

# 2008 Rules for Tonka United Recreational League

(1.28.2008)

The purpose of the Tonka United recreational league is to provide an opportunity for young players and their families to have fun and learn about soccer. The objective at practice and in each game is to teach and encourage young players.

People ask how our program is different from “real soccer”. In an international adult soccer game, teams of eleven players (including the goalkeeper) play for ninety minutes (two continuous 45-minute halves) on fields up to 120 yards long. Each player plays the entire game, allowing only two substitutions. (Once a player is replaced, they cannot reenter the game). A player “sent off” for a serious foul is not replaced (the team plays short for the balance of the game) and is not allowed to play in one or more additional games.

At Tonka United, we have small teams playing “small sided” games (fewer players on the field) to give players more of an opportunity to “touch the ball”. All players should play about the same amount of time in each game. Players should have an opportunity to play in each position. **This is a no score-no standings-NO PROTEST league, this rule applies to coaches, players, parents & spectators.**

Although our rules are based on the FIFA (international) laws of soccer, they are modified to establish an environment for healthful, fun recreation and to create opportunities for every player to be successful.

## ***POINTS OF EMPHASIS ARE IN BOLD PRINT.***

### **The Ball:**

- # 3 soccer ball for K, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> graders boys and girls.
- # 4 soccer ball for 4<sup>th</sup>, 5<sup>th</sup> grade boys and girls.
- # 4 soccer ball for 6<sup>th</sup> / 7<sup>th</sup> grade boys and girls
- # 5 soccer ball for 8 / 9<sup>th</sup> grade boys and girls

Each team should have 1 game ball (provided by TUSA) and 3 good balls for games. (Encourage all players to bring inflated balls for warm up).

### **The Field: (field sizes are approximate)**

Girls Kindergarten,	(4 v 4)	30 x 20 yards
Girls 1 <sup>st</sup> grade	(4 v 4)	30 x 20 yards
Girls 2 <sup>nd</sup> - 5 <sup>th</sup> grade	(6 v 6)	50 x 30 yards
Girls 6 / 7 <sup>th</sup> grade	(7 v 7)	65 x 45 yards
Girls 8 <sup>th</sup> / 9 <sup>th</sup> grade	(7 v 7)	65 x 45 yards
Boys Kindergarten,	(4 v 4)	30 x 20 yards
Boys 1 <sup>st</sup> grade	(4 v 4)	30 x 20 yards
Boys 2 <sup>nd</sup> – 5 <sup>th</sup> grade	(6 v 6)	50 x 30 yards
Boys 6 <sup>th</sup> /7 <sup>th</sup> grade	(7 v 7)	65 x 45 yards
Boys 8 <sup>th</sup> / 9 <sup>th</sup> grade	(7 v 7)	65 x 45 yards

### **Field Of Play:**

The fields are marked with “goal lines” at the ends and “touch lines” at the sides. A “halfway line” crosses the center of the field, and a “center circle” marks the center. At each end of the field is a penalty area. K – 1<sup>st</sup> grade fields, the penalty area line extends from touchline to touchline and shall be 5 yards out from the goal line. 2<sup>nd</sup> – 9<sup>th</sup> grade fields the penalty area shall be marked with a 5 yard and a 10 yard penalty box out from the goal line. A Penalty mark shall be placed 10 yards from the goal line directly in front of the goal.

All of the above lines are part of the area that they delineate. For example the touchline (at the side of the field) is part of the field. The ball is not “out” until the ENTIRE ball crosses the ENTIRE touchline. Similarly, the ball is considered inside the penalty area until the ENTIRE ball is outside the ENTIRE penalty area.

A one-yard arc is marked in each corner of the field and is used for corner kicks.

### **Number Of Players on the Field:**

- Kindergarten and 1<sup>st</sup> grade play with four players (three players plus the goalkeeper).
- 2<sup>nd</sup> grade through 5<sup>th</sup> grade play with six players (five players plus the goalkeeper).
- 6<sup>th</sup> grade through 9<sup>th</sup> grade play with Seven Players (six players plus a goalkeeper )

If one or both teams have fewer than the above number of players, make the best game you can (have fun). Players may be placed in any arrangement deemed suitable by the coach.

- For 4 v 4 ideal formation is  
Left midfield, Right midfield, Forward and Goalkeeper.
- For 6 v 6, ideal formation is :  
Goalkeeper Left defense / Right defense / Central midfield, Right forward / Left forward
- For 7 v 7 ideal formation is :  
Goalkeeper /Right defender / Left defender / Central midfield / Right midfield / Left midfield  
Striker

### **Substitutions:**

- ***Teams are allowed unlimited substitutions. No on The Fly Substitutions***
- The Referee must be notified and invite the players onto the field before the substitution is allowed (the referee will probably wave off substitutions in the last two minutes of a quarter).
- **Both teams** may substitute only on the following :
  1. Goal kicks.
  2. Throw –In’s.
  3. After a goal is scored.
  4. When play is stopped for an injury or if a player is ejected.

### Players Equipment:

- Tonka United team uniforms must be worn; no look-alike T-shirts should be used.
- All players must wear shin guards and socks that entirely cover them.
- **No jewelry** is allowed such as bracelets (including fabric bands), watches, neckwear, earrings (including small studs), hair ornaments containing metal or hard plastic. Prescription glasses are permitted if secured with straps.
- Goalies must wear a jersey or T-shirt of a color different from either team playing.
- Tennis shoes (not slip-on shoes) are acceptable, turf shoes are optional. Hats are not permitted by field players, although a goalkeeper may wear a hat with an approved soft bill. However, this is not recommended.

### Referees:

- There is no referee for kindergarten and first grade.
- All others will have referees. The referee may request a parent line person from each team.
- Referees will determine if field and weather conditions permit play.
- All decisions of the referee shall be final.

### Coaches and Spectators:

- Kindergarten -1<sup>st</sup> grade shall have one coach from each team on the field to guide and teach the players and control the game.
- ***Coaches are not allowed on the field for all other age groups except when invited by the referee.***
- **Both teams will be located on one side of the field and spectators on the opposite side. Coaches must remain inside coaching box during play except in the case of injury.**
- No coaches or spectators will be behind the goal lines.
- **No criticism or abuse of the referees is allowed.**
- If coaches, players or spectators are abusive, obnoxious or unruly, the referee shall suspend the game until the inappropriate behavior stops or the violators leave the field. If the violators refuse to leave the field, the referee will terminate the game.
- Spectators, players and equipment (bags, cooler, etc.) must remain at least one-yard from the touchline. Coaches may be in this area, but must be aware of, and move out of the way of, line people and players.

### Duration of Games:

Kindergarten & 1<sup>st</sup> graders: Four 10 minute quarters of running time. There shall be 2 minutes between quarters and 5 minutes between halves. Alternate the team kicking off each quarter.

***Boys and Girls grades 2<sup>nd</sup> -5<sup>th</sup>: Four 12 minute quarters of running time. There shall be 2 minutes between quarters and 5 minutes between halves.***

***Alternate the team kicking off each quarter.***

***Boys and Girls grades 6 / 7<sup>th</sup>, 8<sup>th</sup> / 9<sup>th</sup>: Two 25-minute halves with a 5 minute halftime.***

Tie games will stand, there will be no over time.

Changing game length: The game length may be shortened for reasons such as rain, heat, etc. at the referee's discretion. Ideally, each period will be shortened equally and the coaches will be advised prior to start of play. ***Additionally, during extreme heat and upon agreement of both coaches and the referee, one additional water break may be taken during each quarter. For those age groups playing halves, two additional water breaks may be taken.***

### **Pre-Game Conference:**

Coaches (and referees, for 2<sup>nd</sup> grade up) meet before the start of the game to introduce themselves and to ensure that there is consensus regarding the number of players, length of game, throw-in rules, etc.

### **The Start of Play:**

- Coaches choose a captain before each game (every player should have an opportunity to be captain). The captains from each team meet at the center of the field with the referee (or coaches for K-1). The referee tosses a coin or chooses a number between 1 & 10 with the visitors choosing.
- The winner of the toss chooses the side of the field they wish to defend only. The loser of the coin toss kicks off first.
- The ball is placed at the center of the field. Players on both teams must stay on their own (defensive) half of the field and players on the team not kicking off also must stay out of the center circle until the ball is kicked (touched by the kicker's foot).
- If players encroach, the rule is explained and the kickoff is retaken without penalty.
- To start play, the ball is kicked and must be touched forward or if it travels backward, the rule is explained and the kickoff is retaken without penalty.
- The player kicking off cannot play the ball again until another player of either team has played it.
- If the two touch rule is violated (after the ball been touched forward), an indirect kick is awarded to the receiving team at the point the ball was played the second time.
- A goal can be scored directly from a kickoff.

### **Ball In And Out of Play:**

- The ball is considered out of play if it crosses completely over the goal line or over the touchlines.
- A ball that bounces off of a goal post or cross bar remains in play. A ball that bounces off of the referee remains in play.
- "Touched" is used in the descriptions below, not "played". For example, if a red player kicks the ball and it touches a blue player before crossing the line, the ball is awarded to the red team.
- The ball, when out of play, will be put into play in the following manner:

#### **Throw In:**

- When the ball crosses the touchline (on the ground or in the air), a throw in will be awarded to the opposing team of the player that last touched the ball. Note that it is the position of the ball, not the player, which is significant. A player may be outside the touchline and play the ball, or play the ball while in the air and land outside the touchline. It is the ball that must be out.
- The throw in must be performed as follows:
- The ball must be thrown from behind and over the head with both hands at time of release.
- Both feet must be on the ground and on or behind the touch line when the ball is released.
- The player making the throw may not play the ball again until another player (on either team) has touched the ball.
- If the ball is thrown but does not enter the field, the throw in is retaken without penalty.
- A ball that enters the field and then leaves the field without touching anyone is awarded to the non-throwing team.
- Opposing players must stand at least 2 yards back from the point at which throw-in is taken.

### **Age group guidelines:**

**Kindergarten -1<sup>st</sup> grade:** A dribble-in per the following instructions occurs. For younger age groups, a throw-in may be replaced by a dribble-in. To accomplish a dribble-in, the player whose team gains possession of the ball places the ball on the touchline where the ball originally exited the field of play and dribbles the ball back into play. The ball is immediately in play once it is touched. No defender may be within 5 yards of the ball at the start of the dribble-in.

**2<sup>nd</sup> – 4<sup>th</sup> grade:** If the first throw, is done incorrectly, **the referee will explain what was wrong, demonstrate a proper throw in, and allow the player a second try. If the second throw is done incorrectly, the throw-in will be awarded to the opposing team.**

**5<sup>th</sup> grade and older:** If the first throw, is done incorrectly, **the referee will explain why and the throw in will be awarded to the other team.**

### **Goal Kick:**

- A goal kick is awarded to the defending team when an attacking player is the last to touch the ball before it passes over the goal line (and a goal is not scored). The following rules apply to the goal kick.
- The ball is placed on the ground on the 5 yard line and is kicked into play by the defending team. All attacking players must be outside of the penalty area. Once kicked, the ball must travel outside of the penalty area before any player can touch it.
- Any player on the defending team may take the kick – including the keeper. The kicking player may not play the ball again until another player touches it.

### **Corner Kick:**

- A corner kick is awarded to the attacking team when a defending player is the last one to touch the ball before it passes over their own goal line (and a goal is not scored). It is awarded to the attacking team. The following rules apply to the corner kick:
- The ball is placed entirely within the corner arc on the same side of the field as the ball went out of play.
- The kicking player may not play the ball again until another player touches it.

**Defending players must give 5 yards clearance for all other grades.**

### **Method of Scoring:**

- A goal will be awarded when the ball passes underneath the cross bar between the goal posts and completely over the goal line, if no rule violations have been committed.
- If the ball is in play, a goal is awarded to the attacking team regardless of how the ball crosses the goal line.
- A goal can be scored from field play as well as directly from a corner kick, kick-off and goal kick.
- After a goal is scored, the game is restarted by a kickoff at the center of the field by the defending team.

### **Fouls and Misconduct:**

The following fouls result in an **indirect free kick** awarded to the opposing team of the player on which the foul was called.

- Offside (described below).
- Dangerous Play (include high kicks, sliding tackles, playing the ball while on the ground and any type of play that in the opinion of the referee may endanger the offending player or another player).
- Impeding (Obstruction) Intentionally obstructing a player to prevent them from playing the ball.
- Charging (running into an opponent).
- Playing the ball a second time before it is touched by another player, following a kickoff, free kick, or corner kick.
- **5<sup>th</sup> grades & older:** Keeper touches the ball with their hands after an intentional pass from a team mate (not a foul for 4<sup>th</sup> grade and younger). The kick is taken from the 5 yard line.

The following fouls result in a **direct free kick** awarded to the opposing team of the player on which the foul was called.

- Pushing an opponent.
- Kicking or attempting to kick an opponent.
- Tripping or attempting to trip an opponent.
- Jumping at an opponent.
- Spitting or swearing at an opponent (The player will be sent off with no warning).
- Hitting or swinging at an opponent.
- Holding or pushing an opponent.
- Intentionally playing the ball with the hand intending to gain an advantage. If a player is “intentionally” trying to protect themselves the fouls shouldn’t be called unless a clear advantage is gained.
- A player may be sent off for spitting or swearing, or for other serious foul play or persistent infringement of the rules. The player may be immediately replaced by a substitution. The player sent off may not play for the balance of the game.

### **Advantage:**

The referee will use the “advantage rule” whenever appropriate:

- If the referee feels that the team that would be awarded a free kick would be placed at a disadvantage by stopping play, the referee will hand-signal “advantage” and yell “play on”.
- Players should never stop play as a result of something they observe—they should continue until they hear a whistle.
- Once the referee applies the advantage rule, the foul cannot be called even if the advantage does not develop.
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At times, the referee may signal advantage or say “play on” when no foul has occurred just to make it clear to players that play should continue.

### **Offside:**

An attacking player in the opponents half of the field is in an “offside position” if there are not two defending players (including the goalkeeper) even with the player or closer to the goal line. A player in an “offside position” is “offside” if the ball is played forward by a teammate and the player in the offside position is involved in the play. A player cannot be offside if receiving the ball from a throw in, goal kick or a corner kick.

**Kindergarten-4<sup>th</sup> grade:** Offside will **not** be called unless an attacking player is “camping” in the penalty area. The referee will warn the player and coach and call the next violation after the warning. If a goal is scored by a player who is blatantly offside, the goal should be disallowed and an indirect free kick awarded to the defending team.

**5<sup>th</sup> grades up:** ***Offside will be enforced from the beginning of the season.***

An indirect free kick is awarded the defending team at the point where the player was in the offside position.

### **Free Kicks:**

- A free kick is awarded for certain violations
- The ball is placed on the ground at the point where the violation occurred.
- Players must wait until the referee indicates (by whistle, word or motion) that the kick may proceed.
- Any player may kick the ball.
- **The opposing team must give 5 yards clearance for all grades.**
- The ball must be touched forward before being played by another player.
- The kicking player may not play the ball until it is touched by another player.

There are two types of free kicks, direct and indirect:

### **Direct Free Kick:**

- A goal **can** be scored directly from a direct free kick.

### **Indirect Free Kick:**

- A goal **cannot** be scored directly from an indirect free kick. On an Indirect Free Kick, if a ball is shot directly into the goal without it touching another player of either team, the restart is a Goal Kick for the defending team.
- The referee will raise an arm straight up into the air to indicate that the free kick is an indirect free kick, and lower the arm when the ball has been touched by another player to indicate that a goal can now be scored.
- If the foul was committed within the penalty area.  
The ball is moved to the penalty spot.

### **Penalty Kick (PK):**

- If any of the fouls that would result in a free kick are committed by a defensive player in their own penalty area, a penalty kick shall be awarded.
- The ball shall be placed on the penalty spot indicated on the field, if in the event of no penalty marking on the field, the ball shall be placed 10 yards out directly in front of goal.
- **2<sup>nd</sup> grade – 4<sup>th</sup> grade . In-direct kick is awarded.**
- **5<sup>th</sup> grade and above . Direct kick is awarded.**