

# BURLINGTON SOCCER RULES AND REGULATIONS

*Revised, August 2022*

**LEAGUES:** Midgets (1<sup>st</sup>-2<sup>nd</sup> Graders), Minors (3<sup>rd</sup>-4<sup>th</sup> Graders), and Majors (5<sup>th</sup>-7<sup>th</sup> Graders) 8<sup>th</sup> graders may play as long as they don't turn 14 prior to August 1<sup>st</sup> of this year.

**TEAM SIZE:** Midgets, Minors, and Majors with 8.

**GAME LENGTH:** Midgets: 16 minute, Minors: 18 minutes, Majors: 20 minutes.

**BALL SIZE:** All leagues use a size 4 ball.

**GAME SCORING:** Win = 2 points, tie = 1 point, loss = 0 points. All Minors and Majors games will use a shootout at the end of regulation to break any tie situations.

**SHOES:** Shoes shall not have a toe cleat. Size of the cleats should not protrude more than normal cleats. Boots and heeled shoes shall not be worn.

**CLOTHING:** Knit hats, gloves, pants, jackets may all be worn as long as the team colors are clearly visible.

**JEWELRY:** Watches, bracelets, rings and hanging earrings are not permitted.

**SHINGUARDS:** All players are required to wear protective shingaurds and they must be completely covered by the player's socks.

**SUBSTITUTIONS:** This is a recreational league and coaches are permitted to use unlimited free substitutions during the game. Players may go in at any time as long as the player they are subbing for is not involved in the action. If the player being subbed for gets involved in the action, an indirect kick will be given to the other team.

**GOALIES:** Must wear a different colored jersey than either team and are permitted to use their hands while within the penalty area, unless a teammate has passed the ball to them, in which case the goalie may not use his hands until it is touched by another player. **PENALTY:** Indirect kick **NOTE: No one is allowed to coach or give assistance to the goalkeeper by standing on the end line behind the goalie in the Major League. We will allow this assistance for our other Leagues.**

**STARTING PLAY:** All players must be on their half of the field prior to the ball being touched. The ball is in play when it is kicked and clearly moves. If the ball is played twice by the person who begins play, it will result in an indirect kick for the opposing team.

**DROP-BALL:** After injuries, stoppage of play or dangerous play situations, the ball will be dropped between two players, who then play the ball once it hits the ground. All other players must remain 10 yard back until the ball is kicked.

**OUT OF PLAY:** The entire ball must cross the line for it to be considered out of play.

**SCORING:** The entire ball must completely cross the goal line to be considered a goal. The goalie can back up, or reach back and score a goal for the other team.

**OFF SIDES:** It is not an offence in itself to be in an offside position. It becomes an offence when in the opinion of the referee; the player becomes part of active play by interfering with play, interfering with an opponent, or gains an advantage by being in that position. The player in an offside position may move back on-sides without a penalty being called. There is no offside offence if a player receives the ball directly from a goal kick, a throw-in, or a corner kick. **PENALTY:** Indirect kick awarded to other team, offsides will not be called in Midgets.

**9 MAJOR FOULS:** A direct free kick (a goal can be scored) is awarded to the opposing team if a player commits any of the following offences in a manner considered by the referee to be careless, reckless, or using excessive force.

1. Kicks or attempts to kick an opponent.
2. Trips or attempts to trip an opponent. A slide tackle from the front or side that touches the ball and which causes a player to trip is legal. Missing the ball, thereby causing a player to trip, or coming from behind is illegal. **Slide Tackles will not be allowed at the Midgets level.**
3. Jumping at an Opponent. You can't control your body while it is in the air.
4. Charges an opponent. You are required to play the ball and not intimidate the opponent.
5. Pushes an opponent. You may use your shoulders or hips, not your arms to gain position.
6. Strikes or attempts to strike an opponent. Will also result in removal from the game.
7. Holding. Cannot prevent a player from getting position by using your arms or hands.
8. Handles the ball with hand or arm. Handballs are called when the arms are extended from the body or an obvious attempt is made to gain control of the ball. Players that are protecting themselves shall not be called for handballs.
9. Any unsportsmanlike behavior that is not covered in the rules listed above.

**PENALTY KICK:** A penalty kick is awarded if any of the above offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided that it is in play. The goalie must have both feet on the goal line and remain stationary until the ball is touched. All players will remain outside the penalty area and the designated kicker awaits the referee's whistle to kick. The ball is alive on the kick and free to be played by anyone, except the original kicker until someone else has touched it.

**5 MINOR FOULS:** An indirect free kick (goal cannot be scored) is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offences.

1. Takes more than six seconds while controlling the ball with their hands before releasing it from their possession.
2. Touches the ball again with their hands after it has been released from their possession and has not touched any other player.
3. Touches the ball with their hands after it has been deliberately kicked to them by a teammate.
4. Touches the ball with their hands after they have received it directly from a throw-in taken by a teammate.

**An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:**

1. Plays in a dangerous manner.
2. Impedes the progress of an opponent.
3. Prevents the goalkeeper from releasing the ball from their hands.
4. Commits any offence, not previously mentioned, for which play is stopped to caution or dismiss a player.

**THROW INS:** Used to put the ball in play when it crosses over the sidelines. Both feet must remain in contact with the ground and the ball must pass from behind and then over the top of the head in a continuous motion. Excessive sidespin is not permitted. The player throwing the ball in may not play the ball again until any another player has touched it. **PENALTY:** Other team receives a throw-in (Except in Midgets, where one warning and a demonstration will be given.)

**GOAL KICK:** Used to put the ball in play after the offensive team causes the ball to cross over the goal line. The ball is played from any point within the goal area. Except in Midgets where it will be played from the penalty mark. The ball must cross the penalty area line before it is considered in play. **PENALTY:** Re-kick. The kicker may not play the ball a second time. **PENALTY:** indirect kick.

**CORNER KICK:** Used to put the ball in play after the defensive team causes the ball to cross over the goal line. The ball is placed at the nearest corner and a free kick is given. A goal may be scored on a corner kick. If the ball breaks the plane of the goal line, it is out of play and a goal kick is given to the defensive team. The kicker may not play the ball a second time until another player has touched it. **PENALTY:** Indirect kick

**YELLOW CARD:** A player is cautioned and shown the yellow card if they commit any of the following offences:

1. Is guilty of unsportsmanlike behavior
2. Shows dissent by word or action.
3. Persistently infringes the Laws of the game.
4. Delays the restart of play
5. Fails to respect the required distance when play is restarted with a corner kick or free kick.

**RED CARD:** A player is ejected and shown the red card if they commit any of the following offences:

1. Is guilty of serious foul play.
2. Is guilty of violent conduct.
3. Spits at an opponent or any other person.
4. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball.
5. Denies an obvious goal-scoring opportunity to an opponent moving forwards towards the player's goal by an offence punishable by a free kick or penalty kick.
6. Uses offensive, insulting, or abusive language and/or gestures.
7. Receives a second caution within the same match.