



5th & 6th Grade

Syracuse Soccer Rules & Regulations

All youth must be listed on the official team roster and on file with the Parks and Recreation Department to be eligible players.

Law 1: The Field of Play

- The field of play shall be 80 yards long by 50 yards wide.
- The goal size shall be 6' high by 18' wide.

Law 2: The Ball

- A size-4 soccer ball will be used.
- Balls will be provided for practice and games.

Law 3: The Number of Players

- 8 Players | including goalie | Roster Size Varies

Law 4: The Players' Equipment

All players are required to wear:

- 1 Team Jersey (provided by Rec Department)
- 1 Shorts (provided by Rec Department)
- 1 Socks (provided by Rec Department)
- Shin guards
- Cleats

Players can't Wear:

- No metal cleats are allowed.
- No (baseball or football) cleats with a spike in the front and center of the cleat are allowed.
- Hard casts or braces must be covered with a thick, soft material and be approved by the referee.
- No hard hair control devices may be worn.
- No jewelry shall be worn except religious or medical medals which shall be taped to the body.
 - *If the referee deems a player's equipment unsatisfactory, the player can be sent off until the issue is fixed.*

Law 5: The Referee

- The referee is the authority on the field, and his/her word is law.
- 3 Refs (1 ref, 2 Assistant Refs) (Diagonal Officiating System).

Law 6: The Assistant Referees

- 2 Assistant Refs

Law 7: The Duration of the Match

- 25 Minute halves | 3-minute half-time break | Running Clock | Open Subs.

Law 8: The Start and Restart of Play

- Visiting team captain (team whose name is listed second on the schedule), shall call the coin toss at the beginning of the game. The winner of the coin toss chooses to either defend a goal or to kick off.
- Kick-off occurs at the start of each half, and after each goal scored, and is taken at the center of the halfway line.
- If a team scores a goal, the opposing team is given the kick-off to restart the match.
- The team that is not taking the kickoff must be outside of the center circle when kick off is taken.

Law 9: The Ball in and Out of Play

- The ball is out of play when it fully crosses either the goal line or the touch line.



- It is also out of play if the referee stops play for any reason.
- If, for any reason, the ball strikes the frame of the goal or the referee and remains within the goal and touch lines, it is still in play.

Law 10: The Method of Scoring

- Score is Kept | Scores are posted on QuickScores | Regular season game may end in a tie.
- Can't end in a tie during Tournament Play | Penalty shootout will occur | Each team has 5 kicks | If still tied, play "sudden death" | First point wins.

Law 11: Offside

When an attacking player receives the ball while on his opponent's half, he must be level or behind the second to last defender (the last typically being the goalkeeper). However, this rule only applies if he is involved with the play. There is no offside directly from a Corner-Kick, Throw-in or Goal-Kick.

- **Offsides WILL be called in the league.**

Law 12: Fouls and Misconduct

A direct free kick is awarded when a player:

- 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
- Tackles/slide tackles an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- **If any of these fouls are committed by a player in their team's penalty area, the opposing team is awarded a penalty kick.**

Indirect free kicks are awarded if a player:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hand
- Commits any other unmentioned offense
- Heads the ball.

Yellow cards are awarded as a caution or warning to a player:

- Unsporting behavior
- Persistent infringement of the Laws of the Game
- Delaying the restart of play
- Failure to respect the required distance when play is restarted with a corner kick, free kick, or throw-in.
- Entering or re-entering the field of play without the referee's permission.
- deliberately leaving the field of play without the referee's permission.

Red cards are used to send a player off the field:

- Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Denying the opposing team, a goal or an obvious goal-scoring opportunity by deliberately handling the ball (the goalkeeper being an exception)



- Denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
- Using offensive or abusive language and/or gestures
- Receiving a second caution (yellow card) in the same match

Law 13: Free Kicks

- Free Kick is broken into two categories, direct and indirect.
- A direct kick can be shot directly into the opponent's goal without touching another player.
- An indirect free kick is indicated by the referee raising his hand during the kick.
 - An indirect kick can only go into the goal if it has subsequently been touched by another player before it enters the goal.
- The ball must be stationary for both types of kicks.

Law 14: The Penalty Kick

- A penalty kick is awarded either when a defensive player fouls an attacking player or commits a handball in his/her team's penalty area.
- **Penalty kick WILL be awarded in this league.**
- **Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.**
- **Kicker may not play ball until it has been touched by another player.**

Law 15: The Throw-In

- A throw-in is awarded when the possessing team plays the ball out of bounds over the touchline.
- While taking a throw-in, a player must release the ball with both hands simultaneously and keep both feet firmly planted on the ground.
- If these conditions are not met, Players should be instructed by coach how to correctly throw in.
- Players are not allowed to score directly off a throw-in| There is no offside directly from a throw in.

Law 16: The Goal Kick

- A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line.
- The kick shall be taken inside the goal area. Opposing players must be outside of the penalty box until the ball is in play. The ball is in play once kicked by the taker of the goal kick. The kicker may not touch the ball again until another player touches it. The ball can be played inside of the penalty box.
- **There is no offside penalty directly from a goal kick.**
- **Players can score directly off a goal kick.**

Law 17: The Corner Kick

- A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over its goal line.
- The ball is placed within the corner area and is kicked back into play by the offensive team.
- Players can score directly off a corner kick| There is no offside directly from a Corner-Kick.

Substitutions: Open Substitutions.

- The referee must be notified for all substitutions.
- A substitute may not take or defend a penalty kick.
- Teams can sub on their own corner kick or throw-in.
- Teams can sub on either team's goal kick, goal, caution, injury or equipment change.
- If one team is substituting, then the other team is also allowed.
- A team that starts with less than the regular amount can have players enter on a dead ball.



Player Protection Rule

- Players may cross their arms over their chests/groins to protect themselves as long as they do not propel the ball away from themselves.
- Actions that are deemed to be a reflex to protect themselves is not considered deliberate and not a handling.

Protests

- Any violation or misinterpretation of a rule (not a judgment call) must be brought to the attention of the site supervisor before the penalty has been acted upon.
- If the coaches cannot solve the problem on the field, the site supervisor will make a final ruling on the play in question.
- Any player, coach, or spectator ejected from a game must schedule an appointment with the Recreation Department before the next game in order to participate in the program.
- Any person ejected must leave the field.

Field Conditions

- It is the responsibility of the field supervisor to determine whether the conditions are safe. He/She may call the game.
- In the event a game must be suspended because of conditions which make it impossible to continue play, the site supervisor shall declare it an official game if one complete half or more of the game has been played.
- If less than one-half of the game has been played, the game may be rescheduled from the start, or restarted from the suspension of play according to the Syracuse Parks and Recreation Department.

Playing time

- **All players must play a minimum of half of the game.**

Goalkeeper

- The goalkeeper has six seconds to release the ball.
- They also take as many steps as they want.
- The goalkeeper may not leave the penalty area while holding the ball in their hands.
- The goalkeeper may not receive a pass directly from a teammate and pick it up.
- They cannot receive the ball in their hands directly from a thrown-in by their teammate.
- They may not be charged when they have control of the ball, this means having at least one hand on the ball.
- They may not strike an opponent with the ball by throwing or kicking.
- They may not pick the ball again, after they've released it, until their own player outside the penalty area or an opponent anywhere on the field, touches it.

Time-Outs

- No Time-outs.

Coaches

- No Coaches on the field | Must stay away from goal area. Coaches are responsible for keeping their players and spectators under control.

Forfeits:

- A 5-minute grace period is given beyond game start time. A forfeit will occur if a team is not ready beyond 5-minutes of start time. If forfeit occurs, we will divide up players from both teams and have a scrimmage game.
- The team that didn't forfeit will "win" with the score 1:0.

Tournament Play can't end in a tie:



- A penalty shootout will occur. Flip a coin Winning side decides to kick first or second.
- Each team will select 5 players to take part in the shootout. A player may only attempt one penalty shot.
 - Teams will alternate shooting on the same goal (switching out goalies).
 - The team with the most goals after each team has attempted 5 penalty kicks will be the winner.
- If the game is still tied, then we move to sudden death.
 - Each team will have another player that has not yet participated attempt a penalty kick.
 - If one team scores and the other does not, then the team that scores is the winner of the game.
 - If not, this format continues until there is a winner.
 - A player will not participate again until after going through all the other active players on the field.