



City of Rogersville Parks and Recreation

YOUTH SOCCER

RULES AND REGULATIONS



MISSION STATEMENT: The City of Rogersville's Parks and Recreation Department is dedicated to providing exceptional parks, events, programs, and public service. In doing so, we aid in the well-being and growth of our city. We provide places and services that will help people become their best selves through connection and community.

SPORT PHILOSOPHY

The Rogersville Community Park's Philosophy puts participation first and winning second. The following are what we hope to see in our programs:

- **Participation** - Everyone plays equally.
- **Individual Growth** – Participants will gain skills through teamwork that will aid in character building, physical fitness, and self-discovery.
- **Fun** – We strive to create a safe and fun environment for participants as a recreational league.
- **Fair Play**- Our focus is on respect and good sportsmanship.
- **Volunteers** - Coach participation is essential. Not only do volunteers help the department immensely, but volunteers make such a difference in the lives around them.

PURPOSE

- The purpose of The Rogersville City Park's Youth Program is to provide our youth an opportunity to participate in various activities and to:
- Have fun
- Strengthen self-confidence
- Make new friends
- Learn sportsmanship, cooperation, and teamwork
- Promote an atmosphere that strengthens family relationships
- Promote an opportunity for individuals to be of service to others through volunteer experiences

TEAM AND LEAGUE ORIENTATION

- Players are assigned to teams by age
- The Rogersville City Park has the final authority over the placement and number of players per team.
- All leagues are designed to give each player an opportunity to work on skills, have fun, and have a basic feeling of success.
- Each league will last six weeks.

COACHES

- All coaches are volunteers and are required to attend at least on preseason meeting
- Coaches are expected to be positive role models and follow The Rogersville Community Park's Youth Rule Book.
- If the Director of Parks and Recreation feels a coach is not abiding by The Rogersville City Park's Youth Rule Book, that coach may be replaced.

RULE 1 - No Hands

Unless you are the goalie, you are not to use your hands during game play.

- This includes using any part of the body from the tips of the fingers to the shoulder.
- A player cannot “handle” the ball.
- The referee will determine if the play was
 - **Ball to Hand** (legal)
 - or
 - **Hand to Ball** (illegal)

Exception: Goalie

- Back Pass Rule- A Goalie cannot pick up a pass that came directly from one of their teammates. The goalie must use their feet.
- Infraction of this soccer rule will result in an indirect kick from the point of the infraction.

RULE 2 – Equipment

The basic equipment for soccer required for the game are:

- ✓ T-Shirt (provided by The Rogersville City Park)
- ✓ Shorts
- ✓ Stockings

- ✓ Shin Guards – Should be covered entirely by stockings, made of a suitable material (rubber, plastic, or similar substance), and provide a reasonable degree of protection.
- ✓ Footwear – Regular tennis shoes are fine, but not recommended. Soccer cleats are recommended.
- ✓ Do not wear- earrings, nose rings, belly rings, bracelets, or tiaras.
- ✓ Soft hair scrunchies in the hair are allowed, as are soft head stockings.
- ✓ Goalkeeper- must wear colors that distinguish him/her from the other players, the referee, and the assistant referees.

RULE 3 - Start and Restart

A kick-off is the way a soccer game is started or restarted:

- ✓ At the start of a game
- ✓ After a goal has been scored
- ✓ At the start of the second half/or each quarter
- ✓ At the start of each period of extra time, if used.

The ball is placed in the center of the field. All players must be on their own half of the field, and opponents of the team taking the kick-off must be at least 10 yards from the ball. (Distance will vary with age).

The referee will blow his/her whistle to indicate the start of kick-off. The ball is then in play once it is kicked and moved forward.

Note: The two-touch rule applies here (see Rule 8)

After a team scores a goal, the kick-off is taken by the other team.

RULE 4 - Throw-ins

Throw-ins are taken when the ball crosses a sideline.

2 basic rules for throw-ins:

1. Both feet must be on the ground when the ball is thrown. The player can hop or jump up to the point where the ball is released, but not when the ball is released. Dragging the toes of one foot is considered legal.
2. Throw the ball with both hands over head. A good player can throw the ball with both hands over the head and make the ball spin by applying force to one side of the ball. While the motion is over the head and not to the side, this is a legal throw.
3. Players under age 8 will be allowed more than 1 attempt at throw-ins for teaching purposes.

RULE 5 - Corner Kicks & Goal Kicks

- ✓ Corner kicks or goal kicks are taken when the ball leaves the field across a goal line.
- ✓ When the offensive team kicks it out, the play is restarted with a goal kick. If the defensive team kicks it out, the play is restarted with a corner kick.
- ✓ The goal kick is taken from anywhere inside the goalie box. It can be taken by any player, not just the goalkeeper.
- ✓ The corner kick is taken from the corner nearest to where the ball left the field.
- ✓ If either team touches the ball before it leaves the penalty area the kick must be retaken, and if the ball is not kicked well enough to leave the area, the kick must be retaken.

RULE 6 - Direct and Indirect Free Kicks

Direct and Indirect kicks are the 2 primary ways that play is restarted after the referee stops play for an infraction

- ✓ The ball must be stationary before it is kicked, and the opposing players should be a minimum of 10 yards

away. The 10-yard allowance is often reduced for smaller age groups and is left up to the referee's discretion.

Difference between Direct and Indirect Free Kicks:

1. Direct Kick you can score by kicking the ball **directly** into the goal.
2. Indirect Kick you cannot score. An indirect kick must be touched by another player before it can go into the goal.

RULE 7 - Penalty Kick

A penalty kick results from a contact foul or hand ball by the defending team within the penalty area.

- ✓ The ball is placed on the penalty spot or mark, 12 yards in front of the center of the goal
- ✓ All players must remain outside the penalty area and the penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked.

After the ball is kicked, if it rebounds off the keeper and stays on the field, the ball is “live: and anyone can play it.

RULE 8 - Two-touch Rule

A player cannot touch the ball twice in a row when putting the ball in play. You will see this called many times in youth soccer. It applies everywhere. You will see it frequently on kick-offs, corner kicks, or direct and indirect kicks. If a kid barely hits the ball and decides to take another swipe at it, that is a two-touch violation.

This rule also applies to throw-ins. The player throwing the ball in cannot be the first to kick or have contact with the ball.

(The only exception to this rule is on a drop ball restart).

RULE 9- Fouls and Punishment

A player cannot kick, trip, jump at, charge, strike, push, hold, or spit at an opponent.

What parents need to know:

- ✓ Bumping or going shoulder-to-shoulder while competing for a ball is *not a foul* until the hands or elbows come up. This is a judgement call that will be determined by the referees. Not all referees will call fouls in the same way.

Normally the consequence of a foul is a direct kick for the opposing team. However, depending on the type of foul and severity, the player “dishing it out” may be punished.

Punishment in soccer is given with **yellow and red cards**.

Yellow- If a player is given two yellow cards in the same game, that is equal to a red card.

Red- A red card can be given at any time without the player first receiving a yellow card. When a player gets a red card, they must leave the game and their team must play short. An ejected player cannot be replaced (unless they are ejected before the game starts).

RULE 10- Offside

This rule DOES NOT apply to 3&4, or 5&6 age divisions.

1. You cannot be offside during a corner kick, goal kick, or throw-in.
2. *It is not an offense for a player to be in an offside position.* The player must be involved in active play as determined by the referee to be called **offside**.

Good rule of thumb for offsides; a player is offsides position if they are:

- ✓ Nearer to their opponents' goal line than both the ball and the second to last opponent.

For clarity-

- An offensive or attacking player can't be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper.
- Or you cannot spend time together at the other team's goal waiting for the ball.

You cannot be considered offside if you are standing on your half of the field. This rule also applies when the ball is kicked, not when the player receives the ball.

GENERAL LEAGUE INFORMATION

- All players, coaches and spectators will follow all the league rules and always be positive to promote sportsmanship and provide healthy guidance for all players.
- Officials have authority from the beginning until the end of the game. Please treat them with respect.
- This program will last six weeks.
- Medals will be given to all participants in each league.
- The Rogersville City Park will provide game t-shirts or jerseys that **MUST** be worn at all games.

- Games will only be cancelled or re-scheduled by The Rogersville City Park. The Parks Director will only notify coaches of cancellations and the offices at City Hall.

THINGS TO CONSIDER FOR SPECTATORS...

1. Do not put yourself in your son's or daughter's place during a game. If he/she makes a mistake, it is his/her mistake. Glory or grief, it is **their** game.
2. Do not criticize your child or other children on your child's team or any other team. Please set a positive example of respect for others.
3. Do not yell instructions at your child. That is the coach's job. Too many instructions will confuse your child and make them nervous.
4. Do not analyze your child's performance immediately after the game.
5. Never criticize the coach. Before you complain, decide if you are ready to step up and take over that position.
6. Do not abuse officials. Children learn by example and need to learn that officials will make mistakes and are doing their best. Please help promote respect for authority by setting a positive example.
7. Do not over or underestimate your child's ability. Children mature at different rates.

8. Do not forget to praise your child for simply participating. Do not over praise or dwell on a mistake. These are children.
9. Do not forget to praise all players after a game.
10. Please do not take sports so seriously. Even the “big game” will not be the answer to world peace. Let us just have fun!

**Parents should not stress winning; they should stress giving
100% and trying their best!**