

DAPHNE RECREATIONAL SOCCER LEAGUE
RULES & REGULATIONS
Under 7 (U7) & Under 8 (U8)

I. DURATION OF GAME

- A. Four (4) equal, ten (10) minute quarters (continually running clock)
- B. Two (2) minute break between quarters, and a five (5) minute break at halftime.

II. NUMBER OF PLAYERS

- A. Maximum number of players per side on the field at any one time is five (5).
- B. Maximum number of players on the roster will not exceed twelve (10).

C. SUBSTITUTIONS:

- 1. Injuries
- 2. Goal-kicks, Corner-kicks
- 3. After goal
- 4. Halftime
- 5. Possession on throw-ins,

D. **Each player must play 50% of total game time***,

- E. No goalkeepers. Players may not position themselves or be positioned in their own goal acting as a goalkeeper.

III. PLAYERS EQUIPMENT

- A. Referee must inspect all players equipment before start of the game,
- B. Player is not allowed to use or wear any type of clothing or equipment which is dangerous to her/himself or another player, including any type of jewelry, casts must be heavily padded.
- C. Player must wear shorts, jersey, socks, **shinguards** and shoes (may be soft molded cleat, turf, or tennis shoes),
- D. Socks must be worn completely covering the shinguard.

IV. THE BALL

- A. Size 4

V. THE REFEREE

- A. **Solely responsible for conduct of the game and all calls will be final and uncontested** (any problems or complaints by a coach, parent or spectator shall be forwarded to the Recreation staff at the game or within 24 hours of the game),
- B. All rule infractions shall be briefly explained to the offending player.

VI. COACHES

- A. Coaches **are not** allowed on the field of play.
- B. Coaches must stay in the coaches' area, which is on the sideline where their bench is located.

VII. THE START OF PLAY

- A. Team captain winning the coin toss chooses goal to attack in first half and other team kicks off,
- B. Before signaling for the kick-off, the referee ensures all players are in their own halves of the field and that players from the team that is not kicking-off are outside of the center circle until the ball is kicked,

- C. Ball must not be moving when it is kicked at kick-off, ball must be kicked forward into the opponents half of the field, and the player kicking off may not touch the ball after the initial kick,
- D. In the second half of the match, the teams change ends and attack the opposite goals and the team which won the initial coin toss kicks off.

VIII. BALL IN AND OUT OF PLAY

- A. The ball is out of play when it has wholly crossed the goal line or touch line whether on the ground or in the air or when play has been stopped by the referee.
- B. The ball is in play at all other times, including when it rebounds from a goal post, crossbar or corner flag post and remains in the field of play or it rebounds from either the referee or an assistant referee when they are in the field of play.

IX. METHOD OF SCORING

- A. A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal,
- B. The team scoring the greater number of goals during a match is the winner and, if both teams score an equal number of goals, or if no goals are scored, the match is drawn.

X. OFF-SIDE

- A. No off-side violations will be called by the referee,
- B. The referee will caution any player who remains by the opposing teams goal for an extended period of time and will reward the opposing team a free-kick from the halfway line if the player does not join the movement of play.

XI. FOULS AND MISCONDUCT

- A. A **direct free kick** is awarded to the opposing team for any of the following ten offenses (or any additional offense which the referee considers to be reckless, careless or using excessive force):
 1. Kicking or attempting to kick an opponent,
 2. Tripping or attempting to trip an opponent,
 3. Jumping at an opponent,
 4. Charging an opponent,
 5. Striking or attempting to strike an opponent,
 6. Pushing an opponent,
 7. When making a tackle, making contact with the opponent before the ball,
 8. Holding an opponent,
 9. Spitting at or on an opponent,
 10. Handling the ball deliberately with the hands.
- B. An **indirect free kick** is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following two offenses:
 1. Plays in a dangerous manner,
 2. Impedes the progress of an opponent.

Direct and indirect free kicks are taken from where the offense occurred.

Opponents must be five yards away before the kick is allowed.

No penalty kicks are to be taken.

No free kicks shall be taken by the attacking team within the defending teams goal box.

XII. THROW-IN

- A. All players must attempt to throw the ball in. If incorrectly thrown-in, the referee will instruct the player as to the correct procedure and a second throw-in will be allowed. The same player must make the second attempt. The second throw-in will resume play regardless of correctness.

XIII. GOAL KICK

- A. A goal kick is awarded when the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with the Method of Scoring,
- B. The ball is kicked from any point within the goal area by a player of the defending team and the kicker may not play the ball a second time until it has touched another player,
- C. Opponents must remain five yards away from the kicker until the ball is in play,
- D. If, after the ball is in play, the kicker touches the ball a second time before it has touched another player, an indirect kick is awarded to the opposing from the place where the infringement occurred.

XIV. CORNER KICK

- A. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with the Method of Scoring,
- B. If, after the ball is in play, the kicker touches the ball a second time before it has touched another player, an indirect free kick is awarded to the opposing team from the place the infringement occurred,
- C. A goal may be scored directly from a corner kick, but only against the opposing team,
- D. The opposing player must remain five yards away from the ball until the ball is in play.

*** The only exception to the 50% playing time rule is in the event that a player does not attend any designated practices prior to a game without prior notification given by the parent to the coach of the reason for the absence. All coaches should notify parents at the beginning of the season that attendance at practice is necessary. If a player does not attend designated practices, that player shall be allowed to play at least 25% of the game period.**

- Opposing coaches and players will shake hands after each game.

- Parents, Coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the players.

- **No arguing or insulting will be tolerated before, during or after any game. Coaches shall not, at any time, argue with or confront a referee, fellow coach, player or spectator in an angry or aggressive manner regardless of the circumstance. A violation of this rule will result in a verbal warning from the referee or Recreation staff member, and, if further action ensues, the coach will be asked to leave the playing area (Red carded)**

- No alcoholic beverages will be allowed at the Trione Sports Complex or any of the designated practice areas.

- **Coaches and parents shall not, at any time, allow any players or spectators to climb, jump or hang on the soccer goals or abuse any of the Recreation Department equipment.**

Any suggestions to improve the quality of our recreational soccer league are welcome and should be forwarded to the Daphne Recreation Department Athletic Division staff at 621-3703.

Rainouts will not be rescheduled unless a team has more than one game rained out

IMPORTANT: Weather pagers: 568-1613 or 568-0472

Coaches please use these numbers to find out if a game has been rained out. The messages will be updated by 4:00 pm on each game day that there is a threat of bad weather. Please ask the parents not to call the office about the status of games. You are welcome to hand out these numbers to all the parents on your team.