

THE MODIFIED RULES FOR JUNIORS, INTERMEDIATES, QUASARS AND PROTONS

- The fields are approximately 45 yards long and 35 yards wide. The goals are 12 feet long and 6 feet high. Two fields are used simultaneously in these divisions.
- The Juniors and Quasars Divisions use a size 3 ball. The Intermediates and Protons Divisions use a size 4 ball.
- Teams consist of a maximum of 14 players. Players are divided into two equal groups each week. Each group of players will play one of the two groups of players from a different team. Each group will switch opponents at halftime.
- Shin guards are mandatory. Cleats are recommended over sneakers. Hats and jewelry may not be worn. Earrings and necklaces must be removed, or covered with tape at a minimum. Navy shorts should be worn. Sweat pants may be worn, long pants should not be worn.
- Games consist of two 25 minute halves. After half time, one team should switch their player groups to the opposite field in order to play the other player group from the opposing team.
- If a game starts late, the referee will cut time off the game so that the next game will start on time.
- Games are played with four field players and a goalie.
- A team losing by four or more goals may add a fifth field player.
- Team records are not kept for the season, nor are team standings. There are no championships.
- All kickoffs must be a pass. Players may not simply kick the ball down field on a kickoff.
- All restarts in these age groups are indirect. Another player must touch the ball before a goal can be scored. The ball may not go directly into the goal from a restart.
- Defenders must be at least five yards from the ball on all restarts.
- Goals may be scored from inside the offensive half of the field but NOT from the defensive half of the field.
- Slide tackles are illegal in all LMSC intramural divisions.
- There are no penalty kicks in these age groups. Free kicks which are awarded for fouls committed less than 10 yards from the opponent's goal will be moved back to a spot at least 10 yards from the goal.
- Free kicks awarded to the defending team inside the goalie area will be moved up to the edge of their goalie area.
- There are no throw-ins. Instead, an indirect free kick from the sideline is awarded. This **MUST** be a pass.
- The ball is in play unless it goes completely over the sideline or end line. A ball that is on the line is considered to be in play.
- Accidental hand balls are not a penalty (if the player's hands are at his / her side and the player was unable to avoid contact with the ball on that play).
- There is no offsides rule. However, all players are expected to help out on defense and not wait for the ball up near the opponent's goalie (no cherry picking).
- Goalies may only play the ball with their hands when the ball is inside their goalie area.
- Goalies may not use their hands to handle an intentional pass that comes from the foot of a teammate. Goalies may use their hands if the pass is accidental or if the pass comes from a different part of their teammate's body (head, chest, thigh, etc.)
- Goalies will be encouraged to help out their team on offense. They will be encouraged to come out past the goalie area and call for passes when a teammate needs help. Goalies should be used to help switch the ball from one sideline to the other in order to generate attacking play.
- Goalies may not punt or throw the ball in the air past the midfield line. When possible, the goalie should put the ball on the ground and either dribble the ball up field or pass the ball to a teammate.
- Coaches and parents are asked to not constantly shout instructions to the players. This prevents players from learning to think and make decisions on the field. Please limit comments to the players that are merely supportive, encouraging, positive and general in nature.
- LMSC reserves the right to remove any child from the program whose parents are abusive and / or nasty towards a referee at any point in the season.
- Sportsmanship must be a priority for everyone ... players, coaches, referees and spectators