

Southeast NH Recreational Soccer League Rules (Updated September 8th, 2022)

League Members: Barrington, Deerfield, Epping, Fremont, Nottingham, Raymond
Divisions Grades 3-4, Grades 5-6

General rules and Recreation philosophy: We are to be flexible and understanding that each town may have different sized fields and goals, goal boxes, players that are better served on levels not necessarily dictated by the grade breakdown, and unique needs. Towns and coaches should be flexible, realize that this is a recreational league and that our goal is to best serve the children in our communities. We do not keep track of league standings, and there is no playoff.

Field of play: The playing field shall be lined accordingly and age appropriate in size.

The ball: Grades 3-4 size #4, grades 5-6 size #4

The players: Grades 3-4 7v7, and grades 5-6 9v9 (all numbers include a goalie). Teams may add an additional player while at a deficit of three goals or more. Teams may also play games with less than 6 players if they have a shortage of available players at a game. Substitutions are unlimited and may be made during play without acknowledgement from the referee. Players exiting the field should do so before any substitution enters.

Players equipment: Players should wear a rubber cleat, no metal spikes, or baseball (toe cleats) allowed. Players must wear shin guards, and socks that wholly cover the shin guard. Clothing in addition to the uniform is allowed, however no hoods or strings are allowed. Jewelry of any kind must be removed before play begins. Goal keepers should wear a different color shirt than either team.

Referee: At the 3-4 grade level, all paid referees should have participated in at least one officiating course. At the 5-6 grade level, the home team shall provide patched referees. The primary responsibility of the referee is to make sure that games are played safely and fairly. Referees are encouraged to call any dangerous play and not allow players too ever play the ball while lying or sitting on the ground.

Linesmen: Referees are encouraged to appoint helpers to run the sidelines retrieving balls. They can also assist in making out of bounds calls if the referee is not in good position to do so.

Game durations: Grades 3-4, 25 minute halves with 5 minute halftime. Grades 5-6, 30 minute halves with 5 minute half time. Running time will be kept throughout unless there is a significant stoppage of time due to injury or other circumstance.

Start of play: Visiting team or winner of coin flip gets the ball to start the game. To start the game players from both teams must be on their defensive side of the field. Defending team must be ten yards from the ball to start. The ball must be kicked at least one revolution by a player who then can not touch the ball again until another player has touched it.

Ball in and out of play: The ball is out of play when it wholly crosses over a line.

Scoring: A goal will be acknowledged when the ball passes between the goal posts, under the top bar, and crosses wholly over the goal line. This is a goal even if it is in the possession of the keeper.

Offsides: Offside's will grow with enforcement as the age level grows. Grades 3-4 shall be warned about offside, and then the rule shall be enforced. Grades 5-6 should have full enforcement of all off sides at all times. At any level no goals scored as a result of an offside shall be allowed. A player is offside if he/she is in his/her offensive half and is

farther up field than both the last two defensive players and the ball. The infraction occurs when the offside player participates in the play.

Fouls: Grades 3-4 all free kicks are indirect. Grades 5-6 shall have direct kicks depending on the infraction. Yellow and/or red cards may be utilized in the case of poor sportsmanship or intentional illegal acts. If a yellow card is instituted the player is removed from the game and may be brought back at the coaches discretion. If a red card is issued, that player is removed for the remainder of the game.

Free kicks: At the 3-4 level all free kicks are indirect. An indirect free kick must touch 2 players before a goal can be scored. Defending players must stand 10 yards from the ball. An indirect kick awarded in the penalty box shall be taken at the point of the penalty box nearest the infraction.

Penalty kicks: Only used at the grades 5-6 level. A penalty kick is awarded when a defender commits an intentional foul in the penalty area. The ball is placed directly in front of the goal 10 yards from the goal line. All players except the defending keeper must be outside the penalty area when the kick is taken. The keeper must be on his/her goal line. He/she is allowed to move on that line.

Throw-ins: Throw ins must be made evenly with both hands on the ball and both feet on the ground. It must be delivered from behind the head straight forward. This rule should be strictly enforced at the 3-6 level.

Goal Kicks: When the ball passes wholly over the goal line but not into the goal and was last touched by the attacking team. The defending team starts play with a free kick from any where in the penalty area. The ball must pass out of the penalty area before it is played a second time. If it does not the goal kick is re-taken. Build-up Line will be implemented for 3rd/4th Grade level for the 2022 season. All players must be behind this line on goal kicks and after a goalie saves the ball.

Corner kicks: When the ball passes wholly over the goal line but not into the goal and was last touched by the defending team, the attacking team restarts play with a free kick from the nearest corner of the field. The defending team must be 10 yards from the ball when it is kicked.

Team benches: Home teams shall provide team benches. All spectators, siblings etc. shall not sit in the team bench area, but rather on the opposite side of their team benches (As Fields allow for, if opposite side of field is not possible, please keep distance from Team Benches).