

BARRENS SOCCER CLUB
RULES & REGULATIONS
www.barrens-soccer.org
(Revised August 2022)

The Barrens Soccer Club, Inc. (BSC) adopts the game laws of the U.S. Soccer Federation, except as noted below.

PLAYERS AND TEAM ASSIGNMENTS

All players must officially register with the BSC by completing a registration form. A parent or guardian must sign the appropriate sections on permission-to-play, release of responsibility, and include the required medical coverage.

U7	(Not 7 years old before September 1 st)
U9	(Not 9 years old before September 1 st)
U11	(Not 11 years old before September 1 st)
U13	(Not 13 years old before September 1 st)
U16	(Not 16 years old before September 1 st)

****U represents Under***

Within each division, every effort will be made by area coordinators to equalize teams by factors such as experience, gender, and age.

Team assignments may be changed only with permission of Area Coordinator and concurrence of the coaches involved.

Area Coordinator may assign a player to a division older than that for which the player is eligible at the request of the parent. In U7 division, if a player is so far advanced in skills that he/she dominates his/her team and opposing teams, that player shall be moved to the U9 division by decision of the Area Coordinator. Parent objections may be taken to the Board and refund of registration fee will be given if parents do not want child to play up.

Under extenuating circumstances, the Board may grant permission for a player to play-down to a division younger than that for which the player is eligible. Written requests by the parents are required. A player can be a member and play for only one team in a division.

A player may substitute in an older division (play-up) if he/she becomes no higher than the 12th player on teams that play 11, or the 10th player on teams that play 9 on the field. He/She may play only if it does not interfere with his/her team's game. He/she must have parental permission, and the coach of the opposing team and referee must be notified prior to the start of the game. The Area Coordinator must be notified prior to the game.

Rosters with names and birth dates of all players will be provided to each coach by the area coordinators. This shall be the official roster for the season. The coach must have a copy of this roster at each game. The area coordinator must approve changes to the roster at least one week prior to any scheduled game.

COACHING

Coaches should keep in mind, **at all times**, the welfare of the players and the fact that BSC is an educational and recreational program. Abusive or demoralizing comments should not be made to players at any time.

The intent of the league is for the players to have equal play throughout the season. For example, in 1 game no player should play 4 quarters before all other players have played 3.

Coaching from the sideline is permitted as long as it does not interfere with the opposing team or the Referee. Teams shall not have coaches on both sides of the field. Coaching shall be from coach's boxes, which will be marked in each area, center of field to 18-yard line.

Violations - Coaches will be warned!!

No coaching is permitted from behind the goal line.

No one, including coaches and spectators, is permitted behind the goal-area.

On U7 teams, one coach from each team may be on the field for instructional purposes (on the defensive side). ***Coaches should stay to the sides of the field and not go into goal-areas.***

On U9 teams, one coach from each team may be on the field for instructional purposes for the ***Opening Day game only (defensive side)***. Coaches should stay to the sides of the field and not go into goal-areas.

All head coaches must be 18 or older. An adult 18 or older must be present at practices and games to supervise activities. Special exceptions can be granted by the board.

Any injuries requiring doctor or hospital care should be reported to the area coordinator as soon as possible.

All players shall have the opportunity to **play a minimum of half the game**, unless injured, ejected, or removed for disciplinary reason.

A Warning shall be given to player and parent about a disciplinary problem.

The Area Coordinator must have been notified before any action is taken.

Disciplinary reason must have been explained to player and parent prior to action being taken.

PRACTICES

Each team will be limited to **two practices per week** prior to the Saturday after Opening Day, not to exceed beyond 1 1/2 hours per practice or past dusk. Each team will then be limited to **one practice per week** starting after Opening Day.

The Area Coordinators will provide schedules for practices and any changes. Any changes to practice schedules must be approved by Area Coordinators.

It is each coach's responsibility to see that an adult remains at the field after each practice until all players are picked up.

SCHEDULING GAMES

The Games Commissioner will provide the schedule of games for the season. No "individual" games may be rescheduled except for extenuating circumstances such as inclement weather or referee coverage. Final decision to make up a game will be decided by the Area Coordinator.

CANCELLATION OF GAMES

Prior to the start of play for that day, the Area Coordinator will determine if games should be cancelled due to weather or unsafe field conditions. The Area Coordinator will make every attempt to notify coaches by 11 am. Coaches will then notify their players.

At the game site the Referee will determine if a game should be delayed or canceled. An entire day of canceled games maybe made up the Sunday following the last scheduled game. If more than one Sunday is needed to complete the make-up games, consecutive Sundays may be used. The area coordinators will make this decision and the coaches will be notified.

BALL

The size of the ball varies by division as follows:

U5 (clinic)	Size 3 ball
U7, U9, U11, U13	Size 4 ball
U16	Size 5 ball

NUMBER OF PLAYERS ON THE PLAYING FIELD

U7	7 players (6 plus goalkeeper) - Must have minimum of 5 players to start a game.
U9	9 players (8 plus goalkeeper) - Must have minimum of 7 players to start a game.
U11	10 players (9 plus goalkeeper) - Must have minimum of 8 players to start a game.
U13	10 players (9 plus goalkeeper) - Must have minimum of 8 players to start a game.
U16	9 players* (8 plus goalkeeper) - Must have minimum of 7 players to start a game.

* Flexible, depending on what coaches agree to before the game

SUBSTITUTIONS

The number of substitutions for a team is unlimited. A player may later return to the game after a substitution has been made for him/her.

U7 & U9 teams:

- Substitute at quarters only, except for injuries, at which point the other team can also sub.

U11, U13 & U16 teams:

- Either team may substitute between periods, on goal kicks, after a goal has been scored, or when play is stopped for an injury.
- A team having gained possession of the ball for a throw-in may substitute.
- When play has stopped, one of the players on the field may change places with the goal keeper provided the Referee has been notified.
- The Referee must be notified before any substitutions are made.

PLAYER'S EQUIPMENT

Player shall not wear anything that is dangerous to him/herself or to another player.

NO JEWELRY may be worn during games. Includes hard plastic & metal barrettes or hair bands, bandana's, earrings, watches, necklaces, bracelets, and strings around the neck and wrist.

MEDICAL ID BRACELETS can be worn but must be taped close to the wrist.

Casts, even if padded, are NOT permitted.

No face painting, No tattoo's on face, No hair coloring which reflects team expression, No spiked Mohawks.

Soccer cleats (no front toe kick) are required for U7-U16. NO metal spikes may be worn.

Clinic players can wear regular sneakers, cleats are not required.

It is MANDATORY that players wear shin guards; socks must cover shin guards!

The team uniform must be worn and may not be modified in any way (such as additional numbers or player's name added to the shirt), except to provide a better fit by sewing.

Black shorts should be worn, but they cannot have front or back pockets, zippers, or anything that in any way could cause a potential danger to players. Shorts cannot extend below the knees. In cold weather sweat suits can be worn, sweats should be black or the same color as the shirt.

Goalkeeper shall wear colors, which distinguish that player from other players and from the Referee. Referee will check each player prior to start of game for compliance with the above rules.

Socks will be issued by Barrens Soccer Club.

REFEREE AND LINESMAN

The referee is sole judge on the field: his/her decisions are final. Negative comments and complaints about the refereeing by coaches or players will NOT be allowed or tolerated.

The Referee can stop the game for infringement of the rules and can suspend or terminate a game whenever he/she deems such stoppage necessary (i.e. severe weather, interference by spectators or by coaches).

Any Spectator who persists in disrupting the game shall be asked to leave the site by the Referee. The game will be delayed while waiting for the spectator to depart.

The Referee shall caution with a yellow card any player or coach guilty of misconduct. The Referee can suspend from play with a red card any player or coach guilty of violent conduct or repeated infringement (with second yellow card) of playing rules. Coaches must exhibit sportsman-like conduct and at the discretion of the Referee can be removed from the playing field. If a player or coach is removed from a game, the Area Coordinator shall be notified and that player or coach shall also be suspended from playing/coaching his/her next game. Any player or coach, who is removed from a game for violating the rules twice in the same season, shall have his/her playing or coaching privileges suspended for the remainder of the season.

In the event of injury, the Referee will stop the match temporarily and allow the coach to enter the field of play.

The Referee shall allow no person other than the players and the Linesmen to enter the field of play without his/her permission.

U7 & U9 Divisions: The Referee shall whistle stop-play and whistles again to restart play.

U11, U13 & U16 Divisions: The Referee will use "One-Whistle" rule which means the players restart play as soon as possible and without a whistle from the Referee.

In case of rule violations where a whistle would be disadvantageous to the fouled team, the Referee may signal "Play-on" and not stop play for the violation.

The Referee will designate 2 Linesmen, one for each sideline. (If certified linesmen are unavailable it is expected that each team shall provide a linesmen. The Linesmen shall assist the Referee in determining when the ball is out of play and which side is entitled to the corner-kick, goal-kick, or throw-in. Referee always has final judgment.

DURATION OF THE GAME

Game times and phasing vary by group as follows:

- U7: Four 8-minute quarters with 2 minutes between quarters and a 5-minute break at half-time.
- U9: Four 12-minute quarters with 2 minutes between quarters and a 5-minute break at half-time.
- U11, U13, U16: Two 25-minute halves with a 5-minute break at half-time.

NOTE: THE CLOCK DOES NOT STOP FOR ANYTHING.

START OF PLAY

All games are to start on schedule. The Referee may allow a 5-minute grace period for a late team, after which the game will begin or the late team will forfeit.

Coin toss shall decide choice of goal or kicking off. The team that wins the toss decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. In the second half of the match the teams change ends and attack the opposite goals. For teams that play quarters, the kick-off will be alternated between the two teams each quarter.

After Referee's signal the game is started by a player taking a place kick into the opponents' half of the field. The opposing players must be at least ten yards from the ball when it is kicked off (five yards in U7). The kicker may not play the ball a second time until another player has touched it.

After a temporary suspension of play for any reason when the ball has gone out of bounds or is not in clear possession of either team, the referee shall restart play by dropping the ball between any two opposing players.

A goal may be scored directly from a kick-off, **except in the U7 division.**

The ball is in play when it is kicked and moves forward.

BALL IN AND OUT OF PLAY

The ball is out of play when it has COMPLETELY crossed the goal line or touchline (sideline) on the ground or in the air, and when the game is stopped by the Referee. The goal line and touchline are considered part of the field of play.

SCORING

A goal is scored when the ball COMPLETELY crosses the goal line between the goal post and under the cross bar.

U7 Only: If a team kicks the ball into the wrong goal, it will not be counted.

OFFSIDE (not used in U7)

*For U9, off-sides will not count until week 7.

A player is in an offside position if that player does not have possession of the ball and is in the opponents' half of the field when there are not at least two opponents (counting the goalkeeper) nearer their own goal line than he/she is. A player behind the ball or in possession of the ball cannot be in an offside position.

A player shall only be declared offside and penalized if in the opinion of the referee, that player is seeking to gain an advantage by being in that position, or if that player is interfering or influencing the play of an opponent.

Offside shall NOT be judged at the moment the player in question receives the ball, but at the moment when the ball is passed to that player by a teammate.

A player shall not be declared offside if that player receives the ball directly from a goal kick, a corner kick, a throw in, or when it's dropped by the Referee.

If a player is declared offside, an indirect free kick shall be awarded to the opposing team at the point of violation.

FOULS AND MISCONDUCT

Any player or coach guilty of (a) violent conduct, (b) use of foul or abusive language, or (c) persistent misconduct after having received a caution shall be ejected from the game by the Referee.

Direct Free-Kick - awarded to the opposing team when a player intentionally commits any of the following offenses:

- Kicks, trips, or jumps at an opposing player.
- Charges from behind or in a dangerous manner.
- Strikes, holds, or pushes with the hands.
- Handles the ball (except the goalkeeper in his/her own penalty area).

Penalty-Kick - awarded if any of the above is intentionally committed within the opponents' Penalty area. No Penalty-Kicks will be awarded in the U7 division games (Please place ball at the closest spot of the penalty box outline).

Indirect Free-Kick - awarded to the opposing team when a player plays in a dangerous manner:

- Charges fairly but the ball is not within playing distance.
- Obstructs an opponent when not playing the ball.
- Charges the goalkeeper.
- Or when the goalkeeper takes more than 6 seconds.

A **caution** from the Referee and an Indirect Free-Kick is awarded to the opposing team if a player argues with the Referee or is guilty of unsportsman like conduct.

A **sliding tackle** is legal when it is made within normal peripheral vision of the tackled player; if not, a Direct Free-Kick is awarded.

A **fair charge** is one in which a player makes a non-violent shoulder-to-shoulder contact with the arm and elbow close to the body, at least one foot on the ground and the ball within playing distance.

GOALKEEPER

An Indirect Free-Kick shall be awarded to the opposing team if the goalkeeper, inside his/her own penalty area, commits any of the following offenses:

- Takes more than 6 seconds while controlling the ball with his/her hands, before releasing it.
- Touches the ball again with his/her hands after it has been released from his/her possession and has not yet been touched by another player.
- Touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate.
- Touches the ball with his/her hands after receiving it directly from a throw-in made by a teammate.

The goalkeeper is not allowed to roll the ball except to pass it to another player.

For U7 & U9 divisions: The referee will stop play if the goalkeeper takes more than 6 seconds complete the kick or throw. The referee shall move the ball back to the 6-second spot and allow the goalkeeper to complete the kick or throw from that point.

Handling the Ball: A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm. This does not apply to the goalkeeper in his/her own penalty area. The penalty is a Direct Free-Kick. Unintentional handling occurs when the ball strikes the hand or arm of a player who has not moved the hands or arms to play the ball, and this is NOT penalized. A female player may cross her arms to protect her chest area.

Charging the goalkeeper is not permitted in the penalty area, nor is the goalkeeper to be harassed or interfered with while attempting to put the ball into play.

RESTARTING THE GAME BY KICKS & THROW-INS

FREE KICK

A Direct Free-Kick is one in which a goal can be scored directly.

An Indirect Free-Kick is one in which the ball must touch another player before a goal can be scored.

When taking a Direct or an Indirect Free-Kick, all opposing players shall be at least ten yards from the ball (five yards in U7) until it is played.

The player taking the Free-Kick may not play the ball a second time until another player has touched it.

PENALTY KICK

A Penalty-Kick shall be awarded when a foul which ordinarily results in the awarding of a Direct Free-Kick occurs within the offending team's penalty area.

A Penalty-Kick is taken from the penalty mark.

All players, except the kicker and the opposing goalkeeper, must be at least ten yards from the penalty-mark and outside the penalty area.

The defending goalkeeper must remain on his/her goal line, facing the kicker, between the goal posts until the ball has been kicked. He/She is permitted to move laterally along the goal-line prior to the ball being kicked.

No Penalty-Kicks shall be awarded in U7 division games. A Direct Free-Kick will be used instead (Please place ball at the closest spot of the penalty box outline).

THROWN IN

When the whole ball passes over the touchline it is thrown in from where it crossed the line by the team who did not touch it last.

The thrower must maintain contact with the ground with both feet, must use both hands to throw the ball, and must throw the ball from behind and directly over the head. **NOTE:** In U7 division games, an incorrect throw may be thrown-in again by the same team with the coach directly helping the player, as many times as needed. In U9 division games, an incorrect throw may be thrown-in again by the same team two times; if not thrown correctly after the third try, the throw goes to the opposing team.

The thrower may not play the ball a second time until another player has touched it.

A goal may NOT be scored directly from a throw-in.

GOAL KICK

When the whole ball passes over the goal line but not between and under the goal post and was last touched by the attacking team, the defending team shall take a goal kick.

The ball is kicked into play from any point within that half of the goal area nearest to where it crossed the goal line.

The ball must be kicked beyond the penalty area before it is in play.

Opposing players must remain outside the penalty area until the ball has been kicked out of the penalty area.

The kicker may not play the ball a second time until it has been touched by another player.

A goal may be scored directly from a goal kick, but only against the opposing team.

U7 only – Opposing team shall be returned to the midfield line until the goal kick is taken.

U9 only – Opposing team shall be returned to the build-out line (between midfield and top of penalty box) until the goal kick is taken.

CORNER KICK

When the whole ball passes over the goal-line but not between and under the goal posts and was last touched by the defending team, the attacking team shall take a Corner-Kick.

The ball is kicked from the quarter circle at the nearest corner flag post, flags must remain at corners it may not be removed or adjusted.

Opposing players must be at least ten yards from the ball when it is put into play.

A goal may be scored directly from a Corner-Kick.

The kicker may not play the ball a second time until another player has touched it.

GRIEVANCES

Coaches/Referees/Parents, who have a grievance with the conduct of play during a game, should submit a Barrens Soccer Club Incident form available on the Barrens Soccer Club website – www.barrens-soccer.org, within three days of game to any Board Member. All other issues should be addressed to the appropriate Area Coordinator.

SUMMARY OF SPECIFIC RULES FOR U7 & U9 DIVISIONS

U7

- One coach from each team on the defensive side of the field for instructional purposes.
- Requires 7 players to the field, must have 5 to start a game.
- Goals may not be scored directly from a kick-off.
- Goals may not be awarded if teams kick it into their own goal U7 games.
- On goal kicks, opposing team shall be returned to the midfield line until the goal kick is taken.
- No penalty kicks will be awarded (Please place ball at the closest spot of the penalty box outline).
- Coach may help with throw-ins; unlimited number of throws can be made.
- Allow players to play at minimum 1 offensive and 1 defensive position per game.
- Offsides is not called in U7 games.
- The referee shall whistle stop play and whistle again to restart play.

U9

- On Opening Day only, one coach from each team is allowed on the defensive side of the field for instructional purposes.
- Requires 9 players to the field, must have 7 to start a game.
- On goal kicks, opposing team shall be returned to the build-out line (between midfield and top of penalty box) until the goal kick is taken.
- If a throw-in is incorrectly thrown the first time, a player can attempt two additional throw-ins. If not thrown correctly after the third time, the throw goes to the opposing team.
- Offsides is not called until week 7 of the season.
- The referee shall whistle stop play and whistle again to restart play.