



Law 1 – The Field of Play

- **No coaches, parents, substitutes, or spectators may stand along the goal lines.**
- Only coaches and players will be on the side designated for coaches and players.
- Each team will have no more than three (3) coaches on the player side. All coaches **must** be registered with the team and have a current background check on file with the CDC office. (please note that if you are not on the current roster by Thursday evening you cannot be on the player side of the field, CDC office will provide any updates to the referee soccer assignor on Thursday).
 - One coach per team will be allowed to conference with the referee.
- Spectators should be at least 1 yard off the touch lines
- Corner flags will be used to mark the four corners of the field.
- 2 or 3 referees will be schedule for the game
 - If there are no referees for the game. 1 coach from each team will act as the referee.

Law 2 – The Ball

- Games are played with a size five (5).
- The home team will present the game ball to the referee team prior to check ins. The referee team will not know who the home team is.

Law 3 – Number of Players

- A match is played by two teams, each consisting of not more than ten (10) players and a goalkeeper.
- A match may not start if either team consists of fewer than six players and a goalkeeper.
 - If a team does not meet the minimum number of players, that team has 10 minutes to reach the minimum number of players before the match is called.
- **Forfeits:** A forfeit will occur if either of the following situations happen during a game
 - **Players:** If a player attempts to participate in a game but is not listed on the team's official roster, the game (season and tournament) will be forfeited.
 - **Note:** CDC will communicate all roster updates, and updated rosters will be made available for referees.
 - **Coaches:**
 - **Regular Season:** If a coach is unavailable but makes arrangements with the CDC office prior to the game, an exception may be granted with office approval. However, only coaches listed on the official roster are allowed on the player sideline.
 - **Tournament:** All coaches must be registered and listed on the official roster. If a registered coach cannot attend and no assisted coach is listed, the game will be forfeited.
- **Substitutions:** Open.



- Substitutes are required to be at the halfway line prior to the ball leaving the field of play
- Substitutions can occur on teams own throw-in, goal kick and corner kick, when a goal is scored, during half time, or when the other team is substituting
- **Equal Playing Time:** equal playing time is expected.
- **Player Position:** is no longer in effect for this league
- **Captain-Only Communication Rule: Not Applicable**

Law 4 – Players' Equipment

- Players should wear this season's team uniform. If a player does not have their official uniform, use a practice jersey or similar color shirt is permissible with the agreement of the coaches and referee.
- A goalkeeper is required to wear a different color jersey (top) from both teams and referees.
- It is encouraged to wear the issued socks but not required.
- Soccer Cleats are REQUIRED.
 - Metal cleats, baseball cleats, or football cleats with a center front stud are not permitted.
- Shin guards are REQUIRED to be worn and COVERED COMPLETELY with the soccer sock.
- Players may not play with a hard cast or brace unless it is covered with bubble wrap and secured with tape. Have the referee inspect the cast or brace before player check-in.
 - If the wrapping becomes loose during the game, the referee will treat it as an injury, allowing the player to leave the field to resecure it.
- **Jewelry of ANY KIND is NOT ALLOWED per IFAB Laws of the Game.**
 - This section of the law is there to keep all players safe during the game.
 - Carmel Dads Club is allowing the following exceptions to this rule:
 - **Earrings** – A cotton ball will be placed behind the post and secured with tape or a bandage.
 - **Bracelets** – Pre-wrap will be used to cover the bracelet, secured with tape.
 - If the wrapping becomes loose during the game, the referee will treat it as an injury, allowing the player to leave the field to resecure it.
- The referee or field commissioner will not supply the supplies to cover and must be checked by the referee before player check-in.

Law 5 –The Referee

- CDC referees will be schedule for the game
 - A third trainee referee could be scheduled for this league.
- All infringements will be briefly explained to the offending player.
- Referees' decisions are final. Players, coaches, parents, or other spectators found to have engaged in inappropriate conduct towards any referee could be asked to leave the property.
 - Referees will follow ASK-TELL-DISMISS



Law 6 –Assistant Referee

- Not applicable

Law 7 –Duration of the Match

- The match will be divided into halves. 40 minutes each halves.
- There shall be a half-time interval of no more than three (3) minutes.
- Clock in Running. No stoppage time.
- Water breaks are allowed if the temperature is above 85°F, with only one coach needing to request it before the game. The break will occur around mid-quarter at a natural stoppage of play.
 - If the temperature is below 85°F, both coaches must agree to a water break before the game begins.
 - Water breaks will continue throughout the game if the temperature remains above 85°F or if both coaches have agreed in advance

Law 8 –Start and Restart of Play

- Conform to FIFA
- A coin toss will determine which team takes the opening kickoff.
 - The away team will call the coin. If the 'coin toss' is correct, the away team will choose which end of the field to start on. The other team will get a kickoff. If the 'coin toss' is incorrect the away team will have kick off and the home team will choose which end of the field to start on.
 - Referees also have the option a picking a number or rock paper scissors
- Definition of ball in play is clear movement of the ball. This movement does not need to be forward motion.

- **Dropped Ball**

- Clarified restart procedures:
 - If play was stopped inside the penalty area (or last touched in the penalty area), play restarts with a dropped ball to the defending goalkeeper.
 - Otherwise, the drop goes to a player from the team that last touched the ball at the stopping point—or if unclear, the team that might have gained possession

Law 9 –Ball In and Out of Play

- Conform to FIFA.

Law 10 –Method of Scoring

- Conform to FIFA.
 - **Mercy Rule:** Once the score reaches a **4-goal difference**, the scoreboard will remain unchanged **unless** the trailing team reduces the difference to fewer than 4 goals. At that point, scoring will resume as normal.



- **Goalkeeper Restrictions:** Goalkeepers are **not allowed to punt** the ball. A punt is defined as when the goalkeeper drops the ball from their hands and kicks it **before** it touches the ground.
 - If a goalkeeper punts the ball, the play will be stopped and restarted with a redo.
 - If punting continues during a mercy rule situation, referees will **remind, warn, and/or caution** the goalkeeper.
 - Acceptable goalkeeper releases include:
 - **Throwing** – The goalkeeper may throw the ball to a teammate.
 - **Rolling** – The goalkeeper may roll the ball along the ground to a teammate.
- **Restart After Goal:** When the leading team scores during a mercy rule situation, play will restart with a **kickoff**.
- **Coaching Adjustments:**
 - Coaches are expected to **rotate dominant players** to less advantageous positions.
 - Coaches will receive a **list of suggested challenges** to help their team continue playing respectfully and competitively.
 - Coaches will be required to sign a **Code of Conduct**, which includes agreement to uphold these mercy rule guidelines.

- There are no overtime periods or shootouts to resolve ties.

Law 11 –Offside

- Conform to FIFA
- A player can be in an offside position and not be offside. It is dependent on if the player is involved in active play

Law 12 –Fouls and Misconduct

- Conform to FIFA
- Any handball or foul that occurs by the defending team inside their own penalty area will result in a penalty kick
- On any indirect free kick, the ball must strike a second player after it is kicked before a goal is scored.
- **Handball Offences:** the arm's upper boundary is defined as the bottom of the armpit. However, not every instance of the ball touching a player's hand or arm is considered an offence.
 - A handball offence occurs when a player:
 - **Deliberately handles the ball**, such as by moving their hand or arm toward it.
 - **Touches the ball with their hand or arm in a way that makes their body unnaturally bigger.** This happens when the hand or arm position is not a natural



consequence of body movement in that specific situation. In such cases, the player risks being penalized if the ball makes contact.

- **Scores a goal using their hand or arm**, whether intentional or accidental, including:
 - **Directly from their hand or arm**, even if unintentional (this applies to all players, including goalkeepers).
 - **Immediately after the ball touches their hand or arm**, even if the contact was accidental.
- **Yellow Cards**
 - **Player must leave the field of play and may return at the next dead ball, next quarter, or at referee's discretion. Team may substitute a player if they have one.**
- **Red Cards**
 - **Player will be suspended for the rest of the current game and the next game.**
- If a player demonstrates poor sportsmanship or persistent dangerous fouling, the referee will follow the ASK-TELL-DISMISS with the player.
 - Coaches will be asked to talk to the player

Law 13 –Free Kicks

- Conform to FIFA

Law 14 –Penalty Kick

- Conform to FIFA

Law 15 –Throw-In

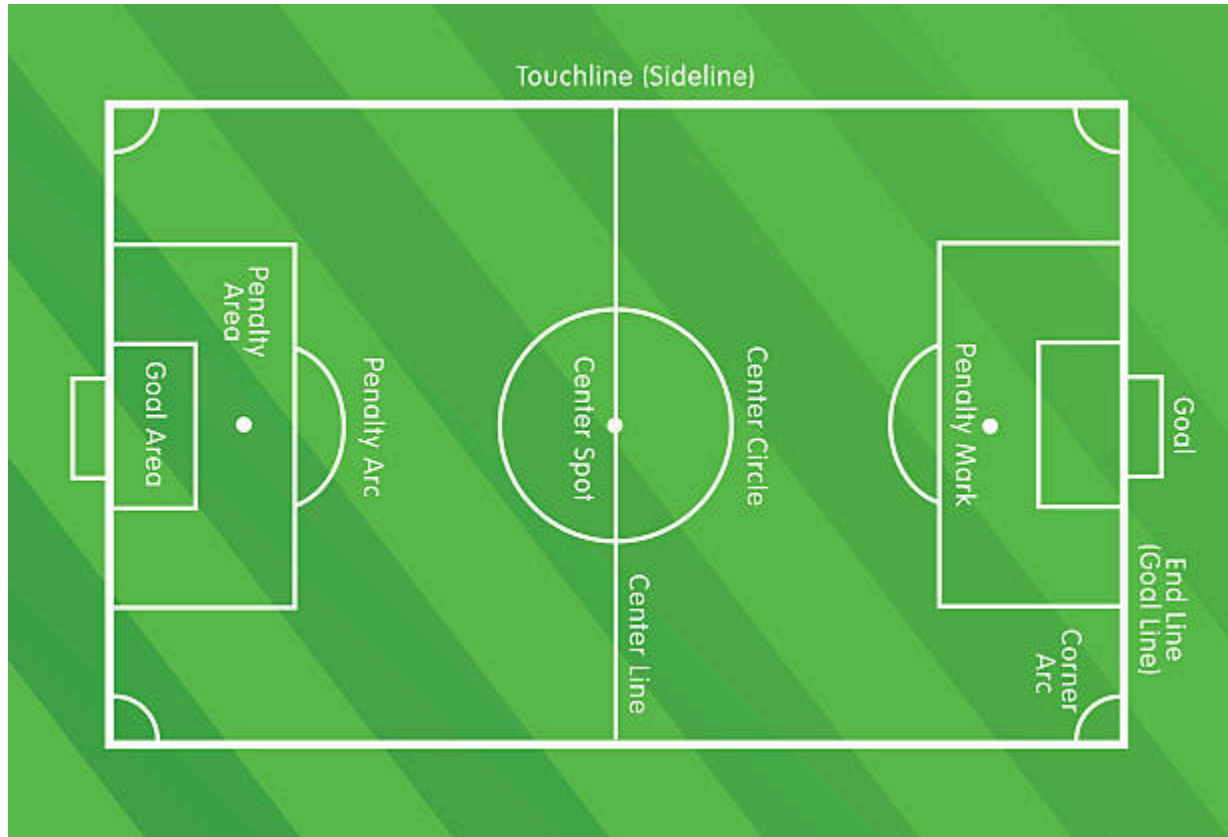
- When the ball COMPLETELY leaves the field across the sideline, the team that did not touch it last will resume play via a throw-in.
- The ball must be thrown in with two hands over the head, and both feet must remain on the ground. Both hands must be on the sides of the ball.
- On any throw-in, no defending player may stand within 2 yards of the thrower.

Law 16 –Goal Kick

- When the ball leaves the field across the endline and is last touched by the attacking team, play will resume via a Goal Kick.
- The ball may be kicked in from anywhere in or on the small goal box.
- The ball does not need to leave the penalty box before being touched.

Law 17 –Corner Kicks

- When the ball leaves the field across the endline and is last touched by the defending team, play will resume via a Corner Kick.
- All players from the defending team must be at least 8 yards away from the ball.



Additional Recommendations

- Parents/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the players from both teams.
- Parents/coaches need to refrain from directing play or undermining the authority of the referee. The game official has the final decision on any and all situations.
- Player skills, not high scoring one sided wins are the objective at this league.
- Coaches are allowed to enter the field of play to assist an injured player when the referee has stopped play for injury. If the coach and referee determine the injury requires more assistance than can be provided on the field then the player's parent(s) and/or medical help can be asked to enter the field also.
- Continuously suggesting a call for the referee or discussing/arguing the rules before, during or after the game is not allowed by parents, coaches, players, and spectators.
- At the end of the game please clear the fields in a timely manner as there might be a game afterwards.
- [Carmel Dads' Club Code of Conduct](#)
- [Referee Sharing Their Experiences](#)



- What comes from players, coaches, and spectators is the #1 reason referees drop out.

Let's Discuss Goalies

1. Use of Hands:

- Goalies can use any part of their body, including their hands, within their own penalty box.
- Once the goalie leaves the penalty box, they are treated as an outfield player, and using their hands is no longer permitted.

2. Handling the Ball:

- A goalie can drop the ball to their feet, after which it is in play, and they cannot pick it up again using their hands. They become an outfield player.
- If a ball is passed back to the goalie or received from a throw-in, the goalie is not allowed to use their hands. In such cases, the referee will award an Indirect Free Kick to the opposing team. However, this rule is only for grades **above** 2nd grade.

3. Ball Control:

- The goalkeeper is considered to have control of the ball if they touch it with their hands or arms, hold it with one or both hands, or pin it against the ground with any part of their hand or arm.

4. Referee Protection:

- Goalkeepers are afforded special protection by the referee, especially when the ball is within their penalty area or, more specifically, the 6-yard box. The referee will be vigilant and near the play in these situations.

5. Releasing the Ball:

- The ball must be released from the goalkeeper's hands before it can be played again. Failure to do so will result in a violation and a free kick to the opposing team.

6. Distribution and Safety:

- The goalkeeper has the right to throw or kick the ball without restriction once in possession.
- Goalkeepers should not be endangered by other players and cannot be obstructed from playing the ball.

7. Disciplinary Actions:

- A foul by the goalkeeper can lead to a penalty kick for the opposing team, with the potential for a yellow or red card depending on the severity of the offense.

8. Uniform:

- Goalkeepers must wear a different color jersey than their teammates. Field Commissioners have pinnies available if an alternative option is needed.



HS Coed
Recreation Soccer
Laws of the Game
League Rules & Gameday Procedures
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