



APPLETON PARKS AND RECREATION DEPARTMENT

Official Rules for Youth Soccer

2016



The following rules and regulations have been established to allow participants to compete in a safe and fair environment. Participants and coaches are to be familiar with these directives. These rules may be subject to change if during the season a team gains an unfair advantage over other teams due to a given rule in the league. All coaches and players will be notified of any rule changes made during the season.

A. Players, Field, and Equipment

1. It is suggested that all participants play at their current grade level. APRD policies allow a player to play up a maximum of one grade level. Any player who intentionally violates this rule by misrepresenting age or grade, will be disqualified and will not be allowed to play for the remainder of the season. Any team who knowingly allows an illegal player to play will forfeit the game(s) in question.
2. Weather related updates can be found using the APRD weather information line at 832-3900, select Option 1.
3. All Players are HIGHLY encouraged to wear shin guards. Socks must be worn over the shin guards. Tennis shoes or soccer shoes are allowed. **Rubber Baseball cleats & Metal or metal-tipped cleats are prohibited.**
4. **All players on teams must wear the APRD t-shirts.** The t-shirts are not allowed to be modified in any way.
 - For 2nd-8th grade leagues, goalies must wear a shirt of different color than his or her team, or the other team.
NOTE : When changing the goalie, the coach **MUST** report the change to the referee.
7. Players are not allowed to wear jewelry (*including earrings*) with the exception of religious or medical medals, which shall be taped inside the uniform if worn. This includes practices scheduled by the coaches. Hard barrettes are also not allowed.
8. For safety of the individual and other players, individuals are not permitted to play if they are wearing a hard or soft cast.
9. For 2nd grade and up, games will not start with less than seven players. Less than seven players during game will cause the game to be forfeited. Kindergarten and 1st grade should play with the correct number on the field that is assigned to them. They can play with less if agreed upon by both coaches.
10. All players and coaches should become acquainted with the sections of the field and the markings:

<i>Goal Areas</i>	<i>Center Circle</i>
<i>Penalty Areas</i>	<i>Corner Arcs</i>
<i>Center Line</i>	<i>Penalty Marks</i>
11. Players may not be left on the premise for an extended period of time (more than a half hour), before or after their scheduled game time, without a parent/guardian present. (i.e. you may not leave your child to wait on site for their sibling to play an hour later).

B. Definitions

1. **TEAM SIDELINE**
Both teams will be on one side of the field with ALL spectators on the opposite side. Spectator lines will be enforced and all spectators must be away from touchline.
2. **KICK-OFF**
The home team starts with the 1st half kick-off, the away team will choose the side of the field. The away team will start with the second half kickoff. In K-1st Grade, teams will alternate to begin the 2nd and 4th quarters with a kickoff. The ball only needs to be kicked and moved to start the game at each half or on a free kick.
Note: Kick-Off must move forward. A goal may be scored directly from a kick-off.

3. SUBSTITUTIONS

In all grade levels, both teams may make substitutions between periods or at the half, at any throw in, after a goal has been scored, or on a goal kick. If the play is stopped for an injured player he/she must be substituted. The injured person may re-enter at the next substitution opportunity.

For all grades: No substitutions allowed on corner kicks.

4. **OUT OF PLAY** The entire ball must be completely over the sideline or goal line, to be out of play. If any part of the ball is touching the line, it is still in play. When the ball is kicked over the sideline, it is awarded to the team which did not cause it to go out of bounds by a “throw-in”.

5. THROW-INS

On a “throw in”, part of both feet must be touching the ground, and the ball must be thrown in with both hands over the head, bringing the ball behind the head and then forward. The player must face the field of play in the direction the ball is thrown, and their feet must be behind the touchline.

6. GOAL KICKS

A “goal kick” will be awarded when the offensive team kicks the ball over the goal line, outside or over the goal posts. The ball will be placed on the line in front of the goal area, and may be kicked by the goalkeeper or another defensive player; the ball must clear the penalty area in order to be considered a legal kick and not be played before it clears this area. ***If after two unsuccessful tries of a goal kick, the referee has the option of moving the goal kick spot up. A GOAL MAY BE SCORED DIRECTLY FROM A GOAL KICK.***

7. CORNER KICKS

A “corner kick” will be awarded when the defensive team kicks the ball over its own goal line, outside the goal area. The ball will be placed inside the small arc at the corner of the field, nearest where the ball went out of bounds, by a member of the opposing team. **A GOAL MAY BE SCORED DIRECTLY FROM A CORNER KICK.**

8. DROP BALL

A “drop ball” is used to put the ball back in play when it was kicked out of play at the same time by two opposing players, or when play was stopped because of injury, etc. and neither team had possession of the ball at the time play was stopped.

No drop ball in penalty area. Drop must be outside of penalty area.

9. PLAYING THE BALL WHILE LAYING ON THE FIELD

At all times, players may not kick/play the ball while lying on field, except for the goalie.

Penalty: Indirect free kick

10. HEADERS

Consistent with new 2016 USA Youth Soccer guidelines, headers are no longer permitted in games or in practices for children in our K through 6th grade leagues (U12). Children in our 7th and 8th grade leagues (U14) will still be permitted to head the ball, but practice must be limited to NO MORE than 10-15 headers per practice, per player.

- An infraction of this rule will result in a change of possession, with play restarted using an indirect free kick. There are no specific penalties for continued infractions by an individual player at this time.

11. SLIDE TACKLING

For the safety of the participants, slide tackling will not be allowed for any age group in the Appleton Parks and Recreation Department Youth Soccer Program.

12. PENALTY KICKS FOR 4TH GRADE & ABOVE ONLY

A penalty kick is awarded against a team that commits one of the ten offenses for which a direct free kick is awarded, inside its own penalty area and while the ball is in play. Additional time is allowed for a penalty kick to be taken at the end of each half.

NOTE: The goalkeeper *is allowed to move his/her feet on the goal line before/during kick* and must stand between the goal posts on the goal line until the ball is kicked. The ball must be kicked forward, and may not be kicked again by the same kicker until touched by another player. All players except the kicker and the goalkeeper must be outside the penalty area, until the ball has traveled its circumference after being kicked

13. INDIRECT FREE KICKS

An "indirect free kick" will be awarded when:

- The goalie delays the game by stalling in getting rid of the ball. *(The keeper must release the ball within 5 seconds of picking the ball up with their hands.)*
- A player interferes with the goalie.
- A player is "offside".
- An illegal person is on the field: coach, players, or spectators.
- A team substitutes at the wrong time.
- Any player or coach displays unsportsmanlike conduct.
- A goalie handles the ball, and the goalie did not report to referee when he entered the game.
- A goalie handles the ball directly from a throw-in.
- The ball is kicked a second time by the kicker on a free kick, a goal kick, a kick off, or when thrown in or rebounding from the posts or crossbar.
- A player obstructs an opponent by using his body to block a player in control of the ball, while not intending to play it himself/herself.
- A player falls on the ball in order to trap it, or to give his/her team an advantage.

All fouls for first through third grade are indirect kicks.

NOTE: On an indirect free kick, a goal can not be scored unless it touches another player before it enters the goal.

14. DIRECT FREE KICKS

4TH Grade thru 8TH Grade Leagues only

For direct free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player. *If a direct free kick is kicked directly into the opponents' goal, a goal is awarded.*

A direct free kick is awarded to the opposing team when an opponent:

- 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

A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

- tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area).

A direct free kick is taken from where the offence occurred.

Note: A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

15. OFFSIDE RULE

FOR 4TH GRADE THRU 8TH GRADE LEAGUES ONLY

A player is in an offside position if he/she is nearer to his/her opponents' goal line than both the ball and the defending team's players, excluding the goal keeper.

A player in an offside position is only penalized if, at the moment the ball is touched or played by one of his/her team, the offside player is:

- interfering with play or
- interfering with an opponent or
- gaining an advantage by being in that position

A player is not in an offside position if:

- He/she is in his own half of the field of play.
- He/she is even with the deepest player on the opposing team, excluding the goal keeper

16. GOALKEEPER

FOR 2ND GRADE THROUGH 8TH GRADE LEAGUES ONLY

After the goalie has the ball in the hands, they may run with it to the top of his/her penalty area (the biggest box). The goalie can then throw, kick, roll, or drop the ball in order to get rid of it. Please note the goalie has five seconds in order to release the ball.

17. CHARGING THE GOALKEEPER

A player may not charge the goalkeeper whether they have possession of the ball or not. This will be a judgment decision by the referee and his/her decision is final.

18. CONDUCT OF PLAYERS, PARENTS & COACHES

PLAYERS

Any player who is ejected from the game because of unsportsmanlike conduct will not be replaced during that game. The team will play one player short, that player will not play in next game. Two ejections mean automatic suspension for the season.

PARENTS

Any parent displaying unsportsmanlike conduct during a game will be asked to leave the premise. Two ejections will result in your suspension from attending games for the remainder of the season.

COACHES

Any coach ejected from a game because of unsportsmanlike conduct will serve a one game suspension. Two ejections mean automatic suspension for the season.

REFEREES ARE IN SOLE CHARGE OF THE GAME AND THEIR JUDGEMENTS ARE FINAL.

All players, parents, coaches, and spectators will behave in a sportsmanlike manner. Referees have the right to eject anyone who does not behave accordingly or uses profane language. We are trying to set good examples for young people to follow.

19. STANDINGS / AWARDS

Ribbons will be awarded for all teams.

Ribbons will be awarded to 1st and 2nd place teams in grades 2 through 8, with all other teams receiving participant ribbons. (K/1st Grade Leagues will only receive participant ribbons.)

Tiebreaker rule

In the event of a tie within your division the following procedure will be used to determine the place of finish.

- Head to head competition*
- Goals Allowed*
- Goals Scored*