

NORTH HURON SOCCER LEAGUE

Player Attire – Each player is expected to wear the appropriate attire while playing. This includes non-metallic cleats, shin guards fully covered by long socks, and a team jersey completely tucked into their shorts. Loose or dangling jewelry or accessories are not permitted. “Hard” casts are not permitted due to the chance of injury to other players. Players may not chew gum or any other candy while playing. Only goalkeepers may wear a hat as a sun shield.

Ball Size – For age groups U10 & U12, the ball size shall be #4. For all older groups, the ball size shall be #5. The home team is responsible to provide two (2) game balls, and to have one of the two balls ready for play at the sideline at all times.

Game Duration – The game duration for each age group shall be as follows:

U10	2 - 30 minute halves, 60 minutes FULL TIME
U12	2 - 35 minute halves, 70 minutes FULL TIME
U14	2 - 40 minute halves, 80 minutes FULL TIME
U16, U18	2 - 45 minute halves, 90 minutes FULL TIME

A five (5) minute break in play action shall occur at the half. The time may be adjusted for weather or light conditions at the referee’s discretion.

During the season, all games shall end at ‘FULL TIME’ (no O/T). In the playoffs, there shall be a maximum of two (2) overtime periods of five (5) minutes each in games tied at FULL TIME. The game shall be won by the first goal in any of these overtime periods. (Golden Goal Rule applies)

In the event that a playoff game remains tied after the overtime periods, a shootout following FIFA rules shall determine the winner. Each team shall choose five (5) players from those players on the field at the end of the overtime. Players shall alternate taking penalty shots. The team winning the coin toss shall go first.

The Pitch (Field) – For the U10 age group, the minimum field size shall be 36m x 70m. For all other age groups, the minimum field size shall be 45m x 90m. The field shall be suitably lined. The grass on the field shall be cut to a suitable length. Corner flags are recommended. All spectators shall maintain a distance of 2m from the sidelines. No one is permitted along the goal lines or behind the net while play is underway. Only players and game officials are permitted on the field, unless there is an injury stoppage.

Nets – For all age groups, the minimum dimensions of the nets shall be 6m wide and 2.25m high. The mesh shall be firmly secured to the net structure, and to the ground for a distance of 1.5m behind each post, and shall be free of openings that would allow a ball to pass through, over, or under. The referee shall inspect both nets prior to the start of the match.

Team Setup at the Pitch – Each team shall have a minimum of 7 players, including the goalkeeper before the game can start. The game may be delayed, at the discretion of the referee, to permit a team to assemble the minimum number of players. A team not able to meet this minimum number, or not showing for the game, shall forfeit the game.

The teams may choose to setup on opposite sides of the field, or on the same side. If on the same side, preferably on opposite sides of the center line, a minimum of 20m

shall be maintained between the teams. The players and coaches shall maintain a distance of 1.5m from the sideline while play is underway.

Player Substitutions – A team may request of the referee to make changes in the team on the field **ONLY** on that team's throw-ins or goal kicks. If one team makes this request, then the opposing team can also request to make changes at the same time. Either team may request to make changes after a goal before restart of play. The substitute players must call out the players' names from the sideline and only enter the playing field once the player they are replacing is within 10m of the sideline. The referee shall count the players on the field after each substitution. Play will resume only after all substitutions are completed.

Injury Stoppages – The referee shall allow a substitution for an injured player on the field. The play shall be stopped until the substitution is completed. A player may indicate they are injured to the referee by going down on one knee on the field. Coaches only are permitted on the field to attend to an injured player. The injured player must miss a minimum of 5 minutes of play time.

Player Chatter/Conduct – The players on the field must use the teammate's name when calling for a pass, warning of an attacker from the opposing team, or any other on-field communication between players. Use of 'hey', or 'you', or 'now', or any other word without a name shall be construed to be an attempt to distract or confuse an opposing player. Players shall not shout at any of the opposing players at any time from the sidelines. Foul language and comments with any racial overtones are not permitted. The coach shall take all necessary steps to control the conduct of the players, including 'benching' a player who is overly aggressive or having intent to injure any other player or the officials.

Coaches/Spectators' Conduct - . The referee will stop play if the language or actions of the coach(s) and/or spectators warrant it. Foul language and comments with any racial overtones are not permitted. The referee will issue a warning to the coach of the offending team who must correct the situation before play will resume. A repeat stoppage for the same reason will result in the coach/spectator being asked to leave the field area. Failure to follow the referee's direction will result in the forfeit of the game by the offending team.

Pre-Game Start – Before the start of the game, the referee shall call the captain(s) of each team to center field. At this time, a coin toss will be used to determine ball possession and the end of the field each team will defend at game start. The visiting team shall choose either 'heads' or 'tails'. The team winning the toss shall choose the end of field to defend. The choices are reversed at half time. The referee shall also instruct each coach about acceptable communication etiquette and compliance with directions from the referee while the game is underway. Once the teams are ready to play, the referee will check with each goal keeper before game start.

Kickoffs – The teams must be on their side of the center line for a KICKOFF. Only the kickoff team may have players inside the circle at center field. The ball must move forward at least 0.3m (1 ft) before another player on the kickoff team can touch the ball. The player who kicks off cannot touch the ball again until another player has made contact with the ball, or the ball leaves the circle at center field. The ball is considered in play as soon as the ball is touched by the kickoff team. The referee shall watch for a proper KICKOFF technique and position of players and shall award a FREE KICK to the opposing team if proper kickoff technique or player

position is not followed by the kickoff team. The referee will award a FREE KICK to the kickoff team if players on the opposing team are out of position.

Play Stoppages – The normal play stoppages shall be at HALF TIME and FULL TIME, or when a goal is scored. The referee will blow the whistle three (3) times and point to center field at HALF TIME and FULL TIME.

The referee will also stop play to award a THROW-IN, FREE KICK, or CORNER KICK, to have a DROP BALL RESTART, or for an injured player, or to issue warnings or cards

Goals – A team is awarded a goal when the ball has completely crossed the goal line between the goal posts without any prior reason for a stoppage in play. The referee will blow the whistle once (1) and point to center field for a goal.

Game Forfeits – Any game that is forfeited, for any reason, shall have the score of the game at the time of forfeit, or 3 – 0, which ever is maximum, recorded against the forfeiting team. In the event of a forfeit, a report from the referee shall be submitted to that age group convenor for the League for review.

Offsides – An OFFSIDE will be called if there is a player from the attacking team between the last non-goalkeeper defender and the defender's goal at the time the ball is advanced (kicked, headed, etc) by the attacking team and the ball gets past the last defender. The attacking team must gain an advantage in the play from the position of the attacking forward. The key is **the position of the attacking forward when any player of the attacking team last touched the ball**. If, as part of the ball movement forward by the attacking team, the ball touches one of the players on the defending team, there is NO OFFSIDE. For an OFFSIDE call, the defending team will be awarded a FREE KICK from the location of the OFFSIDE.

Hand Balls – Play will be stopped and a FREE KICK awarded if any player uses any part of the arm/hand to impede the normal movement of the ball AND gains an unfair advantage in the play of the game. The ball shall be placed at the location of the HAND BALL for the FREE KICK. All opposing players must maintain a distance of 10m from the kicker. The referee will have discretion on any incidental contact with the ball by a player trying to protect themselves.

Throw-ins – A team is awarded a THROW-IN whenever the ball completely crosses the sideline off the field of play after contact with a player from the opposing team. The location of the THROW-IN shall be on the sideline at a position perpendicular to the where the ball was last touched in the field of play. Players on the opposing team must maintain a distance of 2m from the location of the THROW-IN. The referee shall watch for proper THOW-IN technique and position, and if not proper, shall award the other team a THROW-IN from the same location.

Corner Kicks – A team is awarded a CORNER KICK whenever the ball completely crosses the goal line (on either side of the crease area) off the field of play after last contact with a player on the defending team. Players on the defending team must maintain a distance of 10m from the kicker. The referee shall watch for proper CORNER KICK technique and position, and if not proper, shall award the other team a GOAL KICK.

Goal Kicks – A team is awarded a GOAL KICK whenever the ball completely crosses the goal line (on either side of the crease area) off the field of play after last

contact with a player on the attacking team. The ball shall be placed at the corner of the crease area on the side of the field that the ball left play. Players on the opposing team must maintain a distance of 10m from the kicker.

The goalkeeper may pick up the ball at any time the ball is inside the penalty area unless it is a direct pass from a teammate. In these instances, the goalkeeper has the option of a drop kick.

Free Kicks – A team is awarded a FREE KICK for an OFFSIDE, a HAND BALL, an aggressive tackle, or any other direct body contact between players that places a player at a disadvantage in the play. The contact may be incidental, and includes contact by extension of arms, accidental head butting, hip checking, or other motion with contact that causes another player to be physically moved or to be impeded from playing the ball.

A team is also awarded a FREE KICK after a player on the opposing team has stopped play by 'trapping' the ball with their body, or has received a card for any infraction.

Drop Ball Restart – A DROP BALL RESTART is used after a stoppage in play for any other reason such as after an injury substitution, or equal co-incidental infractions by players of opposing teams. It is at the referee's discretion whether a DROP BALL RESTART will be used.

Penalty Kicks – A team is awarded a PENALTY KICK for the following infractions by a player of the defending team in the penalty area:

1. Hand ball by a player other than the goalkeeper
2. Any infraction that would warrant a FREE KICK if it occurred outside the penalty area
3. Any infraction that would warrant a YELLOW CARD or RED CARD if it occurred outside the penalty area

It is the referee's discretion to allow play to continue or to award a PENALTY KICK for any infraction in the penalty area. The ball shall be placed 11m (12yd) from the goal line, centered on the net. All players not involved with the PENALTY KICK must be outside the 16.5m (18yd) line. The ball is considered in play as soon as the kicker makes contact with the ball. The kicker cannot touch the ball again until another player, other than the goalkeeper, has made contact with the ball.

Yellow Card – A player will be given a formal "caution" for any of the following 8 offenses:

1. "unsporting behavior" - this includes hard fouls; holding an opponent or deliberately handling the ball for the purpose of preventing an opponent from gaining possession of the ball; faking an injury; saying things that are designed to confuse or distract an opponent; harassment (such as jumping around, shouting or making gestures to intentionally distract an opponent; jumping in front of a corner kick, free kick or throw-in; distracting the goalkeeper or trying to prevent him from putting the ball into play; adopting a threatening posture), gaining an unfair advantage by leaning on, climbing on the back of, or holding a teammate or the goal; blatant cases of holding and pulling an opposing player or his uniform; any action designed to deceive the Referee; and behavior which, in the Referee's judgment, is unsporting or causes an unfair advantage,

2. unintentionally making contact with the goalkeeper, after all efforts to avoid contact
3. dissent by word or actions, including verbal abuse/racial comments
4. persistently breaking the rules,
5. delaying the restart of play,
6. failing to stay the proper distance away from the kicker on a corner kick, free kick, goal kick, or throw-in
7. entering or re-entering the field without the referee's permission
8. leaving the field without the referees permission.

A player who receives a Yellow Card is sent off the field and may not return to play for 3 minutes. A substitute player is permitted.

Red Card - A player **must** be shown a Red Card and "sent off" (i.e., made to leave the field) for the 8 offenses listed below. A player shown a "Red Card" & sent off may not be replaced during that game (i.e., his team must play a player "short" for the rest of the game). A minimum one (1) game suspension (the next scheduled game) will be served by the player. The offenses for which a player **must** be shown a Red Card and sent off are:

1. serious foul play which includes any use of excessive force or brutality against an opponent when challenging for the ball. Examples include a dangerous slide tackle from behind, or an "over the top tackle" in which a player raises his foot so the cleats hit a player, or a two footed tackle that takes down the opponent. This also includes the actions of a player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force that endangers the safety of an opponent,
2. violent conduct which includes, but is not limited to, fighting, punching, or shoving, and throwing anything towards another person, and any other aggressive action with the intent to injure,
3. intentionally making contact, or taking inadequate effort to avoid contact with the goalkeeper,
4. spitting at anyone,
5. deliberately touching the ball with a hand in order to prevent a goal or to deny an obvious goal scoring opportunity,
6. fouling an opponent to prevent an obvious goal scoring opportunity (e.g., tripping or holding to stop a breakaway),
7. using offensive, insulting or threatening language and/or gestures,
8. receiving a second Yellow Card in one game.

In addition to the minimum one (1) game for a Red Card, the following actions will result in increased suspensions/league review:

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| 1. failure to immediately leave the field | + 1 game |
| 2. aggressive/violent conduct after the whistle | + 2 games |
| 3. spitting at anyone | + 3 games |
| 4. any aggressive actions towards another player without the ball, or towards the referee or any other game official | + 3 games |
| 5. assault | indefinite suspension + league review |