

Lakeshore League Recreation Soccer

Quick Rules Guide

	3 rd & 4 th	5 th & 6 th
Players On Field	7v7 (includes goalie)	9v9 (includes goalie)
Ball Size	4	4
Duration of game	Four 12 minute quarters	Four 12 minute quarters
Off Sides	Yes	Yes
Penalty Kicks	Yes, opponents must be 8 yards off	Yes, opponents must be 8 yards off
Corner Kick	Yes (Direct)	Yes (Direct)
Free Kicks	Yes, opponents must be 8 yards off	Yes, opponents must be 8 yards off
Throw In	*Conform to FIFA rules	*Conform to FIFA rules
Goal Kicks	Opponents must be out of penalty box, ball must clear box before being touched by 2 nd player.	Opponents must be out of penalty box, ball must clear box before being touched by 2 nd player.
Shin Guards	Mandatory	Mandatory
Substitution	1. At the end of the quarters. 2. After an injury by either team, when referee stops play. If injured player is sub'd, opposing team may sub one player	1. At the end of the quarters. 2. After an injury by either team, when referee stops play. If injured player is sub'd, opposing team may sub one player
Slide Tackling	Not Allowed	Not Allowed
Headers	Not Allowed (change possession)	Not Allowed (change possession)
Goalie Restart	The goalie has six seconds to put ball in play.	The goalie has six seconds to put ball in play.
*Yellow Card Fouls	Send player off field until next substitution & allow for player to be subbed	Send player off field until next substitution & allow for player to be subbed
*Red Card Fouls	Send player off field for balance of game, team doesn't play down a player, a substitution is allowed	Send player off field for balance of game, team doesn't play down a player, a substitution is allowed
Coaches	Coaches/ players on opposite side from spectators. Please allow 5 yards separation on sideline.	Coaches/ players on opposite side from spectators. Please allow 5 yards separation on sideline.

Note: The new goal kick rule allowing defenders to play the ball below the penalty box is in effect.

Rain - Out Procedure: On practice days if it is raining, players will be notified by the teams coach. Game Days: Lakeshore Recreation will notify coaches via e-mail of cancelations. Cancelations will also be posted to the wmlakeshorerec.com website. If you do not get notified, games are "on" and it will be up to the coaches and/or officials to determine whether a game will or will not be played due to weather or playing field conditions. Under no circumstance will a game be started or continue to be played if a thunderstorm warning or a tornado warning has been issued by the National Weather Service or lightning is seen in the area. The safety of our players and family members is our number one concern during inclement weather.

*For all other rules conform to FIFA rules (FIFA.com-laws of the game).

Yellow Card - A Yellow Card indicates a formal "caution" for any of the following 7 offenses:

1. "Unsporting behavior" - this includes hard fouls; holding an opponent or deliberately handling the ball for the purpose of preventing an opponent from gaining possession of the ball; faking an injury; saying things that are designed to confuse or distract an opponent; harassment (such as jumping around, shouting or making gestures to intentionally distract an opponent; jumping in front of a corner kick, free kick or throw-in; worrying the goalkeeper or trying to prevent him from putting the ball into play; & adopting a threatening posture), gaining an unfair advantage by leaning on, climbing on the back of, or holding a teammate or the goal; blatant cases of holding and pulling an opposing player or his uniform; any action designed to deceive the Referee; and behavior which in the Referee's judgment is unsporting or causes an unfair advantage,
2. Dissent by word or actions,
3. Persistently breaking the rules,
4. Delaying the restart of play,
5. Defenders failing to stay the proper distance away from the kicker on a corner kick, free kick or throw-in,
6. Entering or re-entering the field without the referee's permission
7. Deliberately leaving the field without the referees permission.

Red Card - A player must be shown a Red Card and "sent off" (i.e., made to leave the field) for the 7 offenses listed below. A player shown a "Red Card" & sent off may be replaced (Lakeshore Rules) The 7 offenses for which a player must be shown a Red Card and sent off are:

1. Serious foul play (includes any use of excessive force or brutality against an opponent when challenging for the ball. Examples include a dangerous slide tackle from behind, or an "over the top tackle" in which a player raises his foot so the cleats could hit a player, or a two footed tackle that takes down the opponent. FIFA has broadened this definition by saying that "Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force and endangering the safety of an opponent is guilty of serious foul play. For current rules visit fifa.com, Laws of the Game. The above quote is from Questions and Answers, Additional Instructions for Referees). The rules now include "Decision 4", which says: "A tackle, which endangers the safety of an opponent, must be sanctioned as serious foul play".
2. Violent conduct,
3. Spitting at anyone,
4. Deliberately touching the ball with a hand in order to prevent a goal or to deny an obvious goal scoring opportunity (such as to prevent a "Breakaway".... this does not apply to the goalkeeper within his own Penalty Box)
5. Fouling an opponent to prevent an obvious goal scoring opportunity (e.g., holding to stop a breakaway),
6. Using offensive, insulting or threatening language and/or gestures,
7. Receiving a second yellow card in one game.