



7th through 12th Grade Coed TRAVEL SOCCER LEAGUE RULES

1. Number of players:

Rosters will consist of 12-16 players. Games will be played 11 vs. 11. **One player will be the goal keeper. A minimum of 3 girls must be on the field at all times.** When necessary, teams may play using fewer players but teams must have equal number of players on the field during the game.

2. Game time:

Games will consist of two twenty-five (25) minute halves, with the clock running continuously. There will be a 3-minute half time.

3. Start of play:

The start of the game will commence with a kickoff. A kickoff is when the ball is kicked from the mid-point of the mid field line. The ball is in play when it has been kicked forward past the midline—the ball cannot be kicked backwards. Opponents must be outside the circle during the kickoff. The kickoff must touch another player before it goes into the goal. A player cannot pass the ball to himself (two kicks in a row) to start play. The officials will flip a coin to determine a team to kick off at the start of the game. Whichever team does not win the coin toss will get to pick what side of the field they would like to defend for the first half. The teams will change goals at half time.

4. Substitutions:

Substitutions must be done on a team own throw in or after a goal is scored by any team. Coaches must attempt to distribute playing time equally.

5. Player's equipment:

Goalkeepers must wear colors that will distinguish them totally from other players (the shirt will be provided). Plastic or rubber cleats may be worn but are not necessary. Shin guards are required. No jewelry allowed.

6. The officials' authority commences upon entering the field of play. Coaches may not be on the field.

7. Fouls and misconduct:

A direct free kick (not required to touch another player before going into the goal) will be awarded to the opposing team if a player kicks, pushes, trips, strikes, jumps toward, holds, or violently charges an opposing player, or handles the ball. Any intentional foul committed, as judged by the official, will result in a two minute benching penalty of that player. Offenses of obstruction, charging, dangerous play, and unsportsmanlike conduct shall be penalized by an indirect kick (must touch another player before going into the goal.)

8. Violent conduct or serious foul play:

If the official judges that a player is guilty of violent conduct, that player may be removed for the remainder of the game and/or the next scheduled game.

9. Goal Kick:

When the ball crosses the goal line completely after being touched by a player from the offensive team, the ball is put into play by a free kick from the goal area by any player on the defending team. Ball must clear the penalty box before being touched by another player.

CONTINUED ON BACKSIDE

10. Corner Kick:

When the ball crosses the goal line completely after being touched by a player from the defending team, the ball is put back into play by a direct kick from the offensive team at the corner mark closest to where the ball went out.

11. Penalty Kick:

Fouls and violations occurring in the penalty box will result in a penalty kick. The penalty kick is taken by placing the ball on the designated spot on the field, (10 yards from the goal line). All other players except the goal keeper are outside the penalty area. When the ref, blow their whistle the kick will be taken by a shooter who can only touch it once with the goal keeper on the goal line. Once the ball is struck, all players may advance on the ball from outside the penalty area.

12. Throw in:

When the ball completely crosses the sideline, the ball will be put back into play by the team who did not touch the ball last prior to it crossing the sideline. The ball will be held over the head and thrown in with both hands over the head and both feet on the ground behind the sideline at the point where the ball crossed out of bounds.

13. Use of Hands:

Players may not contact the ball with the hand (defined as any point from the point of the shoulder down to the tips of the fingers) with the exception of the goalie that may pick up the ball within the penalty box. The penalty for a hand ball will be a direct free kick for the opposing team from the point of violation.

14. PLEASE NOTE: This a recreational league, designed for participants to have fun playing soccer in a non-competitive atmosphere.

