

Rock Rapids Soccer League Rules

TK and Kindergarten:

- 4 v 4 with no goalie.
- Size 3 ball.
- The game is divided into four 8- minute quarters. Two- one minute quarter breaks between quarter 1-2 and 3-4. One half-time break of 5 minutes.
- No penalty kicks or corner kicks. Throw-in will be taken in place of corner kick.
- Opponents must be 3 yards away from ball for throw-in or goal kicks.
- All fouls and misconduct must be explained to offending player.

1st and 2nd:

- 4 v 4 with no goalie.
- Size 3 ball.
- The game is divided into four 12-minute quarters. Two- one minute quarter breaks between quarters 1-2 and 3-4. On half-time break of 5 minutes.
- All fouls and misconduct must be explained to offending player.
- Players must be 5 yards back on free kicks, throw-in, kick-ins, goal kicks.
- No penalty kicks.
- No free kick in defending team's goal box.

3rd and 4th:

- 6 v 6 with goalie.
- Size 4 ball.
- The game is divided into two 25-minute halves with a 5-minute half-time break.
- 1 goalie
- 2 offensive players (cannot cross mid field line)
- 2 defensive players (defenders of goal, cannot cross mid filed line)
- 1 striker (this position will cover the entire field)
- All fouls and misconduct must be explained to offending player.
- Players must be 8 yards away from opposing team for free kicks, throw-in, kick-ins, and goal kicks

5th-7th:

- 8 v 8 with goalie
- Size 5 ball
- The game is divided into two 25-minute halves with a 5-minute half-time break.
- All fouls and misconduct must be explained to offending player.
- Players must be 10 yards away from opposing team for free kicks, throw-ins, kicks-ins, and goal kicks.

Referees:

- We want the children to have fun playing soccer, but we also want to teach the children how to play the game of soccer and we need to enforce the rules.
- It is encouraged for the referee to stop the play of action to correct a situation that was not done correctly (such as with a throw-in situation where both feet were not on the ground when the ball left the player's hand, or the ball was not thrown over their head with two hands, etc.) The only way the players will learn the correct procedures and rules is if we stop the play of action and correct them on the spot. Have the player redo the situation (such as letting them throw the ball in again on a throw-in, etc.)
- Rough play will be stopped when it occurs. Players are to be warned of the infraction that occurred (charging from behind, pushing, etc.)
- It is not the responsibility of the referee to handle discipline problems. If you see a problem, talk to the coach of the situation and encourage the child to be removed for a break if necessary.
- When infractions are called, explain to the players what the infraction is that is being called and what will happen as a result of the infraction (indirect kick, penalty kick, etc.)

Start of Game- Kick Off:

- The choice of ends and kick-off is decided by the toss of a coin. The team winning the toss chooses which goal it will attack in the first half and will have the kick-off in the start of the 2nd half.
- On signal from referee, a player kicks/taps the ball from the center spot to his teammate. Each player must be within its half of the field and defensive players must be at least 10 yards from the ball and outside the center circle. One other player from the kickoff team may be inside the center circle with the kickoff player. Usually, the kickoff player will tap/pass the ball to the teammate that is in the center circle with him, who will then pass the ball to another teammate. Once the kickoff player has touched the ball, the ball is live.
- The kicker can't touch the ball a second time until it is touched by another player (if so, an indirect free kick is awarded).
- A similar kickoff is used to put the ball in play after a goal has been scored. If team A has scored, a player from team B kicks off. Also used to the start 2nd half or 3rd quarter (directions are also changed at the start of the 2nd half or 3rd quarter).

Touchline/ Throw-Ins:

- If the ball was last touched by the team A, then it is put back in play by a member of team B by doing a throw-in. The whole ball must pass over the touchline.
- The hands are used when throwing in.
- Must use both hands and deliver the ball from behind and over your head.

- You must face the field of play and have part of each foot either on the touchline or on the ground outside the touchline.
- Snap your arms and wrist forward.
- Both feet must be in contact with the ground.
- May throw from a stationary position or take a run-up as the ball is delivered.
- A goal can't be scored directly from a throw-in.
- The thrower may not touch the ball again until it has been touched by another player.

Ball In and Out of Play:

- Lines are considered part of the field of play.
- The ball is out of play when the whole ball crosses the goal line or touchline, 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 referee is considered part of the field of play when on the field and balls bounced off the referee are considered in play.

Dropped Ball:

- A dropped ball is a way of restarting the match after a temporary stoppage.
- The referee drops the ball at the place where it is located when play was stopped.
- Play restarts when the ball hits the ground.

Goal Kick:

- If the ball goes over the goal line (but not into the goal) and was last played by the attacking team, it is put back into play with a goal kick.
- A member of the defending team (not necessarily the goalie) takes the goal kick from a point within the goal area. He kicks the ball up field.
- The ball is placed on the ground in the goal area on the half side of the field that the ball went out on.
- No member of the offensive team is permitted within the penalty area at the time the kick is executed.
- The kicker may not play the ball a second time until the ball has been touched by another player.
- The ball must be kicked beyond the penalty box.
- The goalkeeper shall not receive the ball into his hands, in order that he may thereafter kick it into play.

Corner Kick:

- If the ball crosses the goal line and was last touched by the team defending that goal line, then the ball is put back in play by the offensive team with a corner kick.
- The ball is placed down within or on the corner area closest to where the ball crossed the goal line, and is kicked by a member of the offensive team.

- Defensive team member must stay at least 10 yards away from the corner where the ball is being kicked.
- The kicker may not play the ball a second time until the ball has been touched by another player.
- A goal can be scored directly on a corner kick. There is no offside rule applied to corner kick.

Fouls:

- Handling the ball intentionally.
- Using the hands to hold, push, or strike an opponent.
- You cannot trip, kick, or jump at an opponent
- You are not permitted to charge in “a dangerous or violent manner” nor are you permitted to charge an opponent from behind.
- Dangerous play.

Direct Free Kick:

- A free kick awarded a team for a serious breach of the rules by the opposing team.
- It can involve handling the ball intentionally, holding, pushing, striking, kicking, tripping, jumping an opponent, charging in a “dangerous or violent manner”, or charging from behind. Also includes making contact with an opponent to tackle the ball and gain possession of the ball in which contact is made with opponent before playing the ball or for any dangerous play.
- If team A is guilty of a foul, team B is given a direct free kick.
- A free kick takes place from the point of infraction. Players on team A must be at least 10 yards from the ball at the time the kick is executed.
- A goal may be scored directly from a direct free kick.

Penalty Kick:

- Direct free kick may be awarded to a team when the defending team commits a major foul within the penalty area.
- After the ball is placed on the penalty spot, a player on the attacking team takes a shot at the goal. This can be any player from the attacking team – it does not need to be the player who was fouled.
- No other player from either team is permitted within the penalty area. Only the goalkeeper is allowed to defend against the kick, and he is not permitted to move his feet until the ball has been kicked.
- Goalkeeper must stand on his own goal line, between the goal posts until the ball is kicked.

Indirect Free Kick:

- A free kick awarded by the referee to a team for what the referee considers a minor offense by the opposition.

- The offense can involve “dangerous play”, arguing with the referee, an offside violation, or preventing the keeper from releasing the ball from their hands.
- Taken from the point of the infraction and opposing players must stay at least 10 yards away from the ball.
- One difference between direct and indirect free kick is that a goal cannot be scored directly. The kicker must first kick the ball to another player.

Offside Rule:

- When the ball is passed to an attacking player, there must be at least 2 defensive players (goalkeeper, usually, and one other player) between him and the goal line.
- Only applies in the opponent’s half of the field.
- An intended pass receiver can never be offside in his own half of the field.
- A player cannot be ruled offside in receiving the ball after it first touches a defending player. Nor is there an offside violation when a player receives the ball directly from a goal kick, a corner kick, or a throw-in.

Substitutions:

- Unlimited. Play all players as evenly as possible in the games.
- Is to be handled when there is a stop in play.
- The referee does need to be informed of the change.

Goalkeeper:

- The goalkeeper has several options when they have possession of the ball in the penalty area and they are passing the ball to a teammate. The goalkeeper may throw the ball, punt/kick the ball with the ball in their hands, or kick the ball by setting it on the ground. When the goalkeeper throws the ball, they do not need to follow the throw-in rules of throwing the ball over their head with both hands.
- The goalkeeper is allowed 4 steps before letting the ball go to throw it, kick it, punt it, etc. They are also allowed 4 seconds to get rid of the ball.
- When the goalkeeper has taken possession of the ball in the 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 kicker or attempting to screen the kicker from returning the ball may be cautioned and an indirect kick awarded to the opposing team.
- Indirect free kicks awarded to opposing team if a goalkeeper, inside their own penalty area commits any of the following offenses: Takes more than 4 steps while controlling the ball with their hands before releasing; Touches the ball again with their hands after it has been released from their possession; Touches the ball with their hands after it has been deliberately kicked to them by a teammate; Touches the ball with their hands after receiving it directly from a throw-in taken by a teammate; Wastes time.

Equipment:

- Soccer ball: Size 5 for 5th-7th; Size 4 for 3rd and 4th; Size 3 for TK-2nd
- Soccer shoes are permitted.
- Shin guards must be worn (worn under knee socks).