

# Cresco Park & Rec. Soccer Rules and Regulations

## Games Lengths

2 - 10 min halves with a 3 min half time (teams switch field sides after halftime) (K-1)

2 - 20 min halves with a 3 min half time (teams switch field sides after halftime) (2-3) & (4-5-6)

## Game Play

7 v 7 for K-1 and 2-3 age levels.

9 v 9 for 4-5-6 age levels.

## Coaches/Referee

Team Coaches are to referee with opposing team coach and rotate subs in during the game. Teams should rotate players for both teams at the same time. Take moments to teach the game, make it fun and have fun yourself. If coaches are unsure of a rule, they can stop the game and ask for clarification from the Park & Rec. Manager and or Staff, then resume game.

**\*\*Coaching a Park & Rec program will give you an amazing opportunity to connect with your child, your child's classmates, your child's classmates' parents and the community. We DO NOT expect our volunteer Coaches and Referees to be perfect and understand every little detail of the game. Our purpose of the Park & Rec is to teach and create interest in activities, for children and adults alike. \*\***

## Regular Season

Teams may allow other players to substitute only if needing to create the 7v7 or 9v9 game play. Players CAN NOT play down to substitute. Any substitutes playing up must be approved by the players parents/guardian and communicated to the Park & Rec Manager.

## Playoffs/Championships

Teams are ONLY to play children from posted Roster. If a 7v7 or 9v9 cannot be obtained, play can continue with a min. of 5v5 or 7v7, if this cannot still not be obtained a substitute(s) may be awarded but only if both teams agree on subs and that it has been fully communicated with the Park & Rec Manager.

## Out of Play

When a ball is "out of play," on the ground or in air, the referee stops the game and the team that didn't touch the ball last before it went out is awarded a throw-in to restart the game.

*NOTE:* If the ball is on the white line, it is still considered "in" there must be green between the boundary line and the ball to be considered "out."

## Throw-Ins

The player who does the throw-in will launch the ball from behind and over their head with both feet planted on the ground, resuming gameplay. Once the throw-in is complete, the player receiving the ball can then go on to dribble, pass, or shoot the ball per the regular rules of the game. Notably, throw-ins only happen along the sidelines

## Goal Kicks, Corner Kicks

When the ball goes out of bounds along the shorter sides of the field, or the goal lines, a corner or goal kick is awarded.

**Corner Kicks** - If the defending team was last to touch the ball before it went out, a corner kick is awarded to the attacking team. Corner kicks are taken from the corner of the field nearest to where the ball went out.

**Goal Kicks** - If the attacking team was the last to touch the ball, a goal kick is given to the defending team. Goal kicks are taken from within the defending team's six-yard box.

## Goalie Rules

Goalkeepers have distinct rules and responsibilities that set them apart from other players on the field. This includes taking goal kicks and the ability to use their hands to save or block from the opposing team while they're in the goalie

box. But it's important that goalies don't touch the ball with their hands outside of the goalie box, as that would result in a penalty kick for the opposing team.

**Offsides** (will not be enforced for K-1 but should be given the warning of infraction)

A player is considered offside if they are closer to the opponent's goal line than both the ball and the last defender (excluding goalie) when the ball is passed to them. When the offside rule is called, play is stopped, and the opposing team is awarded an Indirect Free-Kick from the spot where the offside offense occurred.

### **Handball**

If a player intentionally handles the ball with their hands or arms, a handball offense is called, and the opposing team is awarded an Indirect Free-Kick or a Free-Kick (penalty kick). If the ball accidentally grazes a player's arm or hand, the opposing team gets an Indirect Free-Kick. But for glaring handball infractions, the other team may get a Free-Kick (penalty kick).

### **Two Touch Rule**

The Two-Touch rule means that when a player is restarting play, they CAN NOT touch it twice in a row.

For example, if a player is performing a throw-in, they can't be the next person to touch the ball, it must be a teammate or opponent (this prevents "passing" to yourself). If your player doesn't follow the two-touch rule, the opposing team is rewarded with an indirect free kick.

### **Indirect Free Kicks, Direct Free Kick, Penalty Kicks**

**Indirect Free Kicks** - When triggered by a minor foul, it results in an indirect free kick, where the ball MUST be touched by another player before it can go into the net.

**Direct Free Kick** - When triggered by a more serious foul, it leads to a direct free kick. These can be kicked directly into the net from the free kick if close enough to the goal

**Penalty Kicks** - When a defending player commits a foul inside their own penalty area, such as a foul on an attacking player that denies them a clear goal-scoring opportunity, a penalty kick is triggered. During a penalty kick, only the player and the goalie remain inside the penalty area until the ball is kicked, and gameplay resumes as normal after the kick.