

EAST SIDE SOCCER RULES FOR 3/4 DIVISIONS

FIFA rules will apply at all times unless subject to East Side Soccer modification.

THE FIELD

- A. The field of play should be approximately 55 yds. long by 40 yds. wide. Corners should be marked with cones or flags. If the field is not lined, sidelines and end lines should be marked with cones.
- B. Parents should watch the game from the opposite sideline to the coach and the team.

THE BALL

- A. Size 4 ball

NUMBER OF PLAYERS/ PLAYER SUBSTITUTION

- A. The maximum number of players on the field at one time is 7, including goalie. The number of players may be reduced if teams are short of players, provided there are not an excessive number of players on the sidelines.
- B. If one team has a full roster of players and the opposing team does not, the team with the full roster may play up, but may not exceed the other team by more than two players.
- C. **Substitutions (sub at midfield on OK of ref):**
 - 1. **Prior to throw-ins, in your favor.**
 - 2. **Prior to a goal kick, by either team.**
 - 3. **After a goal, by either team.**
 - 4. **After an injury, by either team, when referee stops play.**
 - 5. **At the end of each period.**
- D. **Players should play an equal amount of time.**
- E. **Players should be rotated in their playing positions.**

EQUIPMENT

- A. **Shin guards are mandatory.**
- B. Soft cleats or other appropriate shoe.

REFEREES

- A. There will be 2 East Side Soccer referees per game, if available. If only 1 ref is available, coaches or parents may be asked to serve as linesmen.
- B. Coaches are not allowed on the field during play.
- C. Coaches must be on the same side of the field, and are restricted to their half of the field.
- D. All rules infractions should be briefly explained to the offending player.
- E. Any verbal abuse of refs by coaches or parents will be reported by the ref to the referee coordinator, who will then report the incident to the division coordinator and the board.

LINESMEN

- A. If possible, the field will be lined. If not lined, coaches should set up cones and/or flags for sidelines and end lines.
- B. Referees will serve as linesmen. If only one ref is available, a coach or parent may be asked to be linesman.

DURATION OF GAME

- A. The game should be divided into four equal 12 minute periods.
- B. There shall be a three-minute break between quarters.
- C. Refreshments should be served only after the game has ended.
- D. **All games must start within 5 minutes of game time. Referees will be allowed to start the clock whether teams are ready to play or not.**

START OF PLAY

- A. Opponents must be 8 yards from the center mark while kick-off is in progress.

BALL IN AND OUT OF PLAY

- A. When the ball goes out-of-bounds at the sidelines, a player from the team not touching the ball last will throw in the ball.
- B. When the ball goes out-of-bounds at the end line, if the attacking team touches the ball last, a goal kick results. If the defending team is the last to touch the ball, a corner kick results.
- C. Unlimited steps for goalie within reason.

METHOD OF SCORING

- A. Conform to FIFA rules.
- B. No game scores or standings are kept unless needed for seeding or during tournaments, when applicable.

OFF-SIDE

- A. No off-side called but players must be encouraged to move up field with play.
- B. **No goal hanging.**

FOULS AND MISCONDUCTS

- A. Sliding tackles are not allowed.
- B. Shoulder to shoulder bumping is legal.
- C. Overly aggressive play, cursing, threatening, hitting & intentional fouls will be dealt with strictly. Yellow or red cards will be given.
- D. Cards may be given without warning if warranted.
- E. Red carded player must sit out the rest of the game and the team must play down until the half or end of game, whichever comes first. At the half, the team may substitute another player.

FREE KICKS

- A. Conform to FIFA rules, with the following exception:
 - 1. Opponents must be 8 yards away before kick is allowed.

PENALTY KICKS

- A. Conform to FIFA rules, with the following exception:
 - 1. Opponents must be 8 yards away before kick is allowed.

THROW-INS

- A. Conform to FIFA rules.

GOAL KICK

- A. Conform to FIFA rules.

CORNER KICKS

- A. Conform to FIFA rules, with the following exception:
 - 1. Opponents must be 10 yards away from the ball.

When there is a question about an injured player's readiness to return to the game, the coach will make the final decision.

Any rules disagreement between coaches and/or referees will be resolved by the division coordinator.

OPPOSING PLAYERS AND COACHES MUST SHAKE HANDS AFTER THE GAME.

OTHER

Practices:

Each team in the 3/4 division will hold one practice per week, prior to the game on Saturday. It is the league's recommendation and expectation that **two** adults be present at all practices. The adults may include the team coach, assistant coach, team parent, or other parents. The team parent will assist the coach in scheduling adults to be present at practice sessions.

Heading the ball:

Heading the ball is not coached at this level and is discouraged until it is age appropriate, 5th grade and above. Referees may stop the game if a player heads the ball and remind them and the coach that this is not allowed. There will be no further penalty.