

SISAC SOCCER Rules and Regulations

Updated - February 28, 2007

1. Game Length

- 1.1 Each half will be two 35 minutes halves with a 5 minute interval for half time. The game length will be subject to 'stoppage time' (accounts for injuries, ball-outs, substitutions).
- 1.2 The league games are preferably 7a-side & or 11 a-side games depending on the size of the soccer field. If you are playing 11a-side the games must have off sides.
- 1.3 All 7 a-side games have **no off sides**.
- 1.3.1 To change the games from 7a-side to 11a-side it must have the agreement by both team coaches for that to happen. If neither coach agrees it will be left to the convener of the soccer league competition to make the final decision.

2. Time-outs

- 2.1 None (except half-time).

3. Ball Size

- 3.1 Girls' games shall use a size 5 ball (FIFA approved).
- 3.2 Boys' games shall use a size 5 ball (FIFA approved).

4. Warm-up session

- 4.1 All teams will receive a 10 minute warm-up period on their side of the field before the game.

5. Substitution of Players

- 5.1 An unlimited number of substitutions are permitted in each match

6. Officials / Referees

- 6.1 1 referee and 2 linesmen shall be utilized for 11 a-side soccer games, 7 a-side games need 1 referee for Division 1 as we will not have offside.
- 6.2 Division 1 games shall use personnel from local recognized officiating organizations.
- 6.3 Division 2 games may use local officials or competent personnel from their own school.

7. Offside

- 7.1 Offside will not be applied in any of the divisions or games. If you do play any 11 a-side games then offside is introduced.

8. Bookings / Fouls

- 8.1 If a player receives 2 yellow cards in a game, he will be banned from that game only.
- 8.2 If a player receives a red card he will be banned from the next game in the league or the next game in the tournament, even if that next game is the final; any intentional foul will not be tolerated and the player will be given a straight red card.

- 8.3 If a player uses foul or abusive language to anyone present whether playing or watching, a verbal warning is given and then if the same player persists, he/she will be sent off.
- 8.4 If both teams are consistently using inappropriate language, the referee should call the captain's of each team together and inform that if the bad language continues, the match will be abandoned. In relation to this, excessive violence and fouls will also result in the game being abandoned.
- 8.5 A player may appeal for a decision, however once the referee has made the decision, he/she must not argue and get on with game. Any arguing over a decision will warrant a warning for the player and further arguing will result in a yellow card. "The referee's decision is final".
- 8.6 To ensure that sportsmanship is the forefront of our league we should have an etiquette rule; if a player is been confrontational with the referee, another player or has made a bad tackle, the coach should substitute the player for he/she to cool down, once cooled down the player can come back onto the field when the coach decides. We the coaches have a responsibility to ensure to be instilling positive attitudes to referee & helping players to accept rules, even if they feel it was not right.

9. Teams tied after full time in tournaments

- 9.1 Extra-time- 5 minutes per half. (Neither of the "Golden goal" or "Silver goal" rules apply)
- 9.2 Penalties- Coaches shall select 3 players from their team as penalty takers. If all 3 players score from each team, the coach selects another player and the shootout continues in this way. If everyone from both teams scores, goalkeepers must take a penalty and further from that, if the goalkeepers both score, the order starts over again.
- 9.3 Once extra-time is over, teams cannot change their goalkeeper or make further substitutions to aid them in the penalty shootout.

10. Soccer Goal Size

- 10.1 Dependant on size of soccer pitch. The standard size regulation goal size is 8 feet high and 24 feet (8 yards) in width. The minimum field sizes, however, for this size of goal to be used are min. 50 yards wide and min. 90 yards in length.
- 10.2 Goals should be anchored or secured to the ground to prevent injury to any participant.

11. Dress Code

- 11.1 A player must wear shin pads and they must be covered by the socks for safety reasons. If the player does not have shin pads he/she is not allowed to play.
- 11.2 Correct footwear must be worn (referee should check all players footwear before kick-off).
- 11.3 Goalkeepers should have different color uniforms to outfield players so that it is known who the goalkeeper is for both teams at all times during the game.
- 11.4 While it is not a law that goalkeepers wear gloves, it is encouraged in order to protect the keeper's hands and fingers.
- 11.5 All players must remove any jewellery items prior to kick-off (watches, necklaces, bracelets, rings etc.) for the safety of themselves and other players.

12. Sportsmanship

- 12.1 If a player gets injured during play, whichever team has the ball should kick it out of play to allow a trainer to enter the field and treat the injured player. To restart the game, the ball should be thrown back to the team's goalkeeper that kicked the ball out of play. If the player continues the referee can use his authority to stop the game & re-start the game with a drop ball at the place of the injury.

Note: It is not imperative that the team in possession, at the time of the injury, have to kick the ball out. However, the referee can stop the game immediately if the injury appears to have been inflicted on the head. If the player is injured and off the field of play, the game can continue. To rejoin the game, the returning player must have permission from the referee to re-enter the field of play.

Notes of Rules:

1. To start the game, a normal kick-off should be applied (ball must go forward first). To determine who actually kicks off, a coin toss takes place of which the visiting/away team gets to call heads or tails. The 2nd half begins with the kick-off given to the team who didn't start with the ball in the 1st half.
2. When a throw-in is awarded, a player **CAN** throw it back to his/her goalkeeper, however the goalkeeper **CAN'T** pick the ball up. He/she must kick or pass the ball away. If the goalkeeper does handle the ball directly from the throw, an indirect free-kick is awarded.
3. A player **CAN** score direct from a goal kick but you **CAN'T** score directly from a throw-in (i.e. nobody touches the thrown ball before it crosses the goal line). In addition, a player can score directly from a corner (no-one has to touch the ball).
4. On penalties, goalkeepers **CAN** move from side-to-side on their line, but **CAN'T** move forward.
5. If the goalkeeper touches the ball again with the hands after releasing it into play, before the ball has been touched by another player, an indirect free-kick is awarded.

For information or confirmation of all the rules visit www.thefa.com and follow the instructions below:

- **Click on "THE FA" tab at the top of the screen**
- **In the left hand column on the page, click on "Rules and Regulations"**
- **Under this heading, click on "Laws of the Game"**

Once you've reached this page you can browse all aspects of the "FIFA Laws of the Game". Another point of interest is the "Laws of Small Sided Soccer" link at the foot of the page.