- ✓ use both hands
- ✓ deliver the ball from behind the head, and come directly over the head

The thrower may not touch the ball again until it has touched another player. Defenders must be at least 2 yards away from the thrower. The ball is in play immediately when it enters the field of play.

INFRINGEMENTS/SANCTIONS

(A re-throw may be awarded in the lower two age brackets as necessary.)

If, after the ball is in play, the thrower touches the ball a second time (except with the hands) before it is touched by another player, an indirect kick is awarded to the opposing team at the spot of the infringement. If, after the ball is in play, the thrower deliberately handles the ball before it is touched by another player, an indirect kick is awarded to the opposing team at the spot of the infringement. If the goalkeeper throws the ball in, and deliberately touches it with the hands before it is touched by another player, and this infringement occurs within the goalkeeper's penalty area, an indirect free kick is awarded to the opposing team at the point of the infringement. If an opponent unfairly distracts or impedes the thrower, he/she is cautioned by unsporting behavior and cautioned. The throw-in is then taken by the same team awarded the throw. For any other infringement of this Law, the throw-in is awarded to the opposing team.

THE GOAL KICK

A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. (If a team taking a goal kick directly kicks the ball into their own goal, it has not left the penalty area, and the kick is retaken. If the ball leaves the penalty area, does not touch another player, and goes directly into the team's own goal, a corner kick is awarded to the opposing team.) A goal kick is awarded when the whole ball, having last been touched by the attacking team, passes over the goal line in the air or on the ground, and a goal is not scored.

PROCEDURE

The ball may be kicked from anywhere within the goal area by a player of the defending team. The ball is in play when it is kicked directly beyond the penalty area. Opponents must remain outside the penalty area until the ball is in play. Teammates can be in the area, but cannot touch the ball until it is kicked directly beyond the penalty area. The kicker may not play the ball a second time until it is touched by another player.

INFRINGEMENTS/SANCTIONS

If the ball is not kicked directly into play beyond the penalty area, the kick is retaken. If, after the ball has been put into play, the kicker touches the ball a second time (except with his/her hands) before it is touched by another player, an indirect free kick is awarded to the opposing team from the place where the infringement occurred. If, after the ball has been put into play, the kicker deliberately handles the ball before it is touched by another player, a direct free kick is awarded to the opposing team from the place where the infringement occurred, subject to the Special Circumstances covered in Law 8. If the infringement occurs within the kicker's penalty area, a penalty kick is awarded the opposing team. If, after the ball has been put into play, the keeper deliberately handles the ball before it has touched another player, and the keeper is within his/her own penalty area, an indirect free kick is awarded the opposing team. For any other infringements of this Law, the kick is retaken.

THE CORNER KICK

A corner kick is a method of restarting a game. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole ball, having last touched a member of the defending team, passes over the goal line in the air or on the ground and a goal is not scored.

PROCEDURE

The ball is placed inside the corner arc (within a 1 yard area of the corner flag post or the spot for a corner flag post). The corner flag post may not be moved unless instructed to do so by the referee. The ball must be kicked by a member of the attacking team. The ball is in play when it is kicked and it moves. Opponents must remain at least 10 yards away from the ball until it is play. The kicker may not play the ball a second time until it has been touched by another player. If the ball entirely passes over the goal line in the air or on the ground, and a goal is not scored in accordance with Law 10, and another player has not touched the ball, a goal kick is awarded the defending team.

INFRINGEMENTS/SANCTIONS

If, after the ball has been put into play, the kicker touches the ball a second time (except with his/her hands) before it is touched by another player, an indirect free kick is awarded to the opposing team from the place where the infringement occurred. If, after the ball has been put into play, the kicker deliberately handles the ball before it is touched by another player, a direct free kick is awarded to the opposing team from the place where the infringement occurred. If the infringement occurs within the kicker's penalty area, a penalty kick is awarded the opposing team. For any other infringements of this Law, the kick is retaken.