

Dakota United Soccer Club

BSL Recreational League

Middle School Rules

Field of Play: Field should be rectangular with a maximum length of 130 yards and a minimum of 100 yards. The width should be a maximum of 100 yards and a minimum of 50 yards. With the proportions kept correct, junior fields can be smaller depending on the age level.

Game Time: Consists of 2 equal halves of 30 minutes. 5-minute half time is given.

Play-off Game Time: Consists of 2 equal halves of 15 minutes. 5-minute half-time is given.

Number of Players: 8 players per a team (including goalkeeper). Always use the same number of players for each team!

Player's Equipment: The usual uniform of the soccer player is a team shirt (provided by Dakota United), shorts, calf socks, shin guards and shoes. Shin guards and calf socks are required. Nothing dangerous to another player may be worn. Cleats are usually made of rubber, plastic aluminum or leather but they are not required. The goalkeeper must wear a different color (provided by Dakota United) than their teammates. All jewelry must be removed before play can start.

The Ball: A size 5 ball is used for Middle School.

Officials: The referee is in charge of all game activity and is to make sure each team abides by the rules. The referee's decision is final. It is the referee's responsibility to keep the game clock, check for injuries, and remind the players of proper game conduct.

Linesman or Side Referee: There are usually two linesmen – one for each sideline. The main responsibility is to assist the BSL referee by calling the ball out of bounds.

Substitutions: BSL encourages equal playing time but also substitute when players appear tired. The referee must be notified before a substitution can occur. By having the substitute players stand on the half line, the referee can see that players are ready to come in at the next stop in play.

Kick Off: Officially begins each quarter with teams alternating the kick off at each quarter. A kick off is also used to restart the game after a goal. The team who conceded a goal restarts play with a kick off from the centerline. Opponents need to be 5 yards away from the ball. Teach players to be 10 steps away. Also the kicker may not touch the ball a second time until the ball has been kicked by another player.

Ball in and out of Play: After the ball has wholly crossed the sideline or goal line, it is out of play.

Any ball

striking a referee, goal post, corner post, and remaining on the soccer field is in play.

Throw in: After the ball has wholly crossed the sideline, the team that didn't touch the ball last is awarded the throw in. These rules should be remembered as part of the throw in regulations.

- Both feet must be out of bounds when the throw is made (on or beside the sideline)
- Ball must be thrown with both hands, starting from behind the head in one continuous motion
- Both feet must stay on the ground as the throw is made

If they do not execute the throw in correctly, explain to them the correct way. The ball is awarded to the opposite team.

Goal Kick: Awarded to the defense when the ball (after being last touched by the offense) crosses on goal line, but not resulting in a goal. The ball is placed anywhere in the goal area and must travel outside the penalty area before it can be touched by another player from either team. Opponents need to be 5 yards away from the ball.

Corner Kick: Awarded to the offense when the ball (after being last touched by the defense) crosses on goal line, but not resulting in a goal. An offensive player takes the kick on the quarter circle nearest the corner flag post where the ball went out of play. A goal may be scored from the kick. Opponents need to be 10 yards away from the ball as it is kicked. The kicker may not kick the ball a second time until touched by another player.

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

1. the player is in his own half of the field of play,
2. the player is not nearer to his opponent's goal-line than at least two of his opponents. It is not an offense in itself to be in an off-side position. A player shall only be penalized for being in an off-side position if, at the moment the ball touches, or is played by one of the player team, the player is, in the opinion of the referee, involved in active play by:
 - A. Interfering with play,
 - B. Interfering with an opponent,
 - C. Gaining an advantage by being in that position.

A player shall **NOT** be declared off-side by the referee:

1. Merely because of his being in an off-side position,
2. If he receives the ball direct from a goal-kick, corner-kick or a throw-in.

If a player is declared off-side, the referee shall award an indirect free-kick, which shall be taken by a player of the opposing team from the place where the infringement occurred, unless the offense is committed by a player in his opponents' goal area, in which case the free-kick shall be taken from any point within the goal area.

Free Kicks: The two basic kicks awarded by the referee are:

1. **Direct Free Kick:** A goal can be scored directly from the kick or passed to another player
2. **Indirect Free Kick:** The ball must touch another player before a goal can be scored.

Penalty Kicks: A penalty kick is awarded after serious rule infraction by the defense takes place in the penalty area. It is a direct kick taken 12 yards from the goal line. All players except the goalie and the kicker must be outside the penalty area and behind the penalty kick mark. The goalie must stand on the goal line and may not move until the ball is kicked.

Fouls and Misconduct:

These are some fouls for which a referee can award a **DIRECT KICK** to the offending team:

1. Kicking an opponent,
2. Tripping an opponent,
3. Jumping at an opponent,
4. Charges an opponent,
5. Strikes an opponent,
6. Pushes an opponent,
7. When tackling an opponent, you make contact with the player before the ball,
8. Holds or spits at an opponent,
9. Handles ball deliberately with hands excluding goalkeeper.

These are some fouls for which a referee can award an **INDIRECT KICK** to the offending team:

1. Dangerous play,
2. Charging away from the ball,
3. Opponent obstruction when not playing ball,
4. Charging the goalkeeper except when the goalkeeper:
 - a. is holding the ball
 - b. is obstructing an opponent
 - c. has passed outside his goal area.
1. When the goalkeeper is in the penalty area:
 - a. the goalkeeper releases the ball, and touches it again before a player from the other
 2. team has touched it,
 - b. the goalkeeper deliberately touches the ball with his hands after it has been purposely kicked or thrown to him by another teammate,
 - c. The goalkeeper indulges in time wasting.