

# Upper Makefield Newtown Soccer Club



## Intramural League Handbook

## 1. INTRODUCTION

The purpose of the Intramural Program is to provide players at all skill levels with an opportunity to learn, appreciate and enjoy soccer. In this spirit, coaches are encouraged to provide equal playing time to all players and play them in all positions. **At a minimum, all players must play 50% of each game.**

Travel players may not play in intramurals unless they have left their travel team and the league has informed their old team and their new team of the switch to the intramural program.

FIFA is the international governing body of soccer. All FIFA Rules (Laws of the Game) shall apply except as modified in this document by UMNSC. FIFA Laws of the game can be found at [www.fifa.com](http://www.fifa.com)

## 2. SPORTSMANSHIP

During regular season games, if a team gets a three-goal lead, that team must pull one player off the field or the other team has the option of adding a player, while the three goal lead is maintained. If a four-goal lead is achieved, that team must remove another player from the field or the opposing team can add a second player. Coaches are asked not to run up scores!

If a team is short a player in the 4-5 and 6-7 age groups, the opposing team may lend a different player each quarter to the short team.

In the 6-7 age group, if either team has only 6 or 7 players, both coaches are encouraged to agree to play only six players, including the goalie instead of the normal seven players. If either team has less than 6 players, it is at the discretion of the coaches how they wish to field their teams.

## 3. CONDUCT

Referees have absolute authority on the field. No coach, parent or player may question a referee's call. If you have a complaint with a referee, file the complaint with your age group coordinator. Sideline conduct of parents and players is the responsibility of the coach. Coaches, parents, or spectators are not allowed near the goal posts or behind the goals.

Coaches are responsible for the actions of their players and their player's parents. The referee has the right to eject any coach, parent, or player for harassment. Any player or coach ejected by the referee can face possible suspension of further games upon review by the League. Please report any coach or spectator showing unsportsmanlike conduct to the referee. Coaches should encourage sportsmanlike behavior at all times.

Prior to the game each coach will introduce the referee to one parent from their team to be a linesman. The linesman job is to raise their hand or flag when the entire ball crosses over the sideline. They must then objectively indicate which team gets to throw the ball in play.

#### 4. SCHEDULE

Coaches and Referees must make every effort to get games started on time. Please have your players at the game at least 15 minutes prior to start.

In the event of cancellations, all rescheduling must be coordinated thru the age group coordinator. In the event that a full day of games is canceled, the league will reschedule games.

#### 5. FIELDS

Most of the intramural games are played at Sol Feinstone Elementary School. The older age group (12-16) games will be played at either Washington Crossing Park or Brownsburg Park. The final schedule will determine location.

Please do your best to keep all fields clean and ask your players and parents to pick up all trash (snacks, water bottles, etc.) after games.

Prior to games, please inspect the goals, nets and corner flags to make sure they are in game condition and in proper place.

#### 6. RULES

##### 6.1. COACHING

- Age 4-5
  - One coach from each team may be on the field for the entire game
- Age 6-7
  - One Coach from each team may be on the field during the game until September 30. After that weekend, no coach may be on the field during the game.
- All other older age groups
  - Coaches are not permitted on the field during the game unless an injury time out is called.

##### 6.2. GAME FORMAT

DIVISION	No. of Players on Field	League Referee	Length of Games
Age 4 & 5 Girls	Six, No Goalie	No	10 Minute Quarters
Age 4 & 5 Boys	Six, No Goalie	No	10 Minute Quarters
Age 6 & 7 Girls	Seven, incl. Goalie	Yes	12 Minute Quarters
Age 6 & 7 Boys	Seven incl. Goalie	Yes	12 Minute Quarters
Age 8 & 9 Girls	Eight incl. Goalie	Yes	25 Minute Halves
Age 8 & 9 Boys	Eight incl. Goalie	Yes	25 Minute Halves
Age 10 & 11 Girls	Eight incl. Goalie	Yes	30 Minute Halves
Age 10 & 11 Boys	Eight incl. Goalie	Yes	30 Minute Halves
Age 12 to 16 Girls	Eight incl. Goalie	Yes	35 Minute Halves
Age 12 to 16 Boys	Eight incl. Goalie	Yes	35 Minute Halves

### 6.3. EQUIPMENT

All players must wear shin guards. The shin guards must be on the inside of their socks, not the outside. Any player without shin guards is not allowed to participate.

Molded rubber soccer spikes are permitted. Molded rubber baseball spikes that include a single front spike at the toe are not permitted. This spike must be removed.

Goalkeeper must wear a different color shirt.

Ball:

- o No. 3 for 4-5 and 6-7 age group
- o No. 4 for 8-9 and 10-11 age group
- o No. 5 for 12-16 age group

### 6.4. FOULS/VIOLATIONS/MISCONDUCT

Slide Tackling

- o Not permitted in age group

Offsides

- o Age 4-5, 6-7 and 8-9
  - Offside is not called, but coaches are encouraged not to take advantage of this rule.
- o Age 10-11 and 12-16
  - The offside rule is in effect and will be enforced by the referee. Offsides is called by the referee and not by the linesmen.

Direct and Indirect Kicks

- o Age 10-11 and 12-16
  - Penalty kicks are awarded for fouls inside the eighteen-yard penalty area.
- o All other age groups
  - Only indirect free kicks are awarded. The indirect kick must be taken outside the penalty area.

### 6.5. GOALKEEPING AND GOALIE POSSESSION

Goalkeepers are not used in the 4-5 age group.

A Player may only be the Goalkeeper for a maximum of one half of the game.

Goalkeeper Possession:

- o Age 6-7: hand on the ball means the goalie has possession.
- o All above age groups: when the goalkeeper has a grasp and control of ball, he has possession. A goalie has 6 seconds to put the ball back in play.

Playing The Ball Back to the Goalkeeper

- o Age 6-7

- A Player may not deliberately kick the ball to his or her own goalie. If the referee makes this call, an indirect kick is awarded to the opposing team outside the penalty area
- All other age groups
  - A Player may deliberately kick the ball to his or her own goalie, but the goalie must play the ball with his or her foot. If the goalie picks up the ball with his or her hands, it is a foul, and an indirect kick is awarded to the opposing team outside the penalty area.

## 6.6. RESTARTS

### General

- On all restarts (kick off (tap), corner kicks, and indirect free kicks) opponents must be six yards away from the ball.

### Throw Ins

- Age 4-5
  - Out of bounds balls should be placed back in play by the team who did not cause the out of bounds, by either a kick-in or throw-in. (As the season progresses, encourage throw-ins if possible).
- Age 6-7
  - Foul Throw-Ins are to be replayed, if called by the referee. The coach/referee should instruct the player the proper way to throw the ball in play.
- All other older age groups
  - If the referee calls a foul throw-in, the ball is turned over to the opposing team.

### Goal Kicks

- All age groups: The ball must completely clear the penalty area on the ground or in the air, before it is played by either team. Referees will stop play and repeat the goal kick when there is a violation.

## 6.7. SCOREKEEPING/STANDINGS/PLAYOFFS

- Age 4-5 and 6-7
  - We will not be keeping score or track of wins or losses.
- All other older age groups
  - Please report scores to your age group coordinator. Standings will be kept and used for playoff seedings.
- Playoff Rules

During the regular season, games can end in a tie. In the playoffs, however, we need to end each game with a winner to advance to the next round.

Here is the format for tie-breakers:

- If the game ends at the end of regulation time in a tie, the teams will play two, 5-minute O/T periods. These are NOT sudden death

periods. If one team scores in O/T, the game is not over until the time has expired. If either overtime period ends with one team in the lead, the game is over and the team in the lead is the winner.

- If the game is still tied after two 5-minute periods, the teams will have a penalty kick shootout to determine the winner. The teams will flip a coin to determine who is to shoot first. Each team will take 5 shots each, alternating and then 1 for 1 until there is a winner.
- The coaches must pick five players to take the five penalty shots. The players for the shootout can be picked from any players on the team as long as they played on the field during regulation time. The players need not have been on the field at the end of regulation.
- The shootout is a one-on-one shot between the player and the opposing goalie and is taken from the penalty mark inside the penalty area. The goalie must line up on the goal line and cannot move his feet until the ball is kicked. The shooter can take a shot only after the referee blows the whistle. Each team will alternate taking shots.
- If the score is tied after each team has taken five shots, each team must select one additional player to take a penalty shot. If the score is still tied after each team has taken a sixth shot, this process continues until one team takes the lead after both teams have taken a shot.
- Goalies can be shooters. No player can shoot a second time unless all players have gone once.

A couple of additional clarifications for the playoffs:

- A goalie still must play for only one half in the playoffs. You must switch goalies at halftime.
- If the game goes into overtime or a shootout, you can allow any goalie to play again, even if they have played a full half during the game.

Please bring a copy of this with you to the games. The referees may not be aware of these rules.

## **6.8. SUBSTITUTIONS**

Substitutions are permitted on your team's throw-in. The opposing team cannot substitute at this time. Substitutions are also allowed prior to a goal kick by either team, after a goal by either team, after an injury time out and prior to the start of any quarter or half. No substitutions on corner kicks.

## 7. REFERENCE FOR PARENTS

*Parent Education – An Introduction to Youth Soccer* – a downloadable PDF file available at:  
[http://www.usyouthsoccer.org/doc\\_lib/parent\\_ed\\_presentationFINAL\\_II.pdf](http://www.usyouthsoccer.org/doc_lib/parent_ed_presentationFINAL_II.pdf)

## 8. GLOSSARY OF BASIC SOCCER TERMS

**Advantage rule:** a clause in the rules that directs the referee to refrain from stopping play for a foul if a stoppage would benefit the team that committed the violation.

**Center:** a pass from a player located near the sideline towards the middle of the field; used to get the ball closer to the front of the goal; also called a cross.

**Center circle:** a circular marking with a 10-yard radius in the center of the field from which kickoffs are taken to start or restart the game.

**Center spot:** a small circular mark inside the center circle that denotes the center of the field from which kickoffs are taken to start or restart the game.

**Corner area:** a quarter-circle with a radius of 1 yard located at each of the 4 corners of the field; on a corner kick, the ball must be kicked from inside this arc.

**Corner kick:** a type of restart where the ball is kicked from the corner arc in an attempt to score; awarded to an attacking team when the ball crosses the goal line last touched by the defending team.

**Cross or crossing pass:** a pass from an attacking player near the sideline to a teammate in the middle or opposite side of the field; used to give the teammate a good scoring opportunity.

**Dangerous play:** when a player attempts a play that the referee considers dangerous to that player or others, such as trying to kick the ball out of the goalie's hands, even if no contact is made.

**Direct free kick:** a kick awarded to a player for a serious foul committed by the opposition; the player kicks a stationary ball with no opposing players within 10 yards of him; a goal can be scored directly from this kick without the ball touching another player.

**Drop ball:** a method of restarting a game where the referee drops the ball between 2 players facing each other.

**Goal:** a ball that crosses the goal line completely between the goalposts and below the crossbar for which a point is awarded

**Goal kick:** a type of restart where the ball is kicked from inside the goal area away from the goal; awarded to the defending team when a ball that crossed the goal line was last touched by a player on the attacking team.

**Goal line:** the field boundary running along its width at each end; also called the end line; runs right across the front of the goal; the line which a ball must completely cross for a goal to be scored.

**Indirect free kick:** a kick awarded to a player for a less-serious foul committed by the opposition; the player kicks a stationary ball without any opposing players within 10 yards of him; a goal can only be scored on this kick after the ball has touched another player.

**Kickoff:** the method of starting a game or restarting it after each goal; a player passes the ball forward to a teammate from the center spot.

**Lead pass:** a pass sent ahead of a moving teammate to arrive at a location at the same time he does.

**Offside:** a violation called when a player in an offside position receives a pass from a teammate; an indirect free kick is awarded to the non-offending team.

**Offside position:** an attacking player positioned so that fewer than 2 opposing defensive players (usually the goalie and 1 other defender) are between him and the goal he is attacking; a player is not offside if he is exactly even with one or both of these defensive players.

**Out of bounds:** when a ball is outside the boundaries of the field, having completely crossed a sideline or goal line.

**Penalty:** short for penalty kick; also, a punishment given by the referee for a violation of the rules.

**Penalty area:** on a regulation field, it is the rectangular area 44 yards wide by 18 yards deep with its long edge on the goal line; the goalkeeper may use his hands to block or control the ball only within this area.

**Penalty kick:** a kick taken from the penalty spot by a player against the opposing goalie without any players closer than 10 yards away; awarded for the most severe rule violations and those committed by the defense within its own penalty area; also taken in a tiebreaker to decide a match.

**Red card:** a playing card-sized card that a referee holds up to signal a player's removal from the game; the player's team must play the rest of the game shorthanded; presented for violent behavior or multiple rule infractions (two yellow cards = one red card).

**Sideline or touchline:** a line that runs along the length of the field on each side.

**Square pass:** a pass made by a player to a teammate running alongside him.

**Throw-in:** a type of restart where a player throws the ball from behind his head with two hands while standing with both feet on the ground behind a sideline; taken by a player opposite the team that last touched the ball before it went out of bounds across a sideline.

**Trap:** when a player uses his body to slow down and control a moving ball, most often using his chest, thighs or feet.

**Wall pass:** a pass by a ball carrier who sends the ball to a teammate, then runs behind his own defender and quickly receives a pass back; used to get a player past his defender without having to dribble by him; same as the "give-and-go" in basketball.

**Yellow card:** a playing card-sized card that a referee holds up to warn a player for dangerous or unsportsmanlike behavior; also called a caution; 2 yellow cards in one game earns a player an automatic red card, signaling his removal from the game.