

Haverford Soccer Club – 2022 Fall Intramural Rules

General Rules

- **Coaches are responsible for keeping the game FUN!**
- The coaches may make the league as competitive as they can, as long as FUN comes first
- All rules are in accordance with Eastern PA Youth Soccer unless noted
- All teams shall report to the assigned field fifteen minutes prior to the scheduled start
- All players shall wear shin guards and appropriate footwear as well as be free of jewelry. New piercings that cannot be removed should be covered with a bandaid
- Opposing coaches and players should shake hands after each game
- No alcoholic beverages will be consumed or allowed near the playing area
- In the absence of a referee, a coach or parent (one) shall monitor play. If either coach feels that the game cannot be played safely without a licensed referee, the game should not be played or should be abandoned
- Players shall play at least 50% of the game
- **NEW National Rules – there is no heading for any players playing soccer if they are U11 years and under!**
- Teams should only have a maximum of 2 coaches on the sideline
- Parents should not be behind the goals and should stand on side opposite the players and coaches

If you are short players:

- If one team is short players, the coach with more players shall offer a group to the other coach who can pick some of them to fill the team
- If both teams are short, you may play with less players, pull goals forward, make a game of it, but only if the sum of both teams is too low to play the intended game size
- A team should always have at least one sub
- If teams are playing short, all players EXCEPT ONE SUB must be on the field.

Mercy Rule:

1. At a 4 goal differential, the losing coach must add a player and inform the Referee
2. At a 6 goal differential, the leading coach must pull a player and inform the Referee

The leading coach is responsible to ensure the goal differential does not exceed eight (8) If you've implemented steps 1 and 2 and are still leading by a large margin, here are some suggestions for adjustments -

- Take your main scorer out or put him/her in goal
- Make a pass limit before shooting (ex. complete 10 passes before shooting)
- Take main goal scorers off or move them to defense position
- Make additional rules for your players (ex. score by non-dominant foot)
- Include all players in gameplay (very experienced and new to the sport- if an experience player seems to get more time, make a change and allow others more game play)
- Lend strong players to the weaker team

If the differential exceeds 8, the referee will end the game. Teams will be asked to mix players and coaches 50/50 and resume as a scrimmage as time allows. Competition is something HSC values but we also want to make sure we are conducting our programs in fair play, sportsmanship and teamwork. Both coaches shall strive to preserve the dignity of all players! **In the event of an unavoidable lopsided final score, both coaches shall contact the club with an explanation.**

Coach and Parent Ejections:

Ejections follow a three-step rule:

1. The Referee will ask for both coach's assistance to modify behavior (coach or parents)
2. The Referee will issue a warning if the behavior continues to affect the game
3. The game will be stopped and the Referee will eject the coach or ask the coach to eject the parent. Coaches are expected to follow Referee's direction on the field, and should email the league with any concerns

Kindergarten and 1st Grade Boys and Girls U7

All coaches are encouraged to be nurturing. Coaches may enter the playing field for limited times to assist players.

General Club Rules

- Each team will report to its assigned field at its assigned time
- There will be (2) 20x30 yards fields next to each other
- Each team will have two coaches who are assigned up to 12 players
- All coaches shall hold an up to 25 min “warm-up/ practice session ” on one field. The league has provided suggestions and support to assist new coaches for their “training session”
- After the practice session, divide the team into two groups. The coaches should decide how to split up their team for even game play. Games must end on time even if you start late
- **There will not be a referee, coaches are expected to monitor the safety of the game**

Age-Specific Rules

Rule 1: The Field: 30x20 yards

Rule 2: The Ball: Size three (3)

Rule 3: Number of Players: **Four and no Goalkeepers**

Rule 4: Off Sides: None

Rule 5: Duration of the Game:

The game shall be divided into four (4) equal, eight (8) minute quarters.

There shall be a two (2) minute break between quarters and a two (2) min halftime.

Rule 6: The Start of Play:

Kickoffs: The field should be marked with a circle, normal is for defenders to be behind the circle.

Rule 7: Fouls and Misconduct:

No yellow or red cards shall be issued to players

Players with difficulty controlling themselves should be sent off the field to calm down

Rule 8: Free Kicks:

All fouls indirect and opponents must be 3 yards away

Rule 9: Penalty Kicks:

There are no Penalty Kicks in small-sided games.

Rule 10: Throw-In:

Replaced with a Kick-in, and **MUST BE KICKED**. Opponents should be 3 yards away

Rule 11: Goal Kick:

If the team attempting to score a goal kicks the ball over the goal-line outside the goal posts, the opposing team puts the ball back into play with a goal kick

The Goal Kick should be taken within 2-3 yards of the goal

Opposing players must be at midfield

Rule 12: Corner Kick:

If defenders put ball out of play over then goal line outside of the goal, restart is normal corner kick of the other team

2nd Grade Boys and Girls U8

General Club Rules

- Each team will report to its assigned field at its assigned time
- Each team will have one head coach
- There is no heading for players 5th Grade or younger!

Age-Specific Rules

Rule 1: The Field: 50 x 30 yards

Rule 2: The Ball: Size three (3)

Rule 3: Number of Players:

7v7 including Goalkeeper

Goalkeepers should be replaced every quarter

Rule 4: Off Sides: None

Rule 5: Duration of the Game:

(4) Equal, twelve (12) minute quarters.

There shall be two (2) minute break between quarters and a 2 min half-time break

Rule 6: The Start of Play:

Opponent must be out of the circle, which is scaled smaller on this field

Rule 7: Fouls and Misconduct:

All Fouls are called as Indirect

No yellow or referee cards shall be issued to players

Players having difficulty will be sent off the field until they calm down

Rule 8: Free Kicks: Conform to FIFA with the following exception:

All free kicks will be indirect

Opponents must be (5) yards away.

Rule 9: Penalty Kicks: There are no Penalty Kicks in U7/8 or U9/10 (club rule)

Rule 10: Throw-In:

Can be a throw-in or kick-in.

If the player chooses to throw-in, no fouls will be called on incorrect mechanics

Coach and ref can assist

Rule 11: Goal Kick: Club rule to promote restart of game:

Initiate the goal kick from the penalty box

Defenders must return to the midfield line to allow ball to get into play

Rule 12: Corner Kick: If the team defending the goal last touches the ball before it crosses the goal line, the attacking team puts it into play with an indirect kick from the corner. (Normal)

Rule 13: Pass back (intentional pass back to goalkeeper, goalkeepers can pick up with their hands) is allowed for U8 (club rule)

Rule 14: Goalkeepers are not allowed to punt the ball from their hands

3rd and 4th Grade Boys and Girls U10

General Club Rules

- Each team will report to its assigned field at its assigned time
- Each team will have one head coach
- Goal Size: 6.5 x 18 feet
- There is no heading for players 5th Grade or younger!

Age-Specific Rules

- Rule 1: The Field: 60 x 40 yards
- Rule 2: The Ball: Size four (4)
- Rule 3: Number of Players:
7v7 including Goalkeepers
Keepers should be replaced every quarter
- Rule 4: Off Sides: None
- Rule 5: Duration of the Game:
Four (4) equal, thirteen (13) minute quarters
2 min break between quarters and 2 min half time break
- Rule 6: The Start of Play:
Conform to FIFA, with the following exception:
Opponent must be out of the center circle, which is scaled smaller for this field
- Rule 7: Fouls and Misconduct:
Conform to FIFA with the following exception:
All fouls are indirect, No Direct and No PK's
No cautions or ejections shall be issued to players
Players with difficulty controlling themselves will be sent off the field to calm down
- Rule 8: Free Kicks:
Conform to FIFA with the following exception:
All free kicks will be indirect.
Opponents must be three (3) yards away.
- Rule 9: Penalty Kicks: There are no Penalty Kicks in U10
- Rule 10: Throw-In:
General understanding of mechanics
Hands above and start behind the head, back foot at or near the ground with an attempt to keep the toe touching the ground during the throw
Referees are encouraged to call a retake and explain the general mechanics
Referees can call the foul on the second throw if poorly thrown, as the season progresses
- Rule 11: Goal Kick: to promote restarts Club rule:
Goal kick can be initiated anywhere in the penalty box
Defenders must return to the mid field line to allow ball to get into play
- Rule 12: Corner Kicks: normal
- Rule 13: Pass back rules: normal— Goalkeepers are to play with their feet after receiving a ball played back to them
- Rule 14: Goalkeepers are not allowed to punt the ball from their hands

5th Grade Boys and Girls U11

General Club Rules:

- Each team will report to its assigned field at its assigned time
- Each team will have one head coach
- There is no heading for players 5th Grade or younger!
- The intent is to play with NORMAL soccer rules
- Goals Size: 7x21 feet

Rule 1: The Field: 80x50 yards

Rule 2: The Ball: Size four (4)

Rule 3: Number of Players: **9v9, including Goalkeeper** - Goalkeepers shall be rotated at half-time

Substitutions - Normal, which means by Referee approval, you may request:

Prior to throw- in

Initiated when in your favor (on your throw-in)

Matched (if initiated by the other team first)

Prior to goal kick by either team

After an injury by either team

At half-time

Rule 4: Off Sides: Normal Rule

Rule 5: Duration of the Game: 2 halves of 30 min each

Rule 6: The Start of Play: normal

Rule 7: Fouls and Misconduct: normal with yellow and red cards

Rule 8: Free Kicks: normal

Rule 9: Penalty Kicks: yes, normal

Rule 10: The Throw - In:

Proper throw-in mechanics are expected. The ref will give a reminder and a 2nd attempt during the first week of the season. A foul will be called after the first week

Rule 11: Goal Kick: normal

Rule 12: Corner Kicks: normal

Rule 13: Back pass: normal, intentional pass-back handled by the keeper is a foul

Rule 14: Assistant referees may be parents if requested by the referee

What Is Offside - A simple description to those entering U11 and or new to soccer

- ARs, (assistant referees), have the primary role for calling offside, not the center Referee (ARs are not staffed on 7v7 games)
- A center Referee, when properly in position, rarely has the same clear angle as the Coaches do to judge the pass to the offside players. If there is a consistent concern with play calling, please notify the league
- Coaches should not encourage players to wait in offside and thus ineligible positions, especially in games without ARs.
- To be ruled offside, a player must
 - Be in an Offside Position
 - And thus ineligible to play the ball
 - Be behind the second to last defender (goalie counts as a defender)
 - And Must become involved in the play
 - By directly playing the ball
 - By directly getting in the way of other players
 - If they stand there and wait, it's OK, they can resume when back on side
- There is no offside from a corner kick, but there is after the first touch on the ball
- There is no offside on a throw in, but there is after the first touch on the ball players

Middle School Boys and Girls: U14 Grades 6,7 and 8

General Club Rules

- Each team will report to its assigned field at its assigned time
- Each team will have one head coach
- There is no heading for players 5th Grade or younger!
- The intent is to play with NORMAL soccer rules
- Goal Size: 8x24 feet

Rule 1: The Field: 80x50 yards

Rule 2: The Ball: Size five (5)

Rule 3: Number of Players:

9V9, including Goalkeeper

Goalkeeper shall be rotated at half-time

Substitutions - Normal, which means by Referee approval, you may request:

Prior to throw- in

Initiated when in your favor (on your throw-in)

Matched (if initiated by the other team first)

Prior to goal kick by either team

After an injury by either team

At half-time

Rule 4: Off Sides: Normal Rule

Rule 5: Duration of the Game:

2 halves of 35 min each

Rule 6: The Start of Play: normal

Rule 7: Fouls and Misconduct: normal with yellow and red cards

Rule 8: Free Kicks: normal

Rule 9: Penalty Kicks: yes, normal

Rule 10: Goal Kick: normal

Rule 11: Corner Kicks: normal

Rule 12: Back pass: normal, intentional pass-back handled by the keeper is a foul

Rule 13: There will be Assistant referees wherever possible

What Is Offside - A simple description to those entering U11 and or new to soccer

- ARs, (assistant referees), have the primary role for calling offside, not the center Referee (ARs are not staffed on 7v7 games)
- A center Referee, when properly in position, rarely has the same clear angle as the Coaches do to judge the pass to the offside players. If there is a consistent concern with play calling, please notify the league
- Coaches should not encourage players to wait in offside and thus ineligible positions, especially in games without ARs.
- To be ruled offside, a player must
 - Be in an Offside Position
 - And thus ineligible to play the ball
 - Be behind the second to last defender (goalie counts as a defender)
 - And Must become involved in the play
 - By directly playing the ball
 - By directly getting in the way of other players
 - If they stand there and wait, it's OK, they can resume when back on side
- There is no offside from a corner kick, but there is after the first touch on the ball
- There is no offside on a throw in, but there is after the first touch on the ball players

High School – Co-Ed: U18 Grades 9, 10, 11 and 12

General Club Rules

- Each team will report to its assigned field at its assigned time
- Each team will have one head coach
- The intent is to play with NORMAL soccer rules
- Goal Size: 8x24 feet

Rule 1: The Field: 100x70 yards

Rule 2: The Ball: Size five (5)

Rule 3: Number of Players:

High School 11v11, including Goalkeeper

Substitutions - Normal, which means by Referee approval, you may request:

Prior to throw in

Initiated when in your favor (on your throw-in)

Matched (if initiated by the other team first)

Prior to goal kick by either team

After an injury by either team

At half-time

Rule 4: Off Sides: Normal Rule

Rule 5: Duration of the Game: 2 halves of 40 min each,

Rule 6: The Start of Play: normal

Rule 7: Fouls and Misconduct: normal with yellow and red cards

Rule 8: Free Kicks: normal

Rule 9: Penalty Kicks: yes, normal

Rule 10: Goal Kick: normal

Rule 11: Corner Kicks: normal

Rule 12: Back pass: normal, intentional pass-back handled by the keeper is a foul

Rule 13: Assistant referees will be assigned to High School games wherever possible

What Is Offside - A simple description to those entering U11 and or new to soccer

- ARs, (assistant referees), have the primary role for calling offside, not the center Referee (ARs are not staffed on 7v7 games)
- A center Referee, when properly in position, rarely has the same clear angle as the Coaches do to judge the pass to the offside players. If there is a consistent concern with play calling, please notify the league
- Coaches should not encourage players to wait in offside and thus ineligible positions, especially in games without ARs.
- To be ruled offside, a player must
 - Be in an Offside Position
 - And thus ineligible to play the ball
 - Be behind the second to last defender (goalie counts as a defender)
 - And Must become involved in the play
 - By directly playing the ball
 - By directly getting in the way of other players
 - If they stand there and wait, it's OK, they can resume when back on side
- There is no offside from a corner kick, but there is after the first touch on the ball
- There is no offside on a throw in, but there is after the first touch on the ball players