

Lakeshore United FC (LUFC) Rec League Rules and Guidelines

Uniforms and Equipment: All players must wear the LUFC league t-shirt provided for them. Shin protectors are required and must be fully covered by socks. Shirts must be tucked into shorts. Athletic pants or shorts (preferred) should be worn. **Players should wear shorts without pockets, belt loops, snaps or zippers as they could pose a safety hazard to themselves and other players. Players not adhering to this rule will not be allowed to play until the hazard has been eliminated.** No jewelry will be allowed. Medic alert bracelets are an exception but must be taped to the wrist/hand. Medic alert necklaces must be removed. No baseball caps, bandannas, or “spray” hair dye is allowed, however sweatbands are okay if they do not pose a safety hazard. The goal keeper may wear a baseball cap when sun affects vision. Sweat pants without pockets, belt loops, snaps or zippers may be worn during cold weather. Hoods must be tucked in. T-shirt sleeves may not be tied up or folded under. Only soccer shoes and gym shoes are allowed. Metal cleats of any type are not allowed. Casts of any type, even if padded, are NOT allowed. Hard knee braces are not allowed. Players wearing clothing that may pose a safety risk to themselves or other players are not allowed to play. (see above, Referee’s determination)

Protective Head Gear: Soft type head gear is acceptable during games. Any head gear with hard plastic or metal components will not be allowed. The head gear must be worn properly and used for its intended purpose. (Referee’s determination)

Rainouts and Cancellations: We play unless you are notified. The decision to cancel games will be made by the Officials and Divisional Commissioners. Cancellation announcements will be posted online at www.lakeshoreunitedfc.org.

Play Information: Grade K is U7, 1st is U8, 2nd is U9, 3rd is U10, 4th is U11, 5th is U12, 6th is U13, 7th is U14, 8th is U15.

Age Group	Game Length	Ball Size	Players	Minimum Players to Start	Max Roster Size
K, 1 st , 2 nd	2 x 20 Min	Size 3	4	3	8
3 rd , 4 th	2 x 25 Min	Size 4	7	6	14
5 th , 6 th	2 x 30 Min	Size 4	9	7	16
7 th , 8 th	2 x 35 Min	Size 5	11	9	18

Teams not having the minimum number of players at the start of the game will forfeit. A scrimmage may be arranged by the coaches at that time. *If a team has less than the required players, the opposing team may field ONE MORE player than the team with the lesser number of players.*

Playing time: All players are to play a minimum of one half of the regulation game time and are also to appear in each half of the game. A coach may reduce a player’s playing time due to injury or player conduct.

Game Time: Games are to start at scheduled times. A referee may allow a 5-minute grace period after the scheduled start times – or after the finish of the previous game, whichever is later. Teams should not warm-up on field unless time permits. The referee can reduce the length of the halves (both halves equally) if the games are running late.

Coaching from the Sidelines: Coaches may offer positive encouragement and direction from the sideline. Coaches and players for both teams should be located on the same side of the field (each occupying half the sideline) and on the opposite side of the field from the spectators. (Unless field layout does not allow.) Coaches may move about their half of the sideline (within their coaching area) and may only enter the field when signaled by the referee or during halftime. Players and spectators must remain behind the second line next to the touch line or three feet from the touch line, whichever is further and are not allowed behind either goal line.

Substitutions: Unlimited substitutions will be allowed with the permission of the referee in the following situations:

Goals Scored	Throw-ins in your favor	Goal Kicks	Injuries	Halftime
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Substitutes must wait at **midfield** until signaled by the referee to enter the game.

Note: The opposing team may also substitute during a throw-in if the team in possession is also making substitutions.

Start of Play: The ball must be touched to start play and may not be played again by the kicker until touched by another player. Any number of offensive players are allowed in the center circle for the start of play. Defensive players may not enter the center circle until the ball has been touched by an offensive player. A ball replayed by the kicker results in an indirect free kick from the spot it was replayed. If the ball does not move forward, sideways, **or backward** the game is restarted.

Pass Back to Goalie: A ball played back to a goalie by the defending team **may not** be handled (hands) by the goalie. (Foul-Indirect Free Kick from the spot the ball is touched. If the ball is touched within the goal area, the ball will be placed on the six yard line directly parallel to the spot of the foul.) The goalie may play a ball that has been passed back as any other player but may not use his/her hands. Heading back to the goalie is not considered a pass back therefore the goalie may handle the ball.

Heading: **Heading is not allowed in games for teams Grade 6 and under.** If a player intentionally heads the ball in a game, an indirect free kick will be awarded to the opposing team from the spot of the offense. Grades 5-8 are allowed to head the ball in practice, but it should be limited to no more than 30 minutes or 15-20 headers per player per week.

Build Out Line: – **Grades 3 and 4.** Each half of the field will have a line that divides that half of the field. This line is called the build out line. When the goalkeeper picks the ball up with their hands, the opposing team must retreat past the build out line. The keeper may not punt the ball. They can throw, roll, or place the ball at their feet. When they release the ball (including placing it at their feet), the opponent is allowed to come inside the build out line. Also, applies to goal kicks until the ball exits the penalty area.

No Slide Tackling: Slide tackling is not allowed except in the U-14 Division. 1st violation - verbal warning; 2nd violation - yellow card; 3rd violation - red card and player must sit out the remainder of the game. Slide tackles at U14 must conform to current F.I.F.A. rules.

Competitiveness Rule: **Grades 3 and 4.** In the course of a game, should one team accumulate a 5 goal advantage, the team in the lead must subtract one player. (Maximum difference is two.) A subsequent goal that adds to the lead will require an additional subtraction up to a maximum of (2) player differential. The player difference will be maintained until the scoring spread is reduced to the limits allowing for reactivation of players. Coaches are encouraged to work on skills when leading by more than 5 goals. Running up the score is contrary to our policy on sportsmanship. **Grades K-2,** the losing team adds 1 player after a 3 goal deficit.

Throw-In: When the whole of the ball passes over a touch-line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line by a player on the team not touching the ball last. The thrower must face the field of play and at the moment of delivering the ball, must have both feet on the ground either on or behind the touch-line. The thrower shall use both hands and shall deliver the ball from behind and over the head. The person taking the throw-in may not touch the ball until it has touched another player. A ball replayed by the thrower results in an indirect free kick from the spot where the ball was touched. Failure to correctly execute a throw-in will result in the ball being awarded to the opposing team at the point where the previous throw-in was attempted.

Goal Kick: When the whole of the ball passes over the goal-line outside the goal posts either in the air or on the ground when last touched by the attacking team. The ball may be kicked from any spot within the goal area. The kicker shall not replay the ball until it is touched by another player. The ball must leave the penalty area to be considered in play. A ball not leaving the penalty area will result in retaking the kick. In grades 5-8 both teams may have players within the penalty area however the ball may not be touched by a second player until the ball leaves the penalty area. Goals may be scored directly from a goal kick.

Keeper Possession: A keeper holding the ball in his/her penalty area has five seconds to put the ball in play. During this time they are free to move anywhere within the penalty area. Once the keeper places the ball on the ground, the keeper may not pick it up until played by another player. The keeper cannot be charged in the penalty area.

Corner Kick: When the whole of the ball passes over the goal-line outside the goal posts either in the air or on the ground when last touched by the defending team. The ball will be kicked from the quarter circle at the corner nearest the spot the ball left play. The corner marker may not be moved. Defending players must remain 10 yards from the corner position until the ball is played. (8 yards for U-10) Goals may be scored directly from such a kick.

Off-side: A player is in an off-side position if he is nearer to his opponents' goal-line than the ball unless:

- The player is on their own half of the field.
- The player is not nearer to the opponents' goal-line than at least two opponents. (Goalie and Defender)

A player shall be declared off-side if at the moment the ball is played by a teammate the player is:

- Interfering with play or with an opponent.
- Seeking to gain an advantage.
- The ball is passed to a player in an off-side position.

A player shall not be declared off-side merely because the player is in an off-side position or if the player receives a ball directly from a goal-kick, corner kick or throw-in. The off-side foul results in an "Indirect Free Kick." at the spot of the off-side player.

Ties: Games can end in a tie at all levels of play.

Fouls and Misconduct:

A foul committed off the field of play is penalized with a direct free kick on the boundary line nearest the foul.

The following fouls and misconduct will result in a free-kick taken at the spot of the foul if committed outside the penalty area:

Direct Free-Kick (More Serious Infractions)	Indirect Free-Kick (Minor or Technical Infractions)
Kicks or attempts to kick an opponent	Goalie holding the ball for more than 5 seconds
Trips or attempts to trip an opponent	Goalie picks ball up after releasing it before another player touches it
Jumps at an opponent	Goalie touches ball with hands on intentional pass-back (kick) from teammate
Charges an opponent	Goalie touches ball with hands when received directly from teammate throw-in
Strikes or attempts to strike an opponent	Dangerous play
Pushes an opponent	Obstruction/Impeding
Tackles an opponent	Prevents goalie from releasing the ball from his hands
Holds an opponent	
Spits at an opponent	Any other offense not previously mentioned, for which play is stopped.
Hand ball (except goalkeeper in penalty area)	Offside

The ball is placed at the spot of the foul and must be stationary prior to the kick. Opposing players must remain at least 10 yards from the ball until it is kicked. (8 yards for U-10) The ball is in play when it is touched.

Fouls within the penalty area:

- Committed by Attacking Team – Placement at the spot of the foul – Same as regular field of play.
- Committed by Defending Team – Ball placement will be determined by the severity and location of the foul. A foul committed by the defending team resulting in a direct free kick will be designated a penalty kick. A foul committed by the defending team resulting in an indirect free kick will be taken from the spot of the foul unless that spot is within the goal area. Fouls within the goal area will result in the ball being placed at a point on the goal area line adjacent to the spot of the foul not nearer the goal.

Direct Kick: A goal may be scored directly from the kick.

Indirect Kick: A goal cannot be scored unless played or touched by another player.

Penalty Kick: Direct kicks awarded to the attacking team as a result of a foul within the penalty area. The kick is taken from the penalty mark, 12 yards from the goal line. (10 yards for U10) All players except the goalie and kicker must remain outside the marked penalty area and behind the ball until the ball has been kicked. The goalie must remain on the goal-line but is allowed to move from side to side prior to the kick. If the goalie moves off the goal-line prior to the kick, the kick will be retaken if a goal was not scored. The ball is in play and players may enter the penalty area when the ball is touched. The kicker may not replay the ball until it has been touched by another player.

Yellow and Red Cards:

Unsportsmanlike and/or misconduct will not be tolerated by players, fans or coaches. The coach must control unruly spectators. Unsportsmanlike actions by the spectators and/or coach will result in the spectators and/or coaches being asked to leave the grounds. Suspension of the game may result based on the following sequence:

1. Request the disruptive person(s) to leave the grounds.
2. Suspension of the game. (Regardless of possession or score). The game will be scored as a loss by the offending team.

Referees should report all concerns regarding spectator and coaching behavior to the LUFCA Board of Directors. Their decision will be binding and final. Swearing or taunting will not be tolerated. Coaches lead by example.

Yellow Card – Play will be stopped and a (caution) Yellow Card will be presented to a player for the following misconduct:

Unsporting behavior	Failure to maintain distance on restart
Dissent by word or action	Entering field of play without referee permission
Delays to restart of play	Deliberately leaving field without permission
Persistent infringement of the laws	

A player receiving a yellow card must leave the field and a substitute can be brought into play immediately. The player receiving the yellow card cannot re-enter play until the next opportunity to substitute.

Red Card – Red cards should be given only in extreme cases of unsportsmanlike conduct, continued disregard for the rules or threat of injury from continued play. Players receiving Red Cards are disqualified from the game and must leave the playing area prior to restarting the game. Failure to comply will result in the suspension of play and the game will be forfeited by the offending team. A player receiving a red card must leave the field and **may not** be substituted. The offending team must play the remainder of the game short handed.

Serious foul play	Player deliberately handles the ball to prevent goal
Violent conduct	Player deliberately fouls (resulting in free kick or penalty kick) to prevent a goal
Spitting at any person	Swearing or abusive language
Second yellow card in the same game	

Referees are instructed to notify the Referee Coordinator of the players receiving cards. Suspensions and Cautions will be reviewed by the LUFC Referee Committee and/or the LUFC Board of Directors to determine if further actions will occur.

Explaining the laws of the game to all players is beneficial to the growth and understanding of the player.

Serious Injuries and Concussions: Player number must be recorded and communicated to Referee Coordinator.

Rescheduling: Cancelled games can be rescheduled at the discretion of the affected coaches. The recreation department should be contacted to verify field availability for the rescheduled game. Please do not assume that the field will be available for the entire length of the rescheduled game because it is a “regularly scheduled” practice time. Coaches are responsible for obtaining referees. The referee wages can be negotiated, and will be paid by the team(s) rescheduling the game, not LUFC.

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