

MSUMC Soccer Rules and Regulations

5 \ 6 League

The Object

The object of soccer is for the players to get the ball completely into their opponent's goal using any part of their body except their arms and hands. The goalkeeper may NOT use their hands in this league. This is to prevent unnecessary injuries.

Kickoff

A kickoff is taken from the center circle at the beginning of the game, beginning of each period and after each goal. The opponents must be six yards from the ball while the kickoff is taken.

Throw In

After the ball has completely crossed the side lines (touchlines) a throw in is awarded to the team that did not last touch the ball. The throw in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touchline. A second throw-in is allowed if a player commits a foul on the initial attempt. The referee shall explain the proper method before allowing the player to re-throw.

Goal Kick

The goal kick is taken by the defending team each time the ball crosses the goal line and was last touched by an attacking player. The ball may be placed anywhere in the goal area. The opponents must be six yards from the ball while the goal kick is taken.

Corner Kick

A corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line (end line). The ball is placed within three feet of the corner of the field (nearest to where the ball went out of play) and kicked into play by the attacking team. A corner kick is an indirect free kick and must be played by another player before a goal can be scored. The opponents must be six yards from the ball while the corner kick is taken.

Penalty Kick

No penalty kicks will be awarded in this league.

Direct Free Kick (DFK)

No Direct free kicks will be awarded in this league. All fouls shall be awarded an Indirect Free Kick (IFK).

Indirect Free Kick (IFK)

Awarded for all major and minor fouls in this league. The opponents must be six yards from ball

Offside

No offside calls in this league

Major Fouls

Major fouls result in an indirect free kick. To be a major foul, the foul must be, in the referee's judgment, intentionally committed. The ten fouls are divided into two groups. The first six require that the foul be committed carelessly, recklessly or disproportionately in force

- Kicking or attempting to kick an opponent.
- Striking or attempting to strike an opponent.
- Punching an opponent.
- Charging an opponent.
- Tripping an opponent.
- Jumping into an opponent.

The other four fouls require only that they be committed

- When tackling an opponent, making contact with the opponent before the ball.
- Spitting at an opponent.
- Holding an opponent.
- Handling the ball deliberately.

Minor Fouls

There are five minor fouls that result in an indirect free kick (IFK). At least one additional player from either team must touch the ball before a goal can be scored from an IFK.

The five fouls are

- Dangerous play
- Including high kicking near another player's head or trying to play a ball held by the goalkeeper.
- Fair charge away for the ball
- fairly charging when the ball is not within playing distance.
- Impeding the progress of an opponent. Getting between an opponent and the ball when not playing the ball.
- Charging into the goalkeeper. Shoulder to shoulder contact within the penalty area.

Goalkeeper infringements

Although goalkeeper fouls are not enforced in this league, they are listed here for informational purposes.

- Taking more than four steps while controlling the ball with their hands or otherwise intentionally disrupting the flow of the game.
- Playing the ball with their hands when the ball is kicked by a teammate.

Goals

A goal is scored when the ball completely crosses the goal line within the goal area

Playing time

Each player shall be allowed 50% of the playing time. Coaches will substitute between periods to ensure that all players present play a minimum of 50% of the game.

Equipment

Footwear

Soft-cleated soccer shoes.

Shinguards

Shinguards are mandatory

Jersey

The jersey (or shirt) must be in the team color.

Referee

The referee's decision is final on all points of fact connected with the game. All rule infractions shall be briefly explained to the offending player.

Duration of Game

Four equal 8 minute periods. A break of 1 minute between periods one and two and three and four. A five minute break between periods Two and Three.

Number of Players

Maximum number of player on the field at any one time is four one of whom is the goalkeeper. Minimum number of players is three.

Ball

A number 4 ball shall be used.

Substitutions

Substitutions shall be only allowed at the start of each period or for an injured player.