

## General MSC Recreational Playing Rules

1. The Field – (see field diagram below).
2. The Ball – The Home Team shall furnish the game ball. Size varies with age bracket.
3. The Players – a) Each player shall play at least 50% of the game. In as much as possible, the coach shall provide equal playing time for each player during the season. b) The Home Team shall wear white jerseys, the Visiting (Away) Team, green. c) The goalkeeper shall wear a jersey which is different from the other players. d) Substitutions shall be unlimited (see Substitution section)
4. Coaches & fans - All coaching must be done from one side of the field only. Coaches and fans should not position themselves behind or adjacent to the goals.
5. Players Equipment - Shoes, socks, shorts, shirt and shin guards (worn under the socks) are ALL REQUIRED. It is the responsibility of the coach to ensure that his/her players are properly equipped prior to the start of the game.
  - a) Extra clothing worn for warmth should be under the uniform.
  - b) Players may not wear anything which could be dangerous to others or themselves:
    - 1) Jewelry of any kind (rings, watches, bracelets, necklaces, earrings, etc.).
    - 2) Dangling or loose items or items with metal parts (clips on gloves, scarves, earmuffs with metal bands etc.).
    - 3) Street shoes other than sneakers or tennis shoes
    - 4) Cleated shoes having: - Cleats (spikes) with sharp or rough edges. - Shoes with a cleat at the very tip of the toe (Baseball cleats). - Shoes where the cleat base has separated from the toe. - Shoes with missing replaceable cleats or exposed metal showing. - Shoes with replaceable cleats which have the screw base as part of the sole. b) It is recommended eyeglasses be secured with a safety strap.
  - c) Barrettes, hairpins, and hard plastic hairclips are not allowed.
  - e) Dental guards, hearing aids are permitted.
  - f) Artificial limbs are permitted if they do not pose a hazard to others.
  - g) Braces, casts, or splints may be worn with medical approval and provided they are wrapped with a soft and yielding material and if they are not used in a manner dangerous to others.
  - h) “Do rags”, bandannas, or ball caps worn backward are not permitted.
6. Referee - The referee shall be a USSF registered official (except see special rules for U4 to U7 games). The referee’s decisions regarding the facts connected with play are final. Only the “one whistle” system is allowed at the MSC.

## 7. Assistant Referees

a) USSF registered assistant referees shall assist the referee indicating when the ball goes out of play, which side should receive possession, if a player is in offside position and when the ball crosses the goal line.

b) When USSF registered assistant referees are not available, the referee may, at his/her discretion, designate "club" linesmen who will assist the referee by indicating when the ball goes out of play.

8. Duration of the Game - The length of the halves vary with the age bracket. Time shall not be stopped except for serious injury

9. Player Substitutions – (See special rules for U4 to U7 teams) a) Substitutions are unlimited and should be made at the following stoppage times:

- Before a goal kick for either team
- Before a throw-in in your favor, or if both teams are substituting, on either teams' throw in.
- At beginning of any period of play
- In case of injury for the injured player

b) Be prepared for the substitution: players need to be at the half line and make substitutions quickly.

c) Do not slow the game down or waste time with multiple substitutions.

## 10. Start of Play – Kick-off

a) Prior to the game a coin toss shall be held: the winner has the choice of goal to defend and the other team takes the kick-off.

b) At the start of the second half the teams shall switch ends and the team which did not kick off initially will do so now.

c) After a goal, play is restarted with a kick-off by the team having been scored upon.

d) Players must be in their own half at the taking of a kick-off. Defensive players may not be within the center circle.

e) At the kick-off, the ball must move forward on the initial touch.

f) A goal may be scored directly from the kick-off.

## 11. Method of Scoring - Goals

a) A goal is scored if the whole of the ball crosses the whole of the goal line and passes between the uprights and under the crossbar having been propelled with any body part except the hand or arm.

b) Tie games will stand. No overtime shall be played.

## 12. Ball In and Out of Play

- a) The ball is out of play when the WHOLE of the ball has crossed the WHOLE of the line, either in the air or on the ground. The position of the player has no bearing.
- b) Corner flags, goal posts, crossbars, referees and linesmen are considered part of the field and play does not stop if the ball rebounds off them unless it then crosses completely over a boundary line.

## 13. Throw-In –

When the ball goes out of play on the sideline, the team last touching the ball loses possession. Any member of the opposing team may put the ball into play by taking a throw-in from the spot on the touchline where the ball left the field of play. Technique: ALL or part of BOTH FEET must be in CONTACT with the GROUND and ON or BEHIND the touchline at the moment the ball is released. The throwing motion is made with both hands used equally. Starting from behind the head, in a continuous motion, the ball is released IN FRONT of the body.

- a) If the throw-in is taken incorrectly, a player from the opposing team shall take the throw-in from the same location (see special rules for age groups U4-5, U7-8, U9-10).
- b) A goal cannot be scored directly from a throw-in.

## 14. Fouls and Misconduct - (See “The TEN Major Fouls” below.)

15. Free Kicks - FREE KICKS are awarded as a penalty for the commission of a foul. There are two Free Kicks – DIRECT and INDIRECT.

- a) DIRECT FREE (DFK) is given when one of the ten major fouls has been committed. A goal can be scored directly from a DFK
- b) INDIRECT FREE KICK (IFK) is awarded when one of the five minor fouls has been committed. A goal cannot be scored directly from an IFK; the ball must first touch another player.
- c) Free kicks are taken from the spot of the foul.
- d) Free kicks can be taken by any player of the offended team and in any direction.
- e) A team cannot score against itself directly from a free kick.
- f) An IFK awarded to an attacking team within the defenders goal area must be moved to the top of the goal area perpendicular to the point at which the foul occurred.

16. Penalty Kick - when the DEFENDING TEAM is penalized for a MAJOR foul COMMITTED WITHIN its own penalty area, a penalty kick is awarded to be taken from the penalty mark inside the penalty box.

- a) All players except the kicker and the keeper must remain outside the penalty area and the penalty arc until the ball is played. All players except the defending team’s goal keeper must also be behind the ball.

b) The kicker must approach and kick the ball in a smooth continuous motion. The kicker may not touch the ball again until another player has touched the ball. c) The goalkeeper must remain on his/her goal line until the ball is played.

17. Goal Kick - When the ball, having last been touched by the attacking team, crosses the opponents' goal line (but not in the goal) a goal kick is awarded.

a) The kick may be taken from any point inside the goal area.

b) The ball is in play at the moment the ball is played. Players on the team that has been awarded the kick may stand inside the penalty area and receive the ball. Players on the opposite team must remain outside the penalty area until the ball is kicked but then may touch the ball inside the penalty area.

c) Opponents may not enter the penalty area until the ball is in play.

18. Corner Kick - When the ball, having last been touched by the defending team, crosses the goal line (but not inside the goal) a corner kick is awarded.

a) The ball must be placed within the corner arc on that side of the field where it went out of play. 1

19. Common Requirements for KICK-OFFS, CORNER KICKS, GOAL KICKS and FREE KICKS

a) The player taking the kick may not touch the ball a second time until it has been touched by another player.

b) Kick-offs, corner kicks, and free kicks are in play when the ball is kicked and moves.

c) Opponents may not be within 4 yards (U4 to U6), 6 yards (U7-U8), 8 yards (U9 to U12) or 10 yards (U13 to U19) of the ball until it is put in play.

d) Goal kicks and free kicks taken from a team's own penalty area are not in play until the ball leaves the penalty area.

20. Drop ball Interruptions in play due to foreign objects (dogs, young children, parents, debris, etc.) or stoppages due to injury result in a drop ball restart. The referee drops the ball at a position where the ball was when play was stopped. The ball may not be played until after it touches the ground.

21. Offside The offside law is enforced for ages 8 and up. It is NOT AN OFFENSE for a player to be in an offside position! A player is in an offside position if he/she is nearer to the opponents' goal line than both the ball and the second to last opponent (For u8-10, the build out line and not the half line is where offsides start.

A player is NOT in an offside position if he/she is:

a) On his/her half of the field/build out line for u8-10

b) or Level with the second to last opponent or last two opponents.

An offense occurs when a player is in an offside position (see above) and is involved in active play by: a) Interfering with play or b) Interfering with an opponent or c) Gaining an unfair advantage by being in

that position. The referee will award an indirect free kick to the opposing team to be taken from the place where the offside offense, indicated by the assistant referee, occurred. A player will not be penalized for being in an offside position if, in the opinion of the referee, he/she is not involved in active play.

## The Ten MAJOR FOULS

If a player commits any of the following seven offenses in a manner CONSIDERED by a REFEREE to be CARELESS, RECKLESS, or INVOLVING EXCESSIVE FORCE

- a) Kicks or attempts to kick an opponent
- b) Trips or attempts to trip an opponent
- c) Jumps at an opponent
- d) Charges an opponent
- e) Strikes or attempts to strike an opponent
- f) Pushes an opponent
- g) Tackles an opponent – makes contact with the opponent before contact is made with the ball Or commits any of the following three offenses
- h) Spits at an opponent
- i) Holds an opponent
- j) Handles the ball deliberately (except the keeper within his or her own penalty area)

The offending player shall be penalized by the award of a DIRECT FREE KICK by the opposing team from where the offense occurred. Should a player of the defending team commit one of the above offenses within the penalty area, a PENALTY KICK shall be awarded.

## The MINOR FOULS A player committing any of the following offenses:

- a) Playing in a manner considered by the referee to be dangerous
- b) Impeding the progress of an opponent
- c) Preventing the goalkeeper from releasing the ball from his hands
- d) Commits any other offense, not previously mentioned, for which play is stopped to caution or dismiss a player The offending player shall be penalized by the award of an INDIRECT FREE KICK by the opposing team from the place where the offense occurred.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four (4) offenses: (i) Takes more than 6 seconds while controlling the ball with his hands before releasing it from his possession (ii) Touches the ball again with his hands after it has been released from his possession and has not touched any other player (iii) Touches the ball with

his hands after it has been deliberately kicked to him by a teammate (iv) Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate