

Soccer Rules

LEAGUE:

Spirit of the Game: Jeffco League stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to rules, and the basic joy of play. This program is based on all players receiving equitable playing time.

SCHOOLS:

Participants/players are NOT permitted in the schools, locker rooms or outside the gym without a coach or parent supervision. Failure to comply with this rule could result in team suspension from the league. Teams are encouraged to change before leaving for away games.

- 1) Games will be 11v11. A team may not have less than 7 players on the field of play.
- 2) The standard field of play will be 70 x 100 yards, but other dimensions may be used as necessary. Standard goal size of 24x8 will be used. Size 5 soccer ball will be used.
- 3) Unlimited substitutions are allowed. Substitutions may take place during an injury, time-out, or when the ball has crossed any side or endline. Players should take a knee at midline to indicate sub.
- 4) **If a player scores 3 goals in a game, that player may not score again for the remainder of the game. Goal kick if violation.**
- 5) If the difference in the score is ever greater than 5 (example 6-1) then the leading team must pass at least 5 times before shooting and must play a different position on the field. **PENALTY: DIRECT FREE KICK**
- 6) A Goalkeeper may handle the ball within the 18-yard box. A colored pennies or shirt must be worn by the Goalie.
- 7) Molded-sole shoes with plastic, rubber or nylon cleats are allowed. **Shin guards are mandatory.** No metal cleats allowed.
- 8) RMO will officiate the games. If a referee is not present within 5 minutes of game time call Rocky Mountain Officials at **303-618-5359**. Home team is responsible for sending in scores to Ray Hilger (rhilger@lakewood.org)
- 9) Each game will consist of two 25-minute halves with a 5-minute half time. Official(s) will keep time.
- 10) A coin toss at the beginning of the game will determine who kicks off and which goal a team will defend. Teams change goals after half time.
- 11) A goal is scored when the entire ball passes over the end line into the goal. A goal may not be scored directly from: an indirect free kick, goal kick, throw-in or a free kick into a team's own goal.
- 12) A player is offside when nearer the opposition's goal line than two opposing players and the ball when the ball is played. The offside rule is not in effect when:
 - that player is in their half of the field
 - the ball was last touched by an opposing player
 - the ball is received directly from a goal kick, corner kick, throw in or dropped ball
 - that player is not directly involved in the play. They must be gaining advantage or seeking to gain advantage at the time of play.

PENALTY: INDIRECT FREE KICK AT SPOT OF INFRACTION

- 13) A player shall not attempt to kick, strike, and jump-at or trip another player. **PLAYERS WILL BE ISSUED A RED CARD. PENALTY: DIRECT FREE KICK**
- 14) Slide tackling is not permitted; players will be issued a red card. **PENALTY: DIRECT FREE KICK**
- 15) A player is penalized for handling when she/he intentionally plays the ball with his/her hands or arm (shoulder seam to fingertips). **PENALTY: DIRECT FREE KICK**
- 16) A player shall not hold, push, or impede an opponent with hands or arms extended from the body. A player shall not place a hand on an opponent in an effort to reach the ball. **PLAYERS WILL BE ISSUED A YELLOW CARD. PENALTY: DIRECT FREE KICK**
- 17) Non – Aggressive shoulder charging is permitted. Any aggressive charging is a penalty. **PLAYERS WILL BE ISSUED A RED CARD. PENALTY: DIRECT FREE KICK**

- 18) A player shall not charge into the goalkeeper in the penalty area. Any contact with the goalie will result in a penalty. **PLAYERS WILL BE ISSUED A RED CARD.**
 - 19) Obstruction is the intentional act of a player (who is not in possession of the ball or not attempting to play the ball) of using the body as an obstacle between an opponent and the ball (like setting a pick in basketball). **PENALTY: DIRECT FREE KICK**
 - 20) A dangerous play is an act a referee considers likely to cause injury to any player. A player may not continue to play the ball when that player is not on his feet: **no high-kicking or low heading. PLAYERS WILL BE ISSUED A YELLOW OR RED CARD AT THE DISCRETION OF THE OFFICIAL. PENALTY: INDIRECT FREE KICK**
 - 21) The Goalkeeper may roll or throw the ball to gain better field position--however when the ball is not in his possession an opponent may make a legal play on the ball; while the Goalkeeper has possession, an opponent may not interfere or impede the keeper. This includes the throw or bounce of the ball to be kicked.
 - 22) A **free kick** is classified (from which a goal may not be scored unless another player of either team touches the ball before it crosses into the goal). A second whistle is not needed to put the ball in play on a free kick penalty. A free kick inside the penalty area cannot be touched by either team until it passes out of the penalty area. The kicker of a free kick may not play the ball again until someone else touches it.
 - 23) A **penalty kick** is awarded when a foul that normally results in a Direct Free Kick occurs by the defense in its own penalty area. All players, except the kicker and the goal keeper, must be outside The penalty area in addition to 10 yards away from the ball at the time of the kick. The Goalkeeper must be stationary and have both feet on the goal line. The referee will sound his whistle for the kick to take place. If the ball rebounds off the goal, the kicker may not play it until another player has touched it
 - 24) A **throw-in** shall be awarded to a team when the opposing team causes the ball to pass completely over the sideline. A player out of bounds may play a ball in bounds with no penalty; however, an inbound player cannot play a ball, which has passed over the sideline. The thrower-in must: have both feet touching the ground; must be on or behind the touchline; use both hands with equal force (no side spins). Deliver the ball from over and above the head. The thrower-in may not play the ball until another player has touched it.
 - 25) A **goal kick** occurs when the attacking team directs the ball over the end line. The ball is placed on the ground within the half of the goal area nearest to where the ball left the field of play. The ball must leave the penalty area before it may be played. Players opposing the kicker must remain outside the penalty area until the ball passes out of the penalty area.
 - 26) A **corner kick** occurs when the defending teams directs the ball over the end line. The ball is placed in the corner nearest to where the ball left the field of play. Defending players must be 10 yards away from the ball at the time of the kick. The kicker cannot play the ball a second time until another player touches it.
 - 27) **The Advantage Clause** will be in effect in all games. The Advantage Clause states: "The referees shall call out and raise a closed fist overhead to indicate a foul which was observed but shall go unpenalized because penalizing the offending team would give an advantage to the offending team."
- A **Yellow Card** is a warning. 2 yellow cards will result in ejection.
- A **Red Card** will result in immediate ejection from the game. This includes unsportsmanlike conduct, aggressive play, inappropriate language, and talking back to the official. Participation in the next game will be determined by both team's program coordinators the following day.