

LOWER MERION SOCCER CLUB

FALL INTRAMURAL PROGRAM – LEVEL 3 GAME RULES

The following is a brief description of the rules that will be used for level 3 age divisions (the Juniors, Quasars, Intermediates and Protons Divisions). The rules have been modified so as to maximize player enjoyment. Coaches are always asked to remember that the primary objective of the program is **ENJOYMENT OF THE GAME OF SOCCER**.

Coaches and referees need to review the rules since the rules for these age groups are quite a bit different than the rules used in regular adult soccer.

LAW I -- THE FIELD

- Two fields are used for each game
- The Juniors and Quasars Division fields will be approximately 40 yards long and 30 yards wide
- The Intermediates and Protons Division fields will be approximately 45 yards long, 35 yards wide
- Each field has a midfield line which runs from one sideline to the other
- Goalie box line five yards out from each goal line, running from one sideline to the other

LAW II -- THE BALL

- The Juniors Division and Quasars Division uses a size 3 ball
- The Intermediates and Protons Divisions use a size 4 ball

LAW III -- NUMBER OF PLAYERS AND SUBSTITUTIONS

- Maximum of 14 players (Juniors and Quasars) or 16 players (Intermediates and Protons) on a roster
- Teams play two simultaneous games are played.
 - Juniors and Quasars Division will play 5v5 (four field players and a goalie on each field)
 - Intermediates and Protons Divisions will play 6v6 (five field players and a goalie on each field)
- Coaches divide their players into two EQUAL teams. Do not make one team stronger than the other
- All players are to get EQUAL playing time. Star players and coaches' children are NOT to be given extra playing time
- Teams should use four goalies each game (two in each half). Nobody is to play in goal more than one half of a game.
- Substitutions may be made whenever the ball goes out of play, or when there is an injury. Substituting while the ball is in play may only be done if absolutely necessary. Coaches need to get the attention of the referee when substituting
- Minimize the number of times substitutions are made to avoid time wasting
- **Special LMSC Intramural Rules To Balance Lopsided Games:**
 - A team losing by four or more goals is to add an extra player. The game is now played 6v5 (Juniors and Quasars Divisions) or 7v6 (Intermediates and Protons Divisions)
 - A team with a five goal lead must remove one player from the field. The game is now played 6v4 (Juniors and Quasars Divisions) or 7v5 (Intermediates and Protons Divisions)
 - A team with a six goal lead must remove another player. The game is now played 6v3 (Juniors and Quasars Divisions) or 7v4 (Intermediates and Protons Divisions)
 - The above actions are reversed when the lead begins to shrink

Special Field Note: If one team does not have enough players to field two full teams, one or both of the games should be played using one fewer field player on the field. In this situation, the goals should be moved in from the end lines up to the goalie box lines, making the field about 10 yards shorter.

LAW IV -- PLAYER EQUIPMENT

- Players should wear soccer shoes with rubber cleats. Sneakers are allowed, but are not as safe
- SHIN GUARDS ARE MANDATORY
- Navy (or black) shorts
- White soccer socks worn OVER the shin guards
- Loose fitting sweat pants are allowed on cold days. Long pants should be avoided since they restrict player movement
- Goalies must wear a yellow pinnie shirt color (provided by the coach)
- Earrings MUST be removed or at a minimum completely taped up so they cannot get yanked off
- Arm casts may only be worn if it does not cover the elbow and is totally covered in bubble wrap or foam rubber. The player must also have medical clearance from his / her doctor in order to play
- Necklaces must be removed or tucked under the shirt so they do not fly around and hit someone in the eye. It is preferred that the necklace is taped to the player's chest
- Bracelets and watches must be removed
- Baseball hats may not be worn since the brim of the hat can injure an opponent

LAW V -- THE REFEREE

- One referee per field
- The referee is responsible for keeping game time, **starting the game on time** and ending the game on time. It is important that the referees get the coaches to start the game on time
- It is very important that the referee start the on time so that he / she does not have to cut playing time at the end of the game
- If there is no referee, the coaches will need to find someone else to officiate
- **Coaches are not to yell at or try to intimidate the referee.** If they should disagree with a call, they should talk to the referee in private in between periods or after the game. Referees are to report any coach or adult who is verbally abusive to the LMSC Officers

LAW VI -- ASSISTANT REFEREES (LINESMAN)

- Assistant referees (AR's) will not be assigned. If needed, the referee may ask for another person to signal if a ball has gone out of play

LAW VII -- DURATION OF THE GAME

- **Games are 50 minutes long (two 25 minute halves).** Games must start on time so that the players get the entire 50 minutes. Referees have been instructed to end the game right before the next game is scheduled to start.
- There will be a five minute halftime break.
- It is very important that the coaches and referees **START THE GAMES AT THE SCHEDULED TIME**

LAW VIII -- THE START OF PLAY

- Opponents must be in their own half of the field and at least five yards from the ball
- Both teams will switch sides and direction of play for the second half.
- Play must start with a pass (forwards or backwards). Teams may NOT simply blast the ball down the field

LAW IX -- BALL IN AND OUT OF PLAY

- The ball is in play until it goes ENTIRELY over a sideline or end line
- Play shall continue in all cases until the referee blows the whistle
- Coaches and spectators are not to tell players to stop playing unless the whistle has sounded

LAW X -- METHOD OF SCORING

- The ENTIRE ball must go through the goal (whether on the ground or in the air)
- Goals may only be scored if the ball is shot from the team's **offensive** half of the field
- Coaches are asked to minimize the importance of the score
- LMSC does NOT keep the scores of games and standings are not kept during the season
- Goals may NOT be scored directly from any restart, including a:
 - kickoff
 - goal kick
 - free kick (restarting play after a foul)
 - kick in (restarting play after the ball goes over the sideline)
 - corner kick

LAW XI -- OFFSIDE

- There is no formal offside rule
- Coaches are to instruct all of their field players to move up the field on offense and back down the field on defense. Coaches must not allow players to remain far up the field "cherry picking."

LAW XII -- FOULS AND MISCONDUCT

- All fouls will result in an INDIRECT free kick (a goal may **NOT** result directly from the kick)
- All opponents must be at least FIVE yards from the ball
- If an attacking team gets a free kick near their opponent's goal, the free kick is to be moved back to about TEN yards from the goal
- For free kicks in a team's defensive goalie area, the ball may be moved to the top of the goalie area
- There are no penalty kicks taken in these divisions
- The referee is to stop play and briefly EXPLAIN (15 words or less) the foul to the offending player AND to the other players. The referee is to try and help the players to better understand the rules
- In EVERY soccer age group, up through professional, a foul is NOT called if the ball hits a player in the arm when his arm is at his side and the player could not possibly avoid having the ball hit his arm. Hand balls are only called if the player could have avoided having the ball hit his arm
- **SLIDE TACKLES ARE ILLEGAL IN ALL LMSC INTRAMURAL DIVISIONS.** This will be strictly enforced by the referees. Coaches are to instruct their players to not attempt slide tackles
- **Per Rule Of US Soccer: PLAYERS IN THESE AGE GROUPS MAY NOT HEAD THE BALL.** Intentionally heading a ball will be treated as a foul
- Goalies may not punt the ball in these divisions. Goalies may throw the ball or put the ball on the ground and play it just like a field player

SPECIAL GOALIE RULES

- Goalies may not punt the ball. Goalies may throw the ball to a teammate, roll the ball to a teammate or put the ball on the ground and play it just like a field player.
- **When a goalie gains possession of the ball with his / her hands, all members of the opposing team must retreat to the other side of the midfield line. Opponents may re-enter their half of the field once the goalie has put the ball back in play.**
- Coaches should encourage their goalie to dribble the ball up the field until challenged by an opponent, then pass the ball. The goalie should have a teammate positioned on both sides so that he / she may pass the ball once challenged. Coaches should strongly discourage the goalie from simply slamming the ball down the field.

LAW XIII -- FREE KICKS

- All free kicks are indirect (the player taking the kick may not score directly from the free kick)
- A second player (on either team) must touch the ball for a goal to be scored
- Coaches are to instruct their players to PASS the ball. This will help players to understand teamwork
- Defensive players must be at least five yards from the ball on all restarts

LAW XIV -- PENALTY KICKS

- There are no penalty kicks in these age groups

LAW XV -- THROW INS

- There are no throw ins
- When the ball goes out of bounds on the sideline, the other team will get an indirect free kick (the ball may not go directly into the goal)
- Opponents must be at least five yards away from the kick
- Coaches are to instruct their players to PASS the ball. This will help players to understand teamwork

LAW XVI -- GOAL KICK

- A Goal Kick is taken to restart the game when an attacking team player plays the ball entirely over the goal line (but not into the goal)
- Goal kicks are taken by the defensive team from any point inside the goalie box
- **All opponents must stand behind the midfield line until the ball is put into play. It is VERY important that coaches and referees help ensure this rule is used.**
- A goal kick MUST be a pass to a teammate.
- The player taking the goal kick may not play the ball again until it is played by another player.

LAW XVII -- CORNER KICK

- A Corner Kick is taken to restart the game when a defender plays the ball entirely over the goal line (but not into the goal)
- Corner kicks are taken by the offensive team from within a yard of the corner of the field
- All opponents must be at least five yards away from the ball
- A goal may not be scored from a corner kick in these ages

LAW XVIII -- COMMON SENSE

When in doubt, common sense should be used to interpret the laws and maintain the spirit of the game