



South Metro Recreation Soccer League

The Official Rule Book for all leagues participating in the
South Metro Recreation Soccer League

Updated July 2024

Facility Policy

- Each city abides by different policies in regards to pets at their facility. Please be respectful and follow each city's pet policies.

Any Changes to the Rules will be highlighted Yellow

Under 6 Playing Rules

General Rules

1. There is no off-side in the U6 or U7/U8 playing levels unless a player is intentionally "camped" inside the penalty area. If so, the opposing team shall receive an indirect kick.
2. In the U5/U6, all free kicks which occur as a result of a foul shall be indirect.
3. Only one (1) U5 and U6 coach per team may enter the field during play to assist or set up players. U6 coaches are allowed to enter the field for the first half of the season only. Coaches and/or parents found violating this rule may be ejected from the park at the referee's discretion. This includes the area directly behind the goal.
4. All U5/U6 players are allowed a second attempt on all kick-offs, kick-ins, corner kicks, etc., if the first attempt was incorrect. If the second attempt is still incorrect, the ball will be considered "in play" provided it is on the playing field.
5. Direct and indirect kicks to not receive a second attempt.
6. All teams in the U5/U6 level will play 3V3.
7. Goalies are not allowed in the U5/U6 age division and may not "camp" in the goal box. For a player who is found intentionally "camped" inside the goal area, the opposing team shall receive an indirect kick.

Division Details

Ball size:	Number 3
Number of Players:	Three on the field Suggested maximum players on a team – six
Substitution:	Any stoppage in play After a goal or at quarter Injuries
Playing equipment:	Shin guards mandatory Tennis shoes or soft-cleated soccer shoes
Referee:	Explains all rule infractions to offending player and/or coach
Linesman:	No linesman, just a center referee
Duration of game:	Four 8-minute quarters
Offside:	No offside
Fouls & misconducts:	All fouls result in an indirect kick
Free kicks:	All kicks are indirect
Penalty kicks:	No penalty kicks
Throw-in:	Kick-ins will only be used
Goal kick:	Can be taken anywhere inside goal area
Corner kick:	Taken at corner closest to where ball exited the field
Score:	NO OFFICIAL SCORE WILL BE KEPT IN U5 AND U6 GAMES
Playing Time:	All players are guaranteed to play fifty percent (50%) of each game before a player sits out (is on the sidelines, not the field) twice during a game all players must have sat out once.

Under 7-8 Playing Rules

Law 1-The Field:

- **Dimensions:** The field of play shall be rectangular, its length being not more than 50 yards nor less than 40 yards and its width not more than 30 yards nor less than 20 yards. The length in all cases shall exceed the width.
- **Markings:** Distinctive lines not more than (5) inches wide. A halfway line shall be marked out across the field. A center circle with a five (5) yard radius. Four corner arcs each with a two (2) foot radius.
- **Goal area:** Three (3) yards from each goal post and three (6) yards into the field of play joined by a line drawn parallel with the goal line.
- **Penalty Area:** None
- **Goals:** The size of goals will be 6 x 18 feet. Goals may be smaller.

Law 2-The Ball: Size three (3)

Law 3-Number of Players:

- Maximum number of players on the field at any one time is five (5), one of which is a Goalkeeper.
- Minimum number of players to start or continue a game is 3.
- **Suggested** maximum number of players on the roster should not exceed ten (10) players.
- Substitutions: Anytime ball is out of play with the permission of the Referee.
- Playing time: Each player should play a minimum of 50% of the total playing time

Law 4-Player's Equipment:

- Players may not wear any item of equipment that may be dangerous to themselves or others.
- Tennis shoes or soft-cleated soccer shoes are recommended. Shin Guards are mandatory.

Law 5-The Referee: An official licensed referee will be assigned to each field. Their job is to keep the playing environment FUN, SAFE and focused on the child. Duties are: keep time, enforce the rules, stop and restart play. When you stop play for a foul or other reason, take the time to explain to the players WHY! This is their first experience with soccer and the best time to educate.

Law 6- Assistant Referee: Not used.

Law 7-Duration of the Game:

- The game shall be divided into two (2) equal, twenty (20) minute halves..
- There shall be a half-time break of five (5) minutes.

Law 8-The Start of Play: Conform to FIFA, with the following exception: Opponent must be five (5) yards from the center mark while kick-off is in progress.

Law 9-Ball In and Out of Play: Conform to FIFA: Ball must completely cross over the goal line to be out of play.

Law 10-Method of Scoring: Conform to FIFA: Ball must completely cross over goal line and between posts and beneath the crossbar to be a goal.

Law 11-Off-Side: There is no offside.

Law 12-Fouls and Misconduct: Conform to FIFA with the following exception:

- All fouls shall result in an indirect free kick with the opponent five (5) yards away.
- The referee must explain ALL infractions to the offending player.
- Slide tackling is not permitted in the league
 - All players must not play from the ground

Law 13-Free Kicks: Conform to FIFA with the following exception:

- All free kicks will be indirect.
- Opponents must be five (5) yards away

Law 14-Penalty Kicks: There are no Penalty Kicks.

Law 15-Throw-In: *Replaced by a Kick-in.*

- Awarded when the ball completely crosses the sideline.
- Kick-in is considered as an indirect free kick with the opponent five (5) yards away from the ball.

Law 16-Goal Kick: Conform to FIFA with the following exception:

- Goal kick may be taken anywhere within the goal area.
- Opponents must be five (5) yards away from the ball.

Law 17-Corner Kick: Conform to FIFA with the following exception:

- Opponents must be five (5) yards away from the ball.
- Corner Kicks are Indirect Free Kicks.

Grace Rule: Games that are resulting in a losing margin of 10 will no longer keep score at that point in the game (10-0, 13-3). The score that invokes the grace rule will be inputted on TeamSideLine.

- Coaches will be given the option to end the game at the moment the **Grace Rule** takes effect
- Once the Grace Rule is in effect, losing teams can not complete a "comeback" to win the game if coaches choose to continue playing.

Coach Box: Teams are allowed a maximum of **3** coaches allowed on the sideline during games, regardless of the amount of assistant coaches that help during practices. **NO** coaches may stand behind the goals and must stay on their respective team's sideline throughout the entirety of the game.

Under 9-10 Playing Rules

Law 1 – The Field of Play

- **Dimensions:** The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.
Length: minimum 45 yards maximum 60 yards
Width: minimum 35 yards maximum 45 yards
- **Field Markings:** Distinctive lines not more than 5 inches wide. A halfway line shall be marked out across the field. A center circle with an 8 yard radius. Four corner arcs each with a 1 yard radius.
- **The Goal Area:** Conform to FIFA. 6 yards from each goal post and 6 yards into the field of play joined by a line drawn parallel with the goal line.
- **The Penalty Area:** 10 yards from the inside of each goal post and 10 yards into the field of play, joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within the penalty area a penalty mark is made 8 yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of 8 yards from the penalty mark is drawn outside the penalty area.
- **Flag posts:** Conform to FIFA.
- **Goals:** 6 x 18 feet to 7 x 21 feet. Goals must be anchored securely to the ground.

Law 2 – The Ball: Size 4.

Law 3 – The Number of Players:

- Maximum number of players on the field at any one time is 7, including the goalkeeper.
- Minimum number of players to start or continue a game is 5.
- **Suggested** maximum number of players on the roster should not exceed (11).
- Substitutions: At any time the ball is out of play and with the referee's permission

Law 4 – The Players' Equipment: Conform to FIFA.

- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- Players may not wear any item of equipment that may be dangerous to themselves or others.
- Shin guards are mandatory.

Law 5 – The Referee: An official licensed referee will be assigned to each game.

Law 6 –The Assistant Referees: Not required. A 2nd referee may be used if desired.

Law 7 – The Duration of the Match:

- The match shall be divided into 2 equal halves of 25 minutes each.
- There shall be a half-time break of 5 minutes.

Law 8 – The Start and Restart of Play: Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play.

Law 9 – The Ball In and Out of Play: Ball must completely cross the line to be “out of play”. Ball is “in play” if any part of the ball is on or above the line.

Law 10 – The Method of Scoring: Conform to FIFA. The ball must completely cross the goal line between the posts and beneath the crossbar to count.

Law 11 – Offside: Offside will be called starting in this division, conform to FIFA.

Law 12 – Fouls and Misconduct: Conform to FIFA with the exception:

- An indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponent’s penalty area.
- Deliberate heading is not allowed in U9/U10 games. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
- Slide tackling is not permitted in the league
 - o All players must not play from the ground

Law 13 – Free Kicks: Conform to FIFA with the exception that opponents are at least 8 yards from the ball.

Law 14 – The Penalty Kick: Conform to FIFA with the exception that the penalty mark is at 8 yards and players other than the kicker and defending goalkeeper are at least 8 yards from the penalty mark and outside the penalty area and arc.

Law 15 – The Throw-In: Conform to FIFA.

Law 16 – The Goal Kick: Conform to FIFA.

Law 17 – The Corner Kick: Conform to FIFA with the exception that opponents remain at least 8 yards from the ball until it is in play.

Grace Rule: Games that are resulting in a losing margin of 10 will no longer keep score at that point in the game (10-0, 13-3). The score that invokes the grace rule will be inputted on TeamSideLine.

- Coaches will be given the option to end the game at the moment the **Grace Rule** takes effect
- Once the Grace Rule is in effect, losing teams can not complete a “comeback” to win the game if coaches choose to continue playing.

Coach Box: Teams are allowed a maximum of **3** coaches allowed on the sideline during games, regardless of the amount of assistant coaches that help during practices. **NO** coaches may stand behind the goals and must stay on their respective team’s sideline throughout the entirety of the game.

Under 11-12 Playing Rules

Law 1 – The Field of Play

- **Dimensions:** The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.
Length: minimum 45 yards maximum 60 yards
Width: minimum 35 yards maximum 45 yards
- **Field Markings:** Distinctive lines not more than 5 inches wide. A halfway line shall be marked out across the field. A center circle with an 8 yard radius. Four corner arcs each with a 1 yard radius.
- **The Goal area:** 6 yards from each goal post and 6 yards into the field of play joined by a line drawn parallel with the goal line.
- **The Penalty Area:** 14 yards from the inside of each goal post and 14 yards into the field of play, joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within the penalty area a penalty mark is made 10 yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of 8 yards from the penalty mark is drawn outside the penalty area.
- **Flagposts:** Conform to FIFA.
- **Goals:** 6 x 18 feet to 7 x 21 feet

Law 2 – The Ball: Size 4.

Law 3 – The Number of Players:

- Maximum number of players on the field at any one time is 7, including the goalkeeper.
- Minimum number of players to start or continue a game is 6.
- **Suggested** maximum number of players on a roster should not exceed (12).
- **Substitutions:** Any time the ball is out of play and with the referee's permission

Law 4 – The Players Equipment: Conform to FIFA.

- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- Players may not wear any item of equipment that may be dangerous to themselves or others.
- Shin guards are mandatory.

Law 5 – The Referee: An official licensed referee will be assigned to each game.

Law 6 – The Assistant Referee: 2 official licensed assistant referees will be assigned to each game. Club linesmen may be used.

Law 7 – The Duration of the Match: The match shall be divided into 2 equal halves of 30 minutes. There shall be a half-time break of 5 minutes.

Law 8 – The Start and Restart of Play: Conform to FIFA with the exception that opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play.

Law 9 – The Ball In and Out of Play: Ball must completely cross the line to be "out of play". Ball is "in play" if any part of the ball is on or above the line.

Law 10 – The Method of Scoring: Conform to FIFA. The ball must completely cross the goal line, between the post and beneath the crossbar to count.

Law 11 – Offside: Conform to FIFA.

Law 12 – Fouls and Mis-conduct: Conform to FIFA with the exception:

- An indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponent's penalty area.
- Deliberate heading is not allowed in U11/U12 games. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

- Slide tackling is not permitted in the league
 - All players must not play from the ground

Law 13 – Free Kicks: Conform to FIFA with the exception that opponents are at least 8 yards from the ball.

Law 14 – The Penalty Kick: Conform to FIFA with the exceptions that the penalty mark is at 10 yards and players other than the kicker and defending goalkeeper are at least 8 yards from the penalty mark and outside the penalty area and arc.

Law 15 – The Throw-In: Conform to FIFA.

Law 16 – The Goal Kick: Conform to FIFA.

Law 17 – The Corner Kick: Conform to FIFA with the exception that opponents remain at least 8 yards from the ball until it is in play

Grace Rule: Games that are resulting in a losing margin of 10 will no longer keep score at that point in the game (10-0, 13-3). The score that invokes the grace rule will be inputted on TeamSideLine.

- Coaches will be given the option to end the game at the moment the **Grace Rule** takes effect
- Once the Grace Rule is in effect, losing teams can not complete a “comeback” to win the game if coaches choose to continue playing.

Coach Box: Teams are allowed a maximum of **3** coaches allowed on the sideline during games, regardless of the amount of assistant coaches that help during practices. **NO** coaches may stand behind the goals and must stay on their respective team’s sideline throughout the entirety of the game.

Under 13-15 Playing Rules

Law 1 – The Field of Play

- **Dimensions:** The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.
 - Length: minimum 45 yards maximum 60 yards
 - Width: minimum 35 yards maximum 45 yards
- **Field Markings:** Distinctive lines not more than 5 inches wide. A halfway line shall be marked out across the field. A center circle with an 8 yard radius. Four corner arcs each with a 1 yard radius.
- **The Goal area:** 6 yards from each goal post and 6 yards into the field of play joined by a line drawn parallel with the goal line.
- **The Penalty Area:** 14 yards from the inside of each goal post and 14 yards into the field of play, joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within the penalty area a penalty mark is made 10 yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of 8 yards from the penalty mark is drawn outside the penalty area.
- **Flagposts:** Conform to FIFA.
- **Goals:** 6 x 18 feet to 7 x 21 feet

Law 2 – The Ball: Size 5.

Law 3 – The Number of Players:

- Maximum number of players on the field at any one time is 7, including the goalkeeper.
- Minimum number of players to start or continue a game is 6.
- **Suggested** maximum number of players on a roster should not exceed (14).
- **Substitutions:** Any time the ball is out of play and with the referee’s permission

Law 4 – The Players Equipment: Conform to FIFA.

- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- Players may not wear any item of equipment that may be dangerous to themselves or others.

- Shin guards are mandatory.

Law 5 – The Referee: An official licensed referee will be assigned to each game.

Law 6 – The Assistant Referee: 2 official licensed assistant referees will be assigned to each game. Club linesmen may be used.

Law 7 – The Duration of the Match: The match shall be divided into 2 equal halves of 30 minutes. There shall be a half-time break of 5 minutes.

Law 8 – The Start and Restart of Play: Conform to FIFA with the exception that opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play.

Law 9 – The Ball In and Out of Play: Ball must completely cross the line to be “out of play”. Ball is “in play” if any part of the ball is on or above the line.

Law 10 – The Method of Scoring: Conform to FIFA. The ball must completely cross the goal line, between the post and beneath the crossbar to count.

Law 11 – Offside: Conform to FIFA.

Law 12 – Fouls and Mis-conduct: Conform to FIFA with the exception:

- An indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponent’s penalty area.
- **Head Touching** - Players in this division are allowed to touch the ball with their head.
 - o Players during practice are limited to 15-20 headers per week to prevent any potential brain injuries
- Slide tackling is not permitted in the league
 - o All players must not play from the ground

Law 13 – Free Kicks: Conform to FIFA with the exception that opponents are at least 8 yards from the ball.

Law 14 – The Penalty Kick: Conform to FIFA with the exceptions that the penalty mark is at 10 yards and players other than the kicker and defending goalkeeper are at least 8 yards from the penalty mark and outside the penalty area and arc.

Law 15 – The Throw-In: Conform to FIFA.

Law 16 – The Goal Kick: Conform to FIFA.

Law 17 – The Corner Kick: Conform to FIFA with the exception that opponents remain at least 8 yards from the ball until it is in play

Grace Rule: Games that are resulting in a losing margin of 10 will no longer keep score at that point in the game (10-0, 13-3). The score that invokes the grace rule will be inputted on TeamSideLine.

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