

Oakland Soccer League

Rules + regulations

Highlighted = Differences between divisions

Rosters – ALL Leagues

- All divisions of this league will play 5v5 – 4 + goalie

Equipment – ALL Leagues

Game balls: Provided at each location. 6U and younger – **Size 3** | 7-12U – **Size 4** | 13U and older – **Size 5**

Team shirts: Provided by SCPR

Cleats/shin guards: NOT required, although encouraged in older age divisions

GAME PLAY

Adult – Two 20-minute halves + 5-minute halftime | No timeouts | Sub as needed

9U – 14U – Two 18-minute halves + 5-minute halftime | No timeouts | Sub as needed

5U – 8U – Two 15-minute halves + 5-minute halftime | No timeouts | Sub as needed

SCORES/STANDINGS

Scores + standings will be kept in all divisions of this league. Score will be considered final once difference reaches 10. Game would continue to the end, but no goals will be counted beyond the 10 goal difference (*all divisions*).

Winning coach should post scores online after the game.

www.quickscores.com/snco > Update Events > Post Scores

Tie-break/PK rules listed below.

IN GAME RULES

Coaches: Welcomed/encouraged to be on the field for ages 8 and under. At 9U+, please stay off the field/in bench area.

Corner kick: Awarded when ball crosses end line, last touched by defending team; taken from corner arc (within 2 ft of flag)

Free kick: Awarded after handball or foul at the spot. Defenders must be 10 feet from kick.

Goal kick: Awarded when ball crosses end line, last touched by attacking team; 8U and under may take from anywhere inside large box (*opponent may not touch ball until it exits large goal box*), 9U+ must take from small box.

Goalies: May touch the ball with hands only in the goal (*large*) box.

Exception (9U+): *Goalies may not use hands to pick up a ball passed by teammate.*

Violation = Indirect free kick from outside penalty box

Offside: Not called at any level with SCPR.

Possession: Determined by COIN TOSS; will alternate each half

Throw in: Awarded when ball crosses touch line, last touched by opposition; overhead with two hands while both feet remain planted on ground. Violation = First time warning; Second time = loss of possession.

Hand ball (adult): Any ball touched by a non-goalie (*or goalie outside the goal box*) between the fingertips and shoulder shall be ruled a hand ball.



Hand ball (youth): Any ball touched *with intent* by a non-goalie (or goalie outside the goal box) between the fingertips and shoulder shall be ruled a hand ball. If a player gets hit in the hand/arm area while attempting to protect themselves or get out of the way, it should not be ruled a violation.

Slide tackling (youth): No sliding/slide tackling. This is a recreational league. Players should stay on their feet.

Penalty Kicks (PK): 1) Foul occurring in penalty box, 2) Hand ball by defending team in penalty box (9U+ only), 3) tie-breakers – *Fouls/hand balls in penalty box at 8U and under will result in indirect free kicks from outside penalty box.*

Cards: Yellow / Red for excessive fouls and/or behavioral misconduct by player/coach, as judged by official. ***RED = ejection.***

TIE-BREAK RULES

Penalty Kicks (PK) will be held. Each PK will be taken alternately from the top of the penalty box in groups of three (3) from each team. Shooters are chosen by coaches. A second group of three (3) will take PK if game is still tied. If no winner is determined after this, PK will then go to sudden-death scenario, where the first team to score a goal unmatched by the opponent is declared the winner. The goalkeeper must remain on the goal line during the kick. No shooter can take second PK until everyone on the team has attempted one. The team who wins the PK shootout will be awarded one “point.”

Example scenario: Regulation ends in 2-2 tie.

Team A converts 4 total PKs and Team B converts 3. Team A has won the game 3-2 – NOT 6-5. This will matter when it comes to standings with goals allowed and goal differential.