



Glen Cove Jr. Soccer Intramural Rules Fall 2023

Common Rules: These rules apply to all divisions. Scores and standings will not be recorded.

GENERAL RULES:

- A ball is considered out of play when the ENTIRE ball passes over the touchline, either on the ground or in the air.
- A goal is scored when the ENTIRE ball passes over the goal line inside the goal, either on the ground or in the air.
- Field players are NOT permitted to strike the ball with their head during play. No Heading for all divisions except 5G, they can head the ball)
- Slide tackling is NOT permitted in any division.

An **Indirect Kick** (must be touched by two players) shall be if a player commits any of the following offenses: (1) plays in a dangerous manner (playing with ball on ground, high kicking, etc.), (2) impedes the progress of opponent without any contact being made, (3) prevents goalkeeper from releasing the ball or attempts to kick the ball when the goalkeeper is in the process of releasing it, (4) any other offense not mentioned in the rules, such as an illegal header.

A **Direct Kick** shall be awarded if a player commits a foul against an opponent in a manner to be considered by the referee to be careless, reckless or by using excessive force, such fouls can include the following: (1) charges (2) jumps at (3) kicks or attempts to kick (4) pushes (5) strikes or attempts to strikes (including head-butt) (6) tackles or challenges (7) trips or attempts to trip (8) handles the ball deliberately (9) holds an opponent (10) impedes an opponent with contact (11) bites or spits at an opponent (12) throws an object at the ball, opponent or match official or makes contact with the ball with a held object. **(PLEASE SEE RULES GRID FOR EACH DIVISION TO DETERMINE WHAT TYPE OF KICK WILL APPLY UPON A FOUL)**

PLAYER UNIFORM & EQUIPMENT

- Players are required to wear shin guards during games. Players are required to wear designated uniforms and have their jerseys tucked in during games.
- Players can either wear sneakers or soccer cleats.
- Cleats with metal studs are NOT allowed.
- Players are not allowed to wear any jewelry during games, including but not limited to bracelets, watches, necklaces, earrings or any body piercings.

PLAYER SUBSTITUTIONS

- Substitution of players are permitted between quarters and/or halves and when the ball is out of play for a throw-in, goal kick, corner kick, after a goal is scored and if a player is injured, but only after request and acceptance by the referee officiating the game.
- Coaches will be permitted to substitute players upon requesting a substitution from the referee. A player will be substituted once the referee waves that player on.
- Players requesting to be substituted shall be waiting at half field.
- Coaches need to allocate an equal amount of playing time for each player, unless they are unable to for some reason such as injuries or number of players available for that particular game.
- **LEVEL PLAY RULE:** A team may add 1 (one) additional field player once the opposing team is leading by 4 (four) goals or more. Once, the goal differential is below (4) four that additional field player must be removed immediately.

COACH, PLAYER & SPECTATOR CONDUCT

- Players and coaches are required to leave the field immediately after the game ends.
- Spectators should encourage players but are NOT allowed to coach or instruct players while the game is being played.
- Spectators are NOT allowed to speak, yell or use obscene language to the referee(s) regarding their officiating before, during or after the game. Many referees are in training and won't always make the right call at first, but we will work with them throughout the season.
- Spectators are not permitted behind either goal or within one yard of the sidelines. Coaches are responsible for the conduct of the spectator(s) supporting their team and will be cautioned if necessary.
- Home Team and Home Team Spectators must stay on the side of the field with the "HOME TEAM" lawn sign
- Away Team and Away Team Spectators must stay on the side of the field with the "AWAY TEAM" lawn sign

REFEREE DUTIES

Referees could either be a registered referee, youth referee, league official, coach, trainer or parent. In the event a referee is not available for a game, both coaches must agree on a coach or parent to officiate the game.

- Referees should emphasize fun, fairness, safety and learning.
- Referees should briefly explain any infringements to the player(s) and/or coaches and help with instructions if necessary.
- Referees are permitted to issue yellow and/or red cards to players and/or coaches. They can also remove parents from the field.
- Players who are issued a red card will be suspended from the following game.
- The arbitration committee automatically reviews all games at issue, yellow cards and red cards and may rescind or extend any suspension.

Rules Quick Reference

	Kindergarten	Division 1	Division 2	Division 3
Division/Grades		1B/ Boys: 1 st grade 1G/ Girls: 1st, & 2 nd grade	2B/ Boys: 2 nd grade	3B/ Boys: 3 rd , 4 th 3G/ Girls 3rd and 4th grade
Ball Size	#3	#3	#3	#4
Players on Field	5 v 5	6 v 6 (includes goalie) 1G 6 v 6 (includes goalie) 1B	6v 6 (includes goalie) 2B	7 v 7 (includes goalie) 3G 9 v 9 (includes goalie) 3B
Game Time	4 x 10 minute quarters: 40 minutes total game time + 15 min with Trainers	2 x 25 minute halves: 50 min game time	2 x 25 minute halves: 50 min game time	2 x 25 minute halves: 50 min game time
Half-time break	5 min	5 min	5 min	5 min
Start Game	Half-line, opposing players 5 yards away	Half-line, opposing players 6 yards away	Half-line, opposing players 6 yards away	Half-line, outside center circle
Goalkeepers	No	Yes	Yes	Yes
Offsides	No*	No*	No*	Yes
Penalty Kicks	No	No	Yes	Yes
Direct Kicks	Yes, ball moved to designated "direct kick area" opposing players have to be 5 yards (15 feet) away from ball.	Yes, at spot of the foul and opposing players have to be 6 yards (18 feet) away from ball.	Yes, at spot of the foul and opposing players have to be 8 yards (24 feet) away from ball.	Yes, at spot of the foul and opposing players have to be 10 yards (30 feet) away from ball.
Indirect Kicks	No	No	Yes	Yes
Throw-Ins	Yes, Re-throw upon committing a foul throw.	Yes, Re-throw upon committing a foul throw.	Yes, foul throw turns ball over to other team.	Yes, foul throw turns ball over to other team.
Heading Ball	No	No	No	No
Linesman	No	No	No	No
Coach on Field	Yes, to help instruct players	No, Unless waved on by Referee for injured player	No, Unless waved on by Referee for injured player	No, Unless waved on by Referee for injured player

* Referee and coaches should discourage players from hanging near the goals.

	Division 4	Division 5
Division/Grades	4B/ Boys:5th & 6th 4G/ Girls 5th &, 6th Grade	5B- 7th, 8th, 9th 5G/Girls 7th, 8th, 9th
Ball Size	#4	#4
Players on Field	9 v 9 (includes goalie) 4G 9 v 9 (includes goalie) 4B	9 v 9 (includes goalie) 5B 11 v 11 (includes goalie) 5G
Game Time	2 x 25 minute halves: 50 min game time	2 x 25 minute halves: 50 min game time
Half-time break	5 min	5 min
Start Game	Half-line, outside center circle	Half-line, outside center circle
Goalkeepers	Yes	Yes
Offsides	Yes	Yes
Penalty Kicks	Yes	Yes
Direct Kicks	Yes, at spot of the foul and opposing players have to be 10 yards (30 feet) away from ball.	Yes, at spot of the foul and opposing players have to be 10 yards (30 feet) away from ball.
Indirect Kicks	Yes	Yes
Throw-Ins	Yes, foul throw turns ball over to other team.	Yes, foul throw turns ball over to other team.
Heading Ball	No	Yes
Linesman	No	No
Coach on Field	No, Unless waved on by Referee for injured player	No, Unless waved on by Referee for injured player