

Puget Sound Recreational League (PSRL) and Development League Supplemental Rules

(These rules are in addition to League rules and are specific to recreational and development divisions 10U and under)

These Rules are in effect as of the following date **07/01/2019** until superseded.

Modified Soccer (7U – 10U) – Rules and Procedures

Rule 601 – *Small sided application of USSF Guidelines*

7U & 8U

- Field sizes the same for all age 8U and younger- 20 yds wide by 30 yds long
- Game Duration – 4 x 10 min Quarters, 5 min break after second quarter
- 4 v 4- no goal keepers
- **No off-sides will be called**
- **No direct free kicks**
- **No intentional heading** (indirect free kick if determined to be intentional)
- Goal sizes-Same size goal for both ends of the field. A Pugg style goal may be used. *Recommending the larger size (yellow). 4 ft high by 6 ft wide as the recommended goals size if using Tekk or BowNet types. A Lacrosse style goal is okay to use, too.*
- Portable goals must be secured (eg. Sand bags or staked-down to ensure player safety at all times)

9U & 10U

- Field size- 40 yds wide by 60 yds long (see below for internal dimensions)
- Game Duration – 2 x 25 min halves, 5 min break
- 7 v 7- including goalkeepers
- **Build out line / Off-side line will be used** (equidistant from Penalty Area to Halfway line)
 - Goal Keepers will not “punt” or ‘drop kick’ the ball. They may distribute via throw, pass or roll on the ground after opponents retreat behind the build out line. If they choose to play prior to players retreating behind the line there is no infraction of the rule. After the ball is put into play, the opposing team can then cross the build out line and play can resume as normal. Goal Kicks require players to retreat behind the build out line prior to the kick being taken.

Note: The ball is “in play” once it is kicked If opposition team crosses the build out line prior to this the kick is retaken.

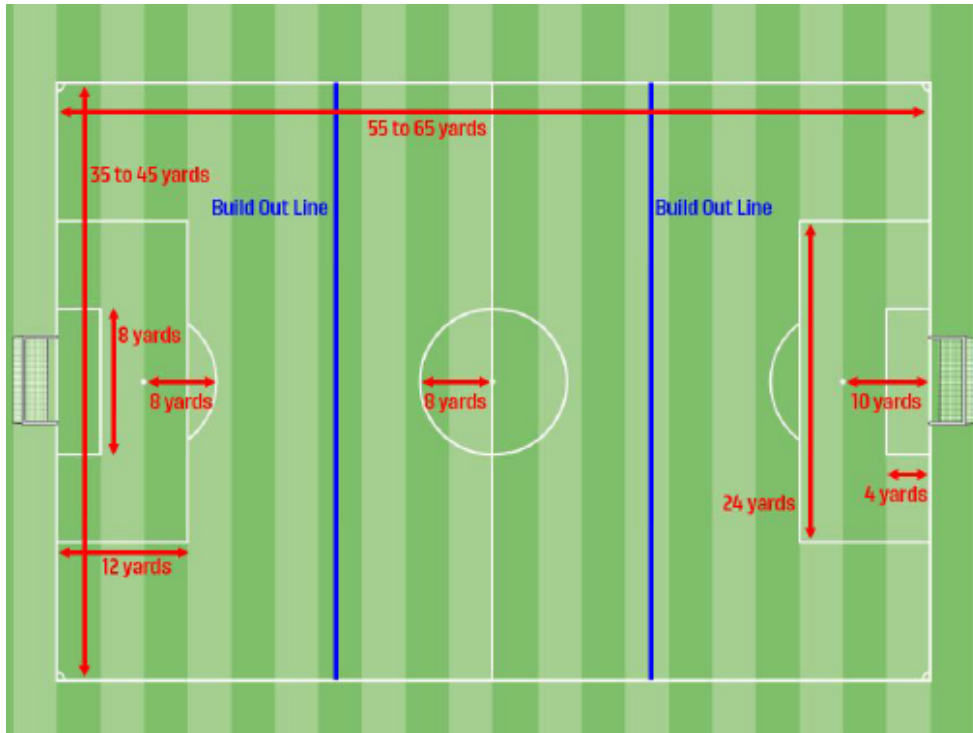
Off-sides will be called. The build out line will be used in determination of off-sides vs using the center line. Players between center line and build out line are not to be considered as off-side.

- **Direct free kicks will be called**
- **No intentional heading** (indirect free kick if determined to be intentional)
- Goal sizes- 6.5' x 18.5' (6' x 18' allowed)
- Portable goals must be secured (eg. Sand bags or staked-down to ensure player safety at all times)

Summary Table

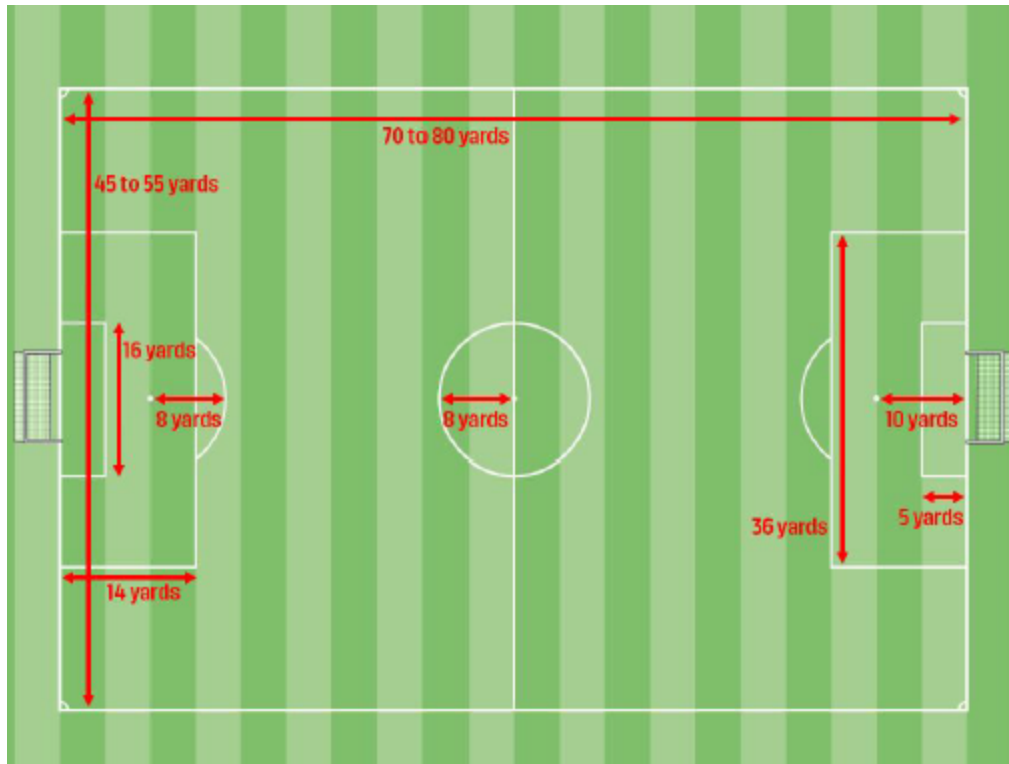
Age	Field size (WxL in yds)	Goal size (max feet HxW)	Ball Size	Field Players	Roster Size (recommended)	Game Duration (Minutes per period)
7U	20 x 30	4' x 6'	3	4	6-8	4 x 10
8U	20 x 30	4' x 6'	3	4	6-8	4 x 10
9U	40 x 60	6.5' x 18.5' (6' x 18' allowed)	4	7	10-12	2 x 25
10U	40 x 60	6.5' x 18.5' (6' x 18' allowed)	4	7	10-12	2 x 25

Field Dimensions for 9U & 10U 7v7 with Build out line



Note: *Build out line is equidistant from Half to Penalty*

Field Dimensions for 11U & 12U



PSRL -- Recreational Specific Rules

Rule 602 – *Mercy Rule for ages 10U and below.*

If the score differential reaches 5 goals then the coach of the team with fewer goals may add one player to the field. If the goal differential returns to 4 goals then the additional player must be removed from the field. Adding and removing the player must be done according to substitution rules.

It is the responsibility of the coaches to adhere to this PSRL policy. The referees may remind the coach, but it is not their responsibility to bring this to the coach's attention or force the coaches to take the necessary steps.

Rule 603 – *Mod Substitutions*

A. Substitutions may be made, with consent of the referee:

- Prior to a throw-in; by either team
- Prior to a goal kick, by either team;
- After a goal, by either team;
- After an injury, when the referee stops play, by either team;
- At half time;

- When the referee stops play to caution a player, only the cautioned player may be substituted, prior to the restart of the game.

B. The number of substitutes shall be unlimited. **Each player should play a minimum of 50% of the total playing time.** Substitutions will be allowed in order to give an opportunity for all players to get equal playing time and to balance rather than to run up the score.

Rule 604 – Mod Player Equipment

- A. **ALL PLAYERS SHALL WEAR SHINGUARDS.** Socks must be worn up and over the shin guards.
- B. All players shall be in uniform to play. A minimum “official” uniform is shirt (with a number). Goalkeepers shall wear shirt/vest colors that distinguish them from field players.
- C. Standard approved soccer shoes or gym shoes must be worn by all players.
- D. A player shall not wear anything that may be dangerous to other players or to themselves.
- E. A player may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects, provided that:
 - The proper team uniform is worn outermost; and any hat should be without peak, bill or dangling or protruding object of any kind; however, the goalkeeper may wear a soft-billed hat; and
 - Referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.

F. A player wearing a cast or splint may be permitted to play with doctor’s note approving and the cast or splint is completely covered by a thick layer of soft material.

G. No player shall be allowed to play with an injury or a known medical condition, which can be aggravated by playing.

H. Protective orthopedic devices, prosthetic devices and any equipment, gear, appliance or apparatus that is protective for a known medical condition may be provided that:

- The equipment, gear, device appliance or apparatus has been approved by a licensed physician, prosthetics, therapist or other practitioner trained or licensed to prescribe, design, select and/or fit such devices;
- A letter is on file with home club officials and team coach from a licensed physician, prosthetics, therapist or other practitioner trained or licensed to prescribe, design, select and/or fit such devices, stating
 - i. that he or she is licensed to prescribe, design, select and/or fit such devices; that the device is properly fitted; and
 - ii. that the device is suitable for use in youth soccer competition; and
 - iii. The referee determines that the device conforms to Law 4 of the Laws of the Game.

Rule 605 – Modified Officiating for Rec Leagues

The home team will be responsible for providing referees. In the event that a referee is not present, both coaches will mutually agree upon one. If one cannot be agreed upon, each coach will referee one-half. Assistant Referees may be used whenever possible to assist the referee.

Rule 606 – Charging the Goalkeeper

In all 10U and below games: No player shall make physical contact with the goalkeeper, harass the goalkeeper or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever.

Note: Also included in “having control of the ball” is the goalkeeper holding the ball on the ground with one or both hands.

Rule 607 – Basic and Modified Game Procedures

A Start of Play:

1. The ball will be placed at the center of the field by the referee and the game will start with one player kicking the ball in any direction, after a given signal by the referee. At the time of the kickoff, every player will be in his/her half of the field but outside the center circle.
2. The ball is in play when it is kicked and clearly moves. The kicker shall not play the ball a second time until it has been touched or played by another player.
3. A goal shall not be scored directly from a kickoff without the ball being touched by at least one other player on either team.

B. Restart of Play:

1. After a goal has been scored, the game shall be restarted in like manner by a player of the team that gave up the goal.
2. To start the second half, the game will be restarted with the kickoff by a player of the opposite team to that of the player who started the game.
3. Restarting play after temporary delay: In the case of a temporary suspension due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed “in play” when the ball has touched the ground.

Ball in and Out of Play:

4. The ball is out of play when it has wholly crossed the goal line or whole touchline, whether it is on the ground or in the air.
5. The ball is out of play, when the referee has stopped the game.

Goal Kicks: (9U and 10U) *Utilize the build out line*

6. Opponents are required to drop back behind the build out line prior to the taking of a goal kick. Once the ball is kicked into play (crosses the Penalty area markings) the opposing team may cross the build out line and play resumes as normal. If players encroach across build out line prior to ball being in play the kick is retaken.

C. Method of Scoring:

1. A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air between the goal posts and under the cross bar.
2. A goal may not be scored from a team’s defensive half.

D. Offside Rule:

1. While the offside rule will not strictly apply to any 8U and below game, the intent of the rule will be followed. Positioning a player in front of the opponent's goal irrespective of the location of the ball on the field is contrary to the aims of the program. The referee shall take appropriate action to prevent this kind of play (an indirect kick to the offended team and instructional statements to the violating players and coach.

2. 9U and above teams will play with the off-side's rule. The referees will call the rules and the proper penalties will be assessed.

Note: for 9U and 10U the build-out line is used as the off-side line vs. the center line.

E. Fouls and Misconduct:

1. FREE KICKS: Free kicks shall be classified under two headings: "Direct," from which a goal can be scored by a direct kick against the offending side and "Indirect," from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.

2. NO DIRECT KICKS SHALL BE AWARDED AT 8U AND BELOW. ONLY INDIRECT KICKS WILL BE USED

3. Any intentional header at 11U and below will warrant an indirect free kick for the opposing team. If the header occurs within the goal area the kick is to be taken at the point closest to the infraction on the goal area line.

4. No Penalty Kicks will be granted at 8U and below

5. A DIRECT KICK (9U AND UP) shall be awarded for the following nine intentionally committed offenses:

- Kicking an opponent
- Tripping an opponent
- Jumping at an opponent
- Charging an opponent in a violent or dangerous manner
- Charging an opponent from behind
- Striking an opponent
- Holding an opponent
- Pushing an opponent
- Handling the ball, with the exception of the goalie, in the designated area

Rule 608– Coaching

A. The coach is responsible for his own behavior as well as that of his players and spectators. Discuss what you expect of parents during games. Remember this is just for fun.

B. Every player must play in each game at least 50% of the playing time unless they are not able to play due to illness or injury.

C. All coaches should attend an appropriate level-coaching clinic prior to the start of the regular season.

D. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.

a. It is every coach's obligation and duty to attend coaching and referee clinics in order to acquire information that, in turn, may be passed on to the players. Refer to the PSPL website for Referee Clinics offered.

E. Contact the visiting coach at least three days before the scheduled game to reaffirm the time, directions to the field, and to share team colors (home team changes jersey color if visiting team is the same color). If the visiting coach is not contacted he/she should contact the home team coach.

F. Make sure that you have a game ball properly inflated before the game starts.

G. Make sure that all of your players are properly equipped, fit and emotionally ready to play.

H. In case of injuries during the game, assure that the player is properly attended to. Check his/her condition after the game and follow up with a call to the home in the evening.

I. In the event an injured player requires medical attention, he/she must have a written release from the doctor before returning to practice or play with the team.

J. Proper warm up of all players should take place for approximately 20-30 minutes prior to the start of the game.

K. At home games, you are responsible for field preparation (check with your club officials)

L. Prior to the start of the game, meet and greet the visiting coach. After the game, exchange with them some friendly, positive comments. Be sure to thank the referees and shake their hands. Have the player's line up at the center of the field to shake hands with the opposing players.

Rule 609 – Modified Official Score Report

The game result is to be reported by the winning team via update on their team page or via the score reporting system. In event of a tie both teams should report the score. Report actual scores of the match but note standings page will be capped at 5 goals.

Miscellaneous Reporting Forms

Reports of Rules Violations

Any complaints against another team for violations of league rules or administrative policies must be submitted within 48 hours using the Misconduct and Violations Form found on the PSPL homepage. All information must be completed in full prior to the league office reviewing.

Protests (Misapplication of the Laws of the Game)

Any protest must be documented on the game day sheet and noted by the Referee no later than the completion of the match. The notice of protest must be submitted to the league office within 48 hours. A Protest Form, found on the PSPL home page, must be submitted to the league with the approval of the DOC accompanied by a \$150 non-refundable administration fee

Exception Request

If a team seeks an exception to any league rule they must submit an Exception request Form found on the PSPL Homepage. The request will be reviewed by the appropriate committee and a response will be sent within seven days.