



# YOUTH OUTDOOR SOCCER RULES

Revised and approved 8/22/2022



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# GREAT BEND RECREATION COMMISSION

## YOUTH OUTDOOR SOCCER RULES

*Games will be played by the Kansas State High School Activities Association (KSHSAA) official rules with the following emphasis and exceptions:*

### GENERAL RULES

1. **Registration:** We have three ways to register: On the internet at [greatbendrec.com](http://greatbendrec.com), at the Great Bend Recreation Commission at 1214 Stone St. or call 620-793-3755.
2. **Practices:** Once teams have been formed, a team may meet no more than three times a week and for no longer than an hour and a half per meeting (including games.) Teams may accumulate no more than 4.5 hours of meeting time in a week.
3. **Inclement Weather:** For postponements due to inclement weather, call the Rainout Line at 620-792-3214 after 4:00 p.m. or look for us on Facebook and [www.greatbendrec.com](http://www.greatbendrec.com). Make-up games will be scheduled as soon as possible by notification to the team managers. Games could include playing during another day of the week and not necessarily on regular game day.
4. **Teams:** Once a team is established, each player assigned will remain on that team. No player may switch teams under any circumstances except when approved by the Assistant Sports Director/Sports Director.

### 1. THE FIELD OF PLAY

**Field Dimensions:** Because the Commission uses USD 428 fields, the dimensions for the field lay out will vary to work with existing field dimensions. However, every attempt will be made to have the field sized to age specific.

### 2. THE BALL

**Ball Dimensions:** Kindergarten – 1<sup>st</sup> graders will use a size #3 ball, 2<sup>nd</sup> - 5<sup>th</sup> graders will use a size #4 ball, 6<sup>th</sup> – 8<sup>th</sup> graders will use a size #5 ball.

### 3. THE PLAYERS AND SUBSTITUTIONS

1. **Free Substitution:** Free substitution will be used to allow players to substitute while the flow of the game continues, but players must enter from the sideline at midfield or scorer's area. Any number of substitutions may be made during the game except in the first 2 minutes of the first or second half.
2. **Playing Time:** All players must start the first or second half and play for a minimum of 2 minutes. There will not be any free substitutions for the first 2 minutes unless there is an injury.
3. **Youth Leagues:** Kindergarten through 3<sup>rd</sup> grade teams start with 6 players and a goalie. Teams need a minimum of 5 players and a goalie to play.
4. **Youth Leagues:** 4<sup>th</sup> and 5<sup>th</sup> grade teams start with 8 players and a goalie. Teams need a minimum of 7 players and a goalie to play.
5. **Middle School Leagues:** 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade teams start with 10 players and a goalie. Teams need a minimum of 7 players and a goalie to play.

### 4. PLAYER EQUIPMENT

1. **Jewelry:** No jewelry such as watches, rings, earrings, neck chains, bracelets or anything that might be dangerous to another player are allowed (Exception: medical alert bracelets). Metal medical alert bracelets must be taped.
2. **Shoes:** No steel cleats are allowed in any GBRC sponsored Outdoor Soccer program. Rubber molded cleats are encouraged.
3. **Equipment:** Kneepads, elbow pads and shin guards, and eye protection are encouraged.

### 5. THE OFFICIALS

1. **Safety:** The referee has "Safety of the Players" as the main concern. The referee may warn, caution, and eject players and stop the game for injuries.
2. **Protests:** Protests will not be allowed except concerning player eligibility. Questions about rule interpretations or judgment calls must be settled at the time they are brought to the official's attention. The officials' decision is final.

## 6. GOALKEEPERS

1. **Goalie's shirt:** The goalkeeper's jersey must be a different color from his own team or that of his opponent. Goalkeeper shirt is provided.
2. **Back Pass from Teammate:** The goalie may stop any ball in the penalty area with his/her hands except an intentional pass by foot from a teammate. **Penalty:** a free kick from anywhere on the 18 yd box (big goalie box), started by the Official's whistle. Defenders may set up a wall to defend.
3. **Delay of Game:** The goalie shall have (6) seconds to release the ball once he/she has gained possession, is up on his/her feet, and the opposing team has left the penalty area. **Penalty:** a free kick from anywhere on the 18 yd box (big goalie box), started by the Official's whistle. Defenders may set up a wall to defend.
4. **Sliding:** Only allowed by the goalie inside the penalty area if he/she first touches the ball. The goalie may control the ball with their hands if the ball is inside the penalty area. It is illegal for the goalie to control the ball with their hands outside of the penalty area. **Penalty:** Free kick from the spot of the hand ball.

## 7. DURATION OF THE GAME/OVERTIME

1. **Game Time:** The game will consist of two (2) 16-minute halves. Half time will be 5 minutes in length.
2. **Continuous Clock:** The clock will keep running with the following exceptions:
  - a) Team Time Outs
  - b) Injury time-outs.
  - c) Officials time-outs.
  - d) On all dead balls the last 2 minutes of the last half.
3. **Time-Outs:**
  1. **Time-outs:** Two time-outs per half. Either team may call a time-out after a foul is called, the ball has gone out of play or after a goal is scored. Play will resume with a free kick from the spot of the ball when the time out was granted.
  2. **Live Ball Time-outs:** For a time-out to be granted during a live ball, the team calling the time-out must have definite control of the ball. **Exception:** A time-out called inside the penalty area will resume with a free kick from the top of the arch above the penalty box, started by the Official's whistle.
4. **Blow Out Rule:** If a team is leading by 8 goals at any time during the game, the scorekeeper will keep track of the score on the scoresheet only and quit putting the score on the scoreboard.
5. **Shoot-out:** A shoot-out will be held for all tied games.
  - a) A coin flip with the team managers shall determine whether the team will attack or defend first.
  - b) The defending team is represented by the goalie only. **The goalie selected for the shootout by the defensive team can be a new goalie or the same goalie but must be used during the entire Shoot-out unless he/she is injured during the shootout.**
  - c) Youth Leagues will have 4 shooters. Each player (one at a time) will shoot the ball one time from the penalty kick line. The player is to attempt one shot from that spot. The Official shall give five seconds to shoot with a visible signal. Only one touch of the ball is allowed. The goalie may participate as a shooter.
  - d) The team that scores the most goals out of (4) youth chances wins the game.
  - e) Teams alternate with a chance at a goal.
  - f) All rules of soccer are observed during the Shoot-out procedure.
6. **Sudden Victory Shoot-out:** If at the end of the Shoot-out, the score is tied, a Sudden Victory shoot-out immediately follows. Teams must now pick shooters who have not participated in the original shoot-out. If a team runs out of players, they may then start over with their original first shooter. Each team gets one chance to score until one team scores and one team does not.

## 8. START OF PLAY

**Kick-off:** A kick-off is taken at the center spot to start the game, after a goal is scored and at the start of the second half. The team listed second on the schedule is the home team and will kickoff to start the game. The other team will kickoff to begin the second half. Teams switch end at half. After a goal, the team scored against kicks off. Players must be in their half of the field on the kickoff. The non-kicking team must be outside the circle. The kickoff is retaken if it doesn't make a full revolution. The player kicking off cannot play the ball again until it has been touched by another player (either team). **Penalty:** Direct free kick for the opposing team. A goal cannot be scored on a kick-off unless it first touches any other player of the playing field. **Penalty:** Goal kick

## 9. BALL IN AND OUT OF PLAY

1. **Ball In Play:** The ball is in play when it touches an official on the field of play, until the referee sounds the whistle and when a drop ball touches the ground.
2. **Out of Play:**
  - a) Any ball going directly out of bounds above the goal is out of play and shall be put into play with a goal kick or corner kick.
  - b) The referee stops the game.

3. **Drop Ball:** When players from opposing teams kick the ball out of bounds at the same time, a double foul is called, a time out is called without a team having sole possession or at the official's discretion, the official may declare a drop ball. The official will drop the ball from waist level between two opposing players to put the ball back in play.

## 10. SCORING

**Scoring:** A goal can be scored only if all of the ball goes completely over the outside edge of the goal line, under the crossbar and between the goal posts. Any player may score, including the goalkeeper. A player may score on the goal he/she is defending except when he is taking a free kick, throw-in, goal kick, penalty kick or kick off. (Coaches in younger age groups should be sure to teach their goalkeepers not to back into the goal after stopping a ball.)

## 11. FOULS AND MISCONDUCT

1. **Advantage Clause:** The Referee may let play continue and not call a foul if, in his/her opinion, thinks it is to the advantage of the fouled team to let play continue. Example: If a handball on a defensive player results in an immediate play and goal, the goal shall count.
2. **Dangerous Play:** No one shall attempt to kick the ball while lying on the ground. No one shall kick the ball in the vicinity of anyone's head or face. Penalty: Free Kick
3. **Offsides:** A player is in an offside position if he/she (any body part that can be scored with) is nearer to his opponents' goal line than both the ball and the second to last opponent, or the last two opponents (typically the goalie and the last defender). The offside rule is applied at the moment the ball is passed, not at the moment the ball is received. It's not an offense in itself to be offside. A player is only penalized for being offside if he/she is deemed to be involved in active play.
  - A player can only be called offside if he/she is:
    - a. Interfering with play (part of the attacking move).
    - b. Interfering with an opponent (preventing the opponent from defending against the attacking move).
    - c. Gaining any advantage by being in that position.
  - A player cannot be offside if:
    - a. They are on their own side of the field
    - b. They are dribbling the ball
    - c. They are behind a ball that someone else is dribbling
    - d. A team-mate plays the ball backwards to them.
    - e. It is a goal kick, throw in, or a corner kick.
4. **Fouls:** There are two kinds of fouls: major and minor. Penalty for both: Direct free kick.
  - a. **Minor Fouls:** Unintentional Fouls
    1. High Kicking - A high kick will be called for any kick that is made above the kicker's waist that in the officials' opinion, endangers those around the kicker.
    2. Illegal obstruction - obstructing a player when not within playing distance of the ball.
    3. Charging the goalie - Interfering with or making physical contact with a goalkeeper in possession of the ball.
    4. Fair Charging when not within playing distance of the ball. Fair charging is defined as shoulder to shoulder contact without danger to either player.
  - b. **Major Fouls:** Foul must be committed intentionally.
    1. Slide Tackling
    2. Kicking or trying to kick an opponent.
    3. Tripping
    4. Jumping at an opponent.
    5. Charging an opponent from the front, side or from behind.
    6. Holding
    7. Hitting or trying to hit an opponent.
    8. Pushing
    9. Handling the ball, except by the goalkeeper in his/her own penalty area. It is a foul when the ball touches any part of the hand or arm with intention to control the ball. Note: Instinctively protecting oneself from injury is not a foul.
5. **Misconduct - Yellow Cards:** The Referee will issue a yellow card to a player or coach under the following guidelines:
  1. Continually breaking the rules or persistently infringing upon any of the rules of the game
  2. Arguing with referee (dissent), objecting by word of mouth or action to the decisions given by an official.
  3. Interrupting the flow of the game with unsportsmanlike behavior.

Penalty: A free kick for the opposing team.
6. **Yellow Card Sit Rule:** Any player receiving a yellow card will sit for a two-minute penalty or until the opponent scores. On a team's 6th foul, one player from the offending team receives a 2-minute penalty. On each alternating foul thereafter (8th, 10th, 12<sup>th</sup>, etc.), a two-minute penalty is assessed or until the opposing team scores a goal. Only one penalized player can re-enter per opponent's score. All yellow card penalties carry over into succeeding periods and are tracked throughout the year.

**7. Misconduct - Red Cards:** The Referee will issue a red card for players or coaches under the following guidelines:

- a. Persistent misconduct or committing a second cautionable act after already receiving one caution.
- b. Exhibiting violent behavior such as kicking, hitting, or spitting at/on opponents or officials.
- c. Using foul, insulting, abusive or threatening language
- d. Acting in an unsportsmanlike or threatening manner toward other players, officials and GBRC staff.
- e. Physically challenging the Referee.

**8. Red Card Enforcement:** Any player who is ejected or cited for two yellow cards in the same game, must leave the facility within two minutes or his/her team forfeits that game. The player will also serve a two-game suspension. If ejection occurs at the end of the season, the two-game suspension will carry over into the next season.

Penalty: In addition to a caution or disqualification's, a free kick shall be awarded, unless the play had already been stopped for another reason (throw-in, etc.) Exception: Misconduct by a non-player, which occurs during a live ball, the ball shall be played at the spot where the ball became dead at the time of the unsportsmanlike act.

**9. Multiple Yellow/Red Card Progression for an Individual:**

**The following will apply to all yellow or red cards:**

1. 2 Yellow Cards or 1 Red Card in the Same Game: 2 yellow cards accumulated during the same game equal 1 red card.
  - a. The offending player must leave the facility within two minutes or his/her team will forfeit that game.
  - b. The offending player will receive a 2-game suspension and is barred from the facility during the length of the suspension.
  - c. If there are less than 2 games left in the season, all game suspensions will carry over to the next season.
2. 3 Yellow Cards in the Season: 3 individual yellow cards accumulated during the season equals 1 red card.
  - a. The offending player must leave the facility within two minutes or his/her team will forfeit that game.
  - b. The offending player will receive a 2-game suspension and is barred from the facility during the length of the suspension.
  - c. If there are less than 2 games left in the season, all game suspensions will carry over to the next season.
3. 4 Yellow Cards or 2 Red Cards in the Season: Any player who accumulates four yellow cards during the season will equal two red cards.
  - a. The offending player must leave the facility within two minutes or his/her team will forfeit that game.
  - b. The offending player will be suspended for the remainder of the season and the first 3 games of next season and is barred from facility during length of suspension.
4. Suspensions: Anytime there are less than 2 games left in a season, all game suspensions will carry over into the next season regardless of the league the player was participating in when the suspension was received.

**10. Multiple Yellow/Red Card Progression for a Team:**

1. 6 Yellow Cards or 3 Red Cards accumulated for a team during a season will result in a one game suspension for that team. The next game on the schedule will be considered a forfeit and will not be played. If this occurs during the last game of the season, then the suspension will carry over to the next season with a forfeit.
2. 8 Yellow Cards or 4 Red Cards accumulated for a team during a season will result in suspension of the remainder of the current season and all next season.

## 12.FREE KICK

**Free Kicks:** If an opponent commits a foul a free kick is awarded to the opposing team. Play will resume from the spot of the foul with a pass or a shot on goal. A goal may be scored by kicking the ball directly into the opponent's goal. The ball must be still when it is kicked and the kicker may "set it and go" without a referee's whistle if he/she wishes. If the referee stops play, any members of the opposing team must be at least 10 feet away from the ball, often walked off by the referee. Play starts at the referee's whistle. Any player of the offended team may take the free kick.

## 13.PENALTY KICK

1. **Penalty Kick:** A Penalty Kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team's penalty area. All players except the kicker and the opposing goalkeeper shall be within the field of play, but outside the penalty area and at least 10 yards from the penalty mark. The opposing goalkeeper shall stand without moving his/her feet on the goal line, between the goal posts, until the ball is kicked. The ball shall be kicked while it is stationary on the ground from any spot on the penalty kick line. The ball shall be moved at least its full circumference forward. Failure to kick the ball as specified shall result in a re-kick.
2. **Penalty Kick Enforcement:** Encroachment by the defending team or movement by the defending team's goalkeeper is ignored if the goal is scored, but if the penalty shot is missed, the penalty kick is retaken. If there is an infringement by the attacking team and a goal is scored, it is a re-kick; if a goal is not scored, it is a direct free kick for the defending team at the spot of the foul. After the penalty kick, the ball may be played by any player except the one who executed the penalty kick. The kicker may not play the ball until it has been played by another player on either team. Penalty: Direct free kick awarded to the opponents from the spot of the foul.

## 14.THROW IN

**Throw-Ins:** The ball shall be thrown in any direction from the point where it crossed the touch line by a player who is facing the field of play and has both feet on the ground outside the touch line. The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous movement. If the ball fails to enter the field of play, it shall be re-thrown. Penalty: Throw-in awarded to the opponent from the spot of the foul.

## 15.GOAL KICK

**Goal Kick:** A free kick taken by a defensive player after the ball, having last been touched by an offensive player, has gone out of bounds over the goal line. The kick may be taken from anywhere on the horizontal small goalie box line. The ball is in play once the kick is taken and can be played before leaving the penalty area. Opponents must remain outside the penalty area until the ball is in play. This is a direct free kick and a goal can be scored on the opponent's goal.

## 16.CORNER KICKS

**Corner Kick:** a direct free kick awarded to the attacking team when a defender last touched a ball that crossed entirely over the goal line. This kick is taken from the corner area on the side of the field where the ball went out of play. Players of the defending team must be at least 10 yards from the ball until it has been kicked. The ball must move at least one revolution of the ball to be put in play. A goal may be scored directly from a corner kick. The kicker must not play the ball again until another player (either team) touches or plays it. *Penalty:* Free kick for opposing team.

## 17.COACHES

1. **Limit:** Each team will be allowed one head coach and one assistant coach per team.
2. **Background Check and Certification:** All coaches must pass a back-ground check and the head coach must complete NYSCA certification.
3. **Designated area:** Coaching from the sidelines is permitted, provided that it does not interfere or interrupt play. Coaches must stay in their designated team area in the stands. Penalty: Yellow card. Second Offense: Red card
4. **Rule Clarification:** Only the head coach or team manager may ask the referee questions about rule clarification and interpretations. Assistant coaches and players may not question calls.

## 18.CONDUCT & LEAGUE AWARDS

1. **Code of Conduct:** Players, Coaches and Spectators in the GBRC programs are expected to conduct themselves in a sportsmanlike manner. Unsportsmanlike behavior directed toward other players, teams, officials, coaches and fans will not be tolerated. This includes, but is not limited to, obscene gestures, cheating, hitting, disrespect to officials, or other behavior deemed inappropriate. If a player, coach or spectator is ejected from a game by an official or supervisor, then that person is automatically ejected from the next two scheduled GBRC games, and all practices occurring within this time period. A player may be warned; second warning results in automatic ejection. The Sports Supervisor/Assistant Sports Director will notify the players and coaches of the suspension.
2. **League Awards:** Youth medals will be awarded to 1<sup>st</sup> and 2<sup>nd</sup> place teams. The tie breaker procedure for teams in league award positions will be as follows:
  - a) *Head to head competition.*
  - b) *If still tied, co-champions will be declared.*

## 19.FACILITIES

**Facilities:** GBRC facilities are smoke free, drug free, alcohol free and weapon free.