

SOCCER

RULES AND REGULATIONS SEACOAST UNITED OUTDOOR COMPLEX

Last updated January 2016

(Three *** signifies a Seacoast United Soccer Complex rule.)

Rule 1- Playing Fields

All league games will be played across our 4 full-sized turf fields utilizing U11 Sized goals.
All fields - (200' x 90')

Rule 2- the Ball

1. Size 3 ball: 5&6
2. Size 4 ball: Under-8, Under-9, Under-10, Under-11, Under-12
3. Size 5 ball: Under-13 and Up.

Rule 3- Duration of game/Time

1. All games consist of two 25-minute halves.
2. The clock will run continually, even during any injury time.
3. Half time will be 2 minutes in duration.
4. All Scheduled games must start on time. Teams not ready to start 5 minutes after the scheduled time will be consider a no show and will be reported to Seacoast United Soccer Arena staff. A friendly game may be played in place of Scheduled game when/if verified by Seacoast United Soccer Arena staff.
5. The clock will start automatically 5 minutes after scheduled time of kick off.

Rule 4- Scoring

1. Goals are worth 1 point when the whole of the ball crosses over the whole goal line.
2. During regular session, all games ending in a tie will remain tied.
3. U10 years of age and below scores will not be kept on a scoreboard or recorded as to NHSA By Laws.
4. Competitive League coaches are required to verify the correct scores and sign the Referee Score Sheet at the end of a game.
5. ***If a five-goal differential occurs during any game, the team losing may bring on an extra player. The team may keep this extra player on the field until the goal differential is reduced below five.
6. ***A team may not score directly from the kick-off.

Rule 5 – Referee's

1. Seacoast United Soccer Arena will every effort to provide a certified referee for each match.
2. The Referee's sole authority starts and stops on the pitch during the duration of the match being played and Half time is considered part of the match.
3. Referees are responsible for all activity on the pitch only. All other areas in the arena are under the control of Seacoast United Soccer Arena staff.
4. Referees should be aware of any special rules or circumstances related to each League they are working for.
5. The referees will administer all laws of the game according to United States Soccer Federation
6. It is mandated for all Referees to report all sending off's, or injuries, in a three page report form to the appropriate authorities.
7. Seacoast United Soccer Arena has some modified Rules that must be enforced for the safety and fairness of the game.

Rule 6 - Players Equipment/Uniforms

1. The Referee is not responsible for procuring Uniforms or Equipment for the teams.
2. SHINGAURDS ARE MANDATORY, ALL PLAYERS NOT WEARING SHINGUARDS WILL NOT BE ABLE TO PARTICIPATE IN THE GAME.
4. Teams are required to have matching jerseys / shirts during games.

5. Each team is required to have both a light and dark jersey / shirt in case of a color conflict.
6. Pennies will no longer be provided by the Seacoast United.
7. All players have the option of wearing flats, turf shoes or cleats on the outdoor turf
8. No jewelry is to be worn during games
9. Goalkeepers are to wear a different color shirt from the team and referee.

Rule 7 - Substitutions

1. Substitutions are on the fly.
2. Players leaving the field must be within three (3) yards from the sideline when a substitute enters the field.
3. If play is disrupted in any manner by the Substitute, an indirect free kick will be awarded to the opposing team.
4. The Referee is not responsible for procuring players for the team.

Rule 8 - Player Conduct and Restarts

1. Players are expected to conduct themselves within the spirit as well as the letter of USSF Law of the Game.
2. All free kicks awarded by the referee are indisputable (please see Rule 13- encroachment, the FIVE YARD RULE).
3. **All free kicks are indirect except for penalty kicks.**
4. All players on free kicks must be 3 yards or 9 feet from the ball.
5. On all free kicks, 5 seconds will be allowed to put the ball back into play. Failure to do so will result in a loss of possession and a free kick awarded to the opposite team. 5 seconds begins when there is no encroachment
6. When the ball leaves the playing field, all restarts are "kick-ins" from the sidelines (not the usual throw-ins).
7. When a goal is scored the ball will be restarted from the center line.
8. ***Slide tackles are not permitted.
9. ***Players will not spit on the pitch or playing field. The player may receive a yellow card or if deemed necessary a red card.

Rule 9 - Encroachment

1. Opponents must stand 3 yards or 9 feet from the ball on all free kicks.
2. Failure to do so may result in the referee to place the ball 5 yards or 15 feet further forward for the free kick. This is in response to the new FIFA 2002 10yard outdoor rule.

Rule 10 - Goalkeepers

1. Goal keeper will follow USSF laws of the game.
2. If a goalkeeper commits a foul within the penalty area, the proper restart may be an indirect free kick or a penalty kick.
3. The keeper has five seconds to release the ball after taking possession with his/her hands and 5-seconds begin when there is other encroachment.
4. ***After possession of the ball, the keeper cannot pick the ball up again until the ball changes possession (the "back pass" rule is in effect). The ball will be placed to the nearest corner of the penalty box area closest to the infraction.
5. *** The keeper cannot dribble the ball back into the penalty area and then pick it up. The ball will be placed in the nearest corner of the penalty box area closest to the infraction.
6. *** The goalkeeper is not allowed to punt or drop kick the ball back into play. He/she may kick the ball from the floor, or throw the ball.

Rule 13 - Penalty Kicks

1. Penalty Kicks follow the same guidelines for fouls and procedures as set up in a USSF Law of the Game
2. The goalkeeper must touch the goal line with some part of their shoes until the ball is kicked.

3. The player taking the kick will not be permitted to play the ball until the keeper is ready and the referee signals the kick to be taken.
4. Play is live if the ball is missed, however the penalty-taker cannot re-touch the ball unless another player does so first.
5. On all fields all non-kicking players must be behind the nearest 25yard-line

Rule 14 - Blue Card: Unsporting Behavior

1. A blue card will be shown to a player who is deemed playing in an unsporting manner.
2. *** the player shown a blue card will sit out 2 minutes and may be replaced by another player.
3. Only one blue card maybe issued to a player per game. The next card able offense may be a yellow or red card.
4. A yellow card or a red carded may be shown to a player without a blue card first.

Rules 15 - Yellow Card: Caution

1. A cautionable offense will follow USSF Laws of the Game.
2. A yellow card displayed by the referee indicates a caution.
3. A cautioned player will sit out 2 minutes and the team will play down the entire time.
4. Two yellow cards to the same player in the same match will make an automatic red card (Sending off) and that team will play down the remainder of the game. The player must leave the facility and follow Rule 19 on Red Cards.
5. A yellow card does not need to precede a red.
6. Management reserves the right to review all incidents and determine more severe punishment is necessary.

Rule 16 - Red Card: Sending off

1. A Sending off will follow USSF laws of the games.
2. A red card displayed by the referee indicates a player is being sent off and must leave the Arena building for the day.
3. No substitutions may be made for the sent off player during the match.
4. A player receiving a red card must sit out the next scheduled game day for that team.
5. Red cards issued to any player on the pitch after the match is subject to review by Seacoast United Soccer Arena staff and if deemed necessary to the New Hampshire Soccer Association.
6. Any type of physical assault (throwing a punch or fist fighting), abuse, spitting and pushing by a spectator or players directed at any management, employee, other player or referee may be grounds for permanent suspension from all Leagues and the facilities of Seacoast United.
7. Management reserves the right to review all incidents and determine more severe punishment is necessary.
8. It is mandated for Referees to report red cards in a three page report form to the appropriate authorities and staff.

Playoffs – UPDATED 2015

There is no Play-off format for any league/age group.

U11 and up:

There will be points allotted for the regular season games:

- 3 points for a win.
- 2 points for a tie.
- 1 point for a loss.
- 0 points for a forfeit/no show.

All leagues are based on a 6 Week Regular Season.