



LUKESPORTS - Soccer Rules and Safety Tips

Overview and Expectations

- Players will be at the fifth, sixth, seventh and eighth grade level.
- Teams must consist of a minimum of 12 players and a maximum of 25 players.
- See LUKESPORTS Calendar for game times and location.
- Games will start on time and will be played on scheduled dates. Teams may warm-up on half of the field up until five minutes before game time.
- The first two games will allow teaching opportunities for the referee (at his / her discretion) to instruct players when an infraction occurs. This may be instruction only, a second “chance i.e. second attempt at a throw in”, etc....
- The LUKESPORTS soccer league is co-ed. Additional rules and or guidelines will be levied if all schools do not strictly embrace the spirit of fair play and co-ed play. Note: Three girls must be on the field at all times for each team.
- The League will decide on the size and type of the goals based on funding, storage, liability, availability etc...

Playing Rules

A. Players

- 1) A game is played between two teams consisting of 11 players each. A forfeit will result when a team cannot field 11 players.
- 2) Only players appearing on the official team roster form are to be counted as players. This form is to be completed before the first game of the season and verified by the league.
- 3) Mandatory Play Rule: All players will play a minimum $\frac{1}{2}$ game. Failure to abide by this rule will result in a forfeiture of that game.

B. Playing Fields

- 1) The outer dimensions of the playing field will be approximately 70x40 yards.
- 2) The inside dimensions of the playing field will be as follows;
 - a) Penalty Area 30x12
 - b) Goal Area 14x4
 - c) Penalty Kick 12 yards
 - d) Goal Dimensions, width 6 yards, height 6 feet

- 3) The LUKESPORTS league director and/or referee will determine in advance or during a game if in-climate weather would prevent, post-poned, delay, or cancel a scheduled game. Head coaches should prepare and transport teams to the game regardless of weather conditions unless they receive a call from the LUKESPORTS league director or advised otherwise by local officials.
- 4) In the event of a rained out game, the game will be rescheduled for the following Saturday, Wednesday, Friday or moved until later in the season. If it cannot be made up then it will be canceled.
- 5) If it is at least 40 degrees and dry at game time the game will be played, if it is 45 degrees and raining the game will be played

C. Equipment

- 1) **Game Ball:** The league will use a size 5 ball.
- 2) **Game Uniforms:**
 - a) All team members must wear the same color jersey.
 - b) All jerseys will be numbered on the back, for proper identification by officials and statisticians. Jerseys must always be tucked in.
 - c) All players must wear shin guards covered with socks. Shin guards must be a commercially manufactured product specifically designed for the purpose. Homemade products will not be allowed, and players may not participate with improper equipment.
 - d) Rubber cleats, rounded all purpose and or soccer cleats must be worn.
 - e) Girls must wear a supportive undergarment / sports bra.
 - f) The goalkeeper shall wear a shirt of a different color from his teammates, the referee, and his opponents, and does not require a number.
- 3) **Eye Glasses:**
 - a) Eye glasses, when worn, shall be of athletically approved construction with non-shattering glass (safety glasses) with securing strap.
 - b) Contact lenses may be worn.
- 4) **Prohibited Equipment:**
 - a) Spiked or street shoes as well as football cleats.
 - b) Hard metal or any other hard substance on a player's clothing or person (watches and jewelry).
 - c) Any equipment, in the opinion of the referee that will endanger or confuse players.
 - d) Players cannot make political or other statements with arm bands etc.

D. Referees

- 1) There will be at least one referee appointed prior to the game by the league.
- 2) The league may assign more than one referee per game.

- 3) Each game official will blow a whistle when an infraction occurs. Sideline officials will use flags to indicate when ball is out of bounds and will help determine offside infractions.
- 4) Referees determine incidental contact that may result from normal run of play.
- 5) Red and yellow cards will not be used. However, referees may eject players who exhibit un-sportsmanlike conduct.

In the event a player or coach is ejected they have 60 seconds to leave the field and or gymnasium. A coach or school administrator must leave with player(s) who have been ejected. If the player and or coach does not leave the field or gymnasium within 60 seconds of the ejection the game will be forfeited and the opponent awarded a win and or the coach will be banned from participation with LukeSports.

E. Rules of the Game

- 1) **Players:** The free substitution rule is always in effect and a player may enter the game any time the ball is dead by notifying the referee.
- 2) **Captains:**
 - a) Each team will have at least one captain on the field at all times during the game.
 - b) The captain will address the referees only on matters of interpretation and to obtain information.
- 3) **Time:** There will be
 - a) Two 30-minute halves. These may be adjusted as field conditions and weather dictate.
 - b) Five minutes between halves
 - c) Regular season games that end in a tie will be considered a tie.
 - d) Championship(s) / Playoff(s) - If the game is still tied the referee will conduct a 5 penalty kicks round. If there is no winner after that then there will be a one-penalty kick round until a winner is determined.
- 4) **Kickoffs:**

Each half will start with a kickoff from mid-field.

 - a) The referee will call the team captains together for a toss of a coin to decide who kicks off.
 - b) After a goal is made the ball will be placed at mid-field for kick off by the other team.
- 6) **Use of Hands:**
 - a) A player is not allowed to handle a ball. This includes using any part of the body from the tips of the fingers to the shoulder. A ball that is kicked and hits a player's hand or arm is not a handball. The referee must use his / her judgment in determining whether or not a handball was accidental contact or a purposeful attempt to gain an advantage.

b) Goalkeepers cannot pick up a pass that came directly from one of their teammates. In this case, the goalkeeper must use his feet. Infraction of this soccer rule will result in an indirect kick from the point of the infraction.

7) Throw- ins:

a) A throw-in is taken when the ball crosses a sideline and leaves the field.

b) Players must keep both feet on the ground while throwing the ball in with both hands over the head.

8) Corner Kicks and Goal Kicks:

a) A corner kick or goal kick is taken when the ball leaves the field across the end line. If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick.

b) The goal kick is taken from anywhere inside the goalie box and can be taken by any player.

c) The corner kick is taken from the corner nearest to where the ball left the field.

9) Direct and Indirect Kicks:

a) On a direct kick you can score by kicking the ball directly into the goal.

b) On an indirect kick you cannot score. Another player must touch an indirect kick before it can go into the goal.

10) Penalty Kick:

a) A penalty kick results from a contact foul or handball by the defending team within the penalty area. The ball is placed on the penalty spot, 12 yards in front of the center of the goal.

b) All players must remain outside the penalty area and the penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked.

c) If after the ball is kicked, it rebounds off of the goal or the keeper and stays on the field, the ball is “live” and anyone can play it.

11) Two - touch Rule:

A player cannot touch a ball twice when putting it into play. This rule also applies to throw-ins.

Drop Ball

a. When the ball is caused to go out-of-bounds by two opponents simultaneously.

b. b. Following a suspension of play for an injury or other situation in which no team has clear possession of the ball.

c. A foul by both teams occurring simultaneously.

The spot of the drop ball is where the ball becomes dead unless this is in the goal area, in which case the spot is the nearest point on the goal line in the field of play.

12) Offside:

- a) An offensive player cannot be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper.
- b) The offside rule applies when the ball is kicked, not when the player receives the ball.
- c) A player cannot be offside on a corner kick, goal kick, or throw-in.

13) Game Termination/ Slaughter Rule:

- a) If a team is leading by 7 goals the game will be called / stopped unless the opposing team desires to play on.

G. Injured Players

- 1) Once removed from a game because of injury a player must sit out at least two minutes.
- 2) A player must have all cuts, scratches, or any blood completely covered before re-entering a game.
- 3) If the site director or head official indicates that a child is injured and should not play, the game can be stopped and the child taken out.
- 4) When a player is injured, all players currently on the field must take a knee.

H. Penalties

- 1) It is recommended that the game official explain all infractions to the offending player.
- 2) Harassing the Goalkeeper:
 - a) When the goalkeeper has taken possession of the ball within his own penalty area, opposing players are required to move away so as not to interfere with putting the ball into play.
 - b) Opposing players shall not touch the ball until it has left the penalty area.
 - c) PENALTY: For any infringement of this rule an indirect free kick shall be awarded at the spot of the infringement.
- 3) A goalkeeper shall be penalized for handling the ball intentionally passed to him from the feet of a teammate.
 - a) A goalkeeper punts the ball and strikes an opponent in the penalty area- indirect free kick to the goalkeeper's team at the spot of contact.

- b) A goalkeeper punts the ball and strikes an opponent in the penalty area, and the ball rebounds into the goal - Goal, the ball is in play.
- c) The goalkeeper dribbles the ball and then picks it up- this is a second possession infringement, an indirect free kick shall be awarded to the opposing team at the spot of the infringement.
- 4) A contact foul or a handball determined by the referee will result with the opposing team taking a free direct kick. Un-sportsmanlike conduct will also result with a free direct kick.**
- 5) A penalty kick results from a contact foul or handball by the defending team within the penalty area. The ball is placed on the penalty spot, 12 yards in front of the center of the goal.**
- 6) Slide Tackling is strictly prohibited. This will result with a player sitting out for a 10 minute of play.**

Safety Tips

- 1) Asthma: Make sure children always have their asthma pumps at practice and games.
- 2) Hydration: Keep water available and make sure children are drinking throughout practice and games. Dehydration can occur in both warm and cold weather.
- 3) First Aid and Safety Kit: Always have a first aid and safety kit available and have an emergency action plan prepared.
- 4) Health Checks: Make sure players have a physical and are in suitable shape to participate in athletic events.