



# KENSTON COMMUNITY EDUCATION

## YOUTH SOCCER RULES & REGULATIONS 3 – 5 GRADE 2017

**Field of Play:** Settlers Park / River Road / Aurora Fields

**Ball Size:** 4

**Number of Players: (maximum):**

1. 8 vs 8 (7 plus a goalkeeper)
2. Teams may agree to play more or less players per side

**Equipment:**

1. A team jersey (provided by KCE) must be worn by team players
2. Goalies will wear a different color jersey from their team
3. Rubber spikes or tennis shoes must be worn in all divisions
4. It is recommended that head coaches see that all players wear shin guards

**Timing and Substitutions:**

1. Four 10-minute quarters with a 5-minute halftime
2. All players must play at least 2 quarters of the game
3. Each team is allowed 1 time-out per game
4. Each quarter starts with a kick off. Teams will alternate kick-offs at the start of each quarter (Team A kicks-off at the start of quarter 1 and 3, Team B kicks-off at the start of quarter 2 and 4)
5. All games will end at least 5 minutes before the next game begins.

**Start of Play:**

1. To start play there is a kick-off. This happens at the beginning of each quarter and after a goal has been scored.
2. A player standing near the halfway line kicks the ball to a fellow player.
3. Opposing players must stay outside of the center circle until the ball has been kicked.
4. After the ball is touched and moves forward the game is officially started.
5. The kicker may not touch the ball again until another player has touched it.

**Ball In and Out of Play:**

1. After the ball completely crosses the touchline or goal line, either on the ground or in the air, it is out of play.
2. Any ball striking a referee, goal post, or corner post and remaining on the field is in play.
3. The line itself is in bounds, and the ball is out of play (or a goal is scored) only when the entire ball is completely past the outer edge of the line.
4. If any part of the ball is still touching any part of the line (extended from the ground up into the sky), it is still in play.



### **Goal Scoring:**

1. A goal is scored when the ball completely crosses the goal line, between the goal posts and under the cross bar.
2. KCE will keep scores/standings for this division.
3. Total number of goals scored does not affect standings.

### **Offside Position:**

1. It is not an offense in itself to be in an offside position.
2. A player is in an offside position if:
  - a. He is nearer to his opponents' goal line than both the ball and the second last opponent
3. A player is not in an offside position if:
  - a. He is in his own half of the field of play or
  - b. He is level with the second last opponent or
  - c. He is level with the last two opponents

### **Offense:**

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team members, he is, in the opinion of the referee, involved in active play by:

- a. Interfering with play or
- b. Interfering with an opponent or
- c. Gaining an advantage by being in that position

### **No Offense:**

There is no offside offense if a player receives the ball directly from:

1. A goal kick or
2. A throw-in or
3. A corner kick

### **Infringements/Sanctions:**

For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred (i.e. where the player was when determined to be offside. If inside the goal area, the free kick may be taken from the line farthest away from the goal line, like a goal kick).

### **Fouls and Misconduct:**

1. If a player commits any of the following, an INDIRECT free kick will be awarded to the opposing team at the point of infraction:
  - a. Dangerous play adversely affecting opponent's play
  - b. Obstructs an opponent
  - c. Prevents goalkeeper from releasing the ball
  - d. A goalkeeper taking more than 10-seconds to release the ball while controlling it with his/her hands
2. If a player intentionally commits any of the following, a DIRECT free kick will be awarded to the opposing team at the point of infraction (2 yellow cards = ejection):
  - a. Kicking or trying to kick an opponent
  - b. Tripping an opposing player with the feet or body
  - c. Jumping on or at an opposing player
  - d. Punching or trying to punch an opposing player
  - e. Holding an opposing player with the hands or arms
  - f. Pushing an opposing player with hands or arms
  - g. Foul language



3. A player will receive a CAUTION under the following conditions (**Yellow card**):
  - a. Unsportsmanlike behavior
  - b. Dissent by word or actions
  - c. Persistently breaking the rules or constant fouling
  - d. Delaying the restart of play
  - e. Defenders failing to stay the proper distance away from kicker on a corner kick, free kick or throw in
  - f. Entering or re-entering the field without the referee's permission
4. A player will be EJECTED from the game for the following (**Red card**):
  - a. Serious foul play
  - b. Violent Conduct
  - c. Spitting at anyone
  - d. Deliberately touching the ball with a hand in order to deny a goal or goal scoring opportunity
  - e. fouling an opponent to prevent an obvious goal scoring opportunity
  - f. Using offensive, insulting or threatening language and/or gestures
  - g. receiving a second yellow card in one game

#### **Free Kicks:**

1. The types of free kick awarded by the referee are the:
  - a. Direct Free Kick -a goal can be scored by kicking the ball directly into the goal
  - b. Indirect Free Kick -the ball must touch another player before a goal can be scored; if the ball goes into the goal without being touched by another player, it is just out-of bounds, and the defensive side gets a goal kick.
2. In either case, the kicker is free to simply pass the ball to a teammate.
3. When a free kick is taken, the opposing team must stay at least 6 yards away from the ball until it is kicked.
4. A team cannot score against itself directly (i.e. without another player besides the original kicker touching the ball) on any free kick.
5. Any free kick taken from inside the kicker's own penalty area cannot be touched by any other player until it has passed outside the penalty area into the playing field. The ball is not in play until that happens.
6. No opposing player can enter the penalty area until the ball has passed out of it.

#### **Penalty Kicks:**

1. A penalty kick is awarded after direct kick foul takes place in the offending team's penalty area. Indirect kicks shall be taken from the spot of the foul, even if inside the penalty area. However, no offensive indirect kick shall be taken within the goal area -these kicks should be taken from the closest point outside the goal area.
2. It is a direct kick taken 12 yards from the goal line.
3. All players except the goalie and kicker must stay outside of the penalty area, behind the penalty mark, and at least 6 yards from the ball until it is kicked.
4. The goalie must stand on the goal line and may not move forward off of it until the ball is kicked.

#### **The Throw-In:**

1. When the ball completely crosses the touchline, a throw-in is awarded to the opponents of the player who last touched the ball, from the point where the ball crossed the line.
2. Both hands, from behind and over the head, must throw the ball.



3. At the moment the thrower releases the ball:
  - a. The thrower must be facing the playing field
  - b. Both feet must be outside or on the touchline. Any part of the foot touching the line makes it legal
  - c. Both feet must be touching the ground

### **Goal Kicks:**

1. A goal kick is awarded when the ball crosses the goal line but a goal is not scored, and an attacking player last touched it.
2. The ball can be kicked from anywhere in the goal area.
3. The ball must travel outside the penalty area into the field of play before it is in play.
4. If it is touched before it leaves the penalty area, the kick is retaken.
5. The attacking team must stay out of the penalty area until the ball is in play.
6. Once the ball is in play, the kicker may not touch the ball a second time until another player has touched it.

### **Corner Kicks:**

1. A corner kick is awarded when the ball crosses the goal line, but a goal is not scored, and a defensive player last touched it.
2. One member of the attacking team takes the kick on the quarter circle nearest the corner flag post.
3. The opposing team must remain at least 6 yards from the ball as it is kicked.
4. A goal may be scored directly from this kick.
5. The kicker may not touch the ball a second time until another player has touched it.

### **Injuries:**

1. Any injury that requires more than simple first aid call 911 and report the incident to KCE.
2. In case of any injuries that require first aid, please contact KCE at (440) 543-2552 to report the incident.
3. You must fill out an incident report from your coach's binder.

