

### Rosters – ALL Leagues

- 7U and up: League play will be 7v7 – 6 + goalie. Coaches may agree to play with fewer if necessary.
- 5-6U: League play will be 5v5 – 4 + goalie.
- 3-4U: League play will be 3v3 – NO 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 – League by League

**9U – 14U** – Two 20-minute halves + 5-minute halftime | No timeouts | Sub as needed

**5U – 8U** – Four 8-minute quarters + 5-minute halftime | No timeouts | Sub as needed

### Scores/standings – League by League

**9U – 14U** – Scores + standings will be kept. Winning coach should report final score to Sports Staff on site after game.

*Tie-break/PK rules listed below.*

*Ties in standings will be broken by: Total goal differential, head-to-head*

**5U – 8U** – Scores + standings are NOT kept.

### IN GAME RULES – All Leagues

**Miscellaneous:** No sliding/slide tackling. This is a recreational league. Players should stay on their feet.

**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: *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/quarter

**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:** Any ball touched **with intent** by a player 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 is not a violation.

**Penalty Kicks (PK):** 1) Foul occurring in penalty box, 2) Hand ball by defending team in penalty box (9U+ only), 3) tie-breakers (9U+ only – listed on next page) – *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.**

### 9U and older 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.

## 4U Instructional League

Rules + regulations

### 4U Instructional

- League play will be 3v3 with no goalie.
- Four 5-minute quarters.
- Smaller field.
- Scores + standings are NOT kept.

## Pick-Up League

Rules + regulations

When Pick-Up League is utilized:

- Lower fees
- No coaches
- No practices
- No league shirts

Pick-Up Leagues **WILL** have:

- Freedom to come and go within reserved time frame
- Referees on site
- Freedom of players to pick teams and switch between games
- Freedom to play on small fields or large field, depending on numbers

Updated September 22, 2023