

# Perryville Optimist Soccer League

## League Rules

Age Group (both coed and girls)	Game Duration	Max Players on Field	Min Players to avoid forfeit	Ball Size
Pre-K	8 minute Quarters	5	---	3
Kindergarten	16 minute Halves	6	3	3
1 <sup>st</sup> /2 <sup>nd</sup> Grade	20 minute Halves	8	5	4
3 <sup>rd</sup> /4 <sup>th</sup> Grade	25 minute Halves	8	5	4
5 <sup>th</sup> /6 <sup>th</sup> Grade	30 minute Halves	11	7	4
7 <sup>th</sup> /8 <sup>th</sup> Grade	30 minute Halves	11	7	5

- Half time will be 5 minutes, quarter breaks will be 3 minutes each.

Rules for the POSL will follow FIFA-LAWS OF THE GAME (Latest Edition) and the following exceptions or additions:

1. Prior to the start of the game, the referee will inspect the player's equipment. In divisions where there are not referees, coaches shall inspect. Players shall meet the following requirements before being allowed to play:
  - a. All players shall wear shin guards that are covered completely by the player's sock.
  - b. Jewelry shall not be worn during the game.
  - c. No metal or screw-in cleats are allowed. All cleats shall be soccer cleats.
  - d. Due to the possibility of cold weather, sweat pants can be worn over the player's shin guards. Sweatshirts shall be worn under the player's jersey allowing the players number to be visible. Sock caps or ear wraps can be worn.
  - e. Players shall not chew gum while playing on the field.
2. In divisions where there are not referees, one coach from each team shall be designated referees. Coach shall have a whistle and a stop watch.
3. All players shall play a minimum of 50% of the length of the game. Exception: players with health issues, players requiring discipline, players requesting not to play, or players that arrive late to the game.
4. A team shall forfeit the game if the minimum number of players cannot be fielded within 5 minutes of the scheduled start time. If both teams agree to continue playing, the opposing team shall only play 1 player above the "short" team.
5. Referees have the right to add on time due to delays for injuries, substitutions, wasting time, retrieving the ball, or any other cause that may delay the game (Referee's discretion).
6. Due to dangerous weather conditions or extenuating circumstances, the game length may be shortened or cancelled by the referee. A game will be considered to be complete if a complete half (or 2 quarters) has been played at the time the game is cancelled. Please reference POSL Board Policies at the end of this document for more information.
7. Substitution: All grades are allowed to substitute freely under these guidelines:
  - a. After a goal has been scored and at the beginning of the second half.
  - b. On throw-in's if you have possession of the ball or after the opposing team substitutes.
  - c. On either team's goal kick.

- d. At the time of an injury, the injured player must be substituted. The injured player must be removed from the game until the next possible substitution. Player with a head injury shall not return to the game. The opposing team may also substitute one player at the time of the injury. Exception: Goalie only needs to be removed if the injury was a head injury.
  - e. The referee must be notified if the goalkeeper is to be substituted. A goalkeeper may be replaced before a penalty kick by any player on the field at the time of the penalty. The goalkeeper can then only be replaced during the next possible substitution.
  - f. No substitutions are permitted during the last 2 minutes of the game.
8. Coaches or Fans are not allowed to stand/sit between the corner flags directly behind the goal or at the goal line. *All fans are required to be on the "fan side" of the field. Only coaches listed on the team roster, players, referees, or any other game officials or POSL board members are allowed on the "participant side" of the field.*
  9. The team kicking off at the start of the game shall be determined through a coin toss. Kickoffs shall be alternated between teams from half to half or quarter to quarter.
  10. Teams can ONLY play those players that are listed on their roster. If a team is found to have played a player that is not on their roster this will result in an immediate forfeit and the opposing team will be awarded the win. This rule stands even if both coaches have agreed to it prior to the game.
  11. A Coach or Fan who is disruptive may be ejected from the game by the referee (or a POSL board member not coaching the game, if there is not a referee). If the ejected coach or fan refuses to leave the game, the referee will terminate the game resulting in a loss for the team the coach or fan represents.
  12. A referee (or a POSL board member not coaching the game, if there is not a referee) has the option to terminate a game due to unruly fans, coaches, or players from both teams. It will then be left up to the POSL board to decide the outcome of the game which may result in a forfeit by both teams.
  13. Due to the recent U.S. Soccer Concussion Guideline changes on heading a ball and the concern for the safety of the players in our league, POSL has adopted a new policy. There will be no heading a ball by the players in divisions 5<sup>th</sup>/6<sup>th</sup> grade and under. Referees have been instructed that if a player deliberately heads a ball in a game, an indirect free kick will be awarded to the opposing team from the spot of the incident. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then the play shall continue. More information can be found here: <http://www.ussoccer.com/about/recognize-to-recover/concussion-guidelines>.
  14. Slide tackling is not allowed in any division in the POSL league.
  15. At kickoff, the ball does not have to go forward.
  16. Goalies: *Kindergarten* goalies are allowed unlimited time to clear the ball. *1<sup>st</sup>/2<sup>nd</sup> grade* goalies must release the ball within 6 seconds. After 6 seconds, the call will be an indirect kick against the goalie who took more than 6 seconds. The ball will be placed at the point of the offending goalie when the whistle is blown, unless in the goal area. If in the goal area, the kick should be taken from the part of the goal area line, which runs parallel to the goal line, at the point nearest to where the infringement occurred. *Goalies in divisions 3<sup>rd</sup> grade and above* may hold or bounce the ball for a total of 6 seconds before releasing the ball. Throwing the ball into the air and allowing it to hit the ground is considered releasing the ball. If the goalie drops the ball on accident, he/she may not pick the ball up until another player touches. If the goalie takes more than 6 seconds, the result will be an indirect free kick against the goalie who took more than 6 seconds. The ball will be placed at the point of the offending goalie when the whistle was blown, unless in the goal area. If in the goal area, the kick should be taken

from the part of the goal area line, which runs parallel to the goal line, at the point nearest to where the infringement occurred.

17. Offsides: FIFA guidelines will be followed pertaining to offsides in the divisions 3<sup>rd</sup> grade and above. Questions to remember concerning the offside rule:
  - a. Did they play the ball?
  - b. Did they interfere with an opponent?
  - c. Did they gain advantage from being in the offside position?
18. Handballs: A handball should only be called when the referee is convinced that it is intentional.
19. Dangerous Play:
  - a. Raising the foot above the waist while in the immediate vicinity of an opposing player.
  - b. Playing the ball while lying/sitting on the ground WHILE in the immediate vicinity of an opposing player.
  - c. Continuing to kick a ball while a player is on the ground and in the immediate vicinity and the player on the ground is not playing the ball.
20. Throw-Ins: A spin on the ball does not make it illegal. The law states to use both hands from behind and over the head. It does not say it has to be equal force. All opponents must be at least 2 yards back from thrower. Throwers feet must remain on the ground and behind the line.
21. ALL decisions by the POSL Board are final.

The following rules apply to Pre-K, Kindergarten and 1<sup>st</sup>/2<sup>nd</sup> grade divisions:

22. There is no goalie in the pre-k division.
23. Offsides will not be called. Exception: "Cherry Picking" (Intentionally placing a player in an obvious offside position to gain advantage) is not allowed. The referee can stop play or deny a goal for "cherry picking". The penalty for "cherry picking" will be a free kick to the opposing team from the spot of the foul.
24. All free kicks are indirect (the ball must be touched a 2<sup>nd</sup> time by either team before going into the goal and outside of the box).
25. Second tries are permitted on throw-ins. If the throw-in is still not correct on the second try, the throw-in goes to the opposing team.
26. Coaches on the field should coach in the center of the field and not enter the Penalty Area/Goal Box of the field. In Pre-K and Kindergarten, 2 coaches are allowed on the field during play. Only one coach shall be on the field in the 1<sup>st</sup>/2<sup>nd</sup> grade division during play.
27. An assistant coach or parent shall be on the sidelines at all times watching substitutes.

The following rules apply to divisions 1<sup>st</sup>-8<sup>th</sup>:

28. A player receiving a yellow card must be substituted and cannot return until the next possible substitution. A yellow card can be given before the start of play. A player receiving a second yellow card will be ejected from the current game and may be replaced by another player on the team.
29. A player receiving a red card will be ejected from the game and cannot be replaced. A red card can be given before and after the game. The player will not be allowed to participate in the next game for the team.

#### *Division standings for 1st through 8th grade divisions*

Team rankings at the end of the season will result in comparing the total amount of points the team acquired throughout the season. Points will be given as follows: Win – 6 pts, Tie – 3 pts, Loss – 0 pts

Tiebreakers:

- a. Head to head play
- b. Games won (if teams played equal number of games)
- c. Least goals allowed
- d. Shut-outs
- e. Goal differential up to a maximum of three per game positive or negative
- f. Penalty kicks (Best of five penalty kicks by five players from each team. If still tied, alternate penalty kicks by the balance of each team until a decision is reached.)

*POSL Board Policies*

1. Determining rainouts: No games will be played within 30 minutes of seeing lightning. If it has been raining throughout the day, fields must be checked and it is advised that a determination be made by 3:00 p.m. Many factors will be considered including field conditions, ref availability, and reschedule slots availability. If it starts to rain at the time of start of the games or during the games, it is asked that refs and coaches pause the start of or pause the game and wait 15 mins and/or until a call is made from POSL through the text service, to see if the conditions improve before calling off the game. If a coach refuses to do this, it can result in a forfeiture and denial of a rescheduled game. It is also noted that weekend games may be called off per game times if the forecast seems to allow for games to be played later or earlier.
2. Heat Cancellations/Delays: Should excessive heat become an issue, the POSL board will promptly take action to postpone or reschedule games.
3. Special requests to play for certain coach: Special requests for a player to play on a certain coach's team in the rec league will only be allowed in the Pre-K division. Special circumstances may be allowed (i.e. family member, care-giver, etc—to be approved by board).
4. Special request to be on a team with another player: Special requests for a player to play on a team with another specific player in the rec league will only be allowed in the Pre-K division. Special circumstances may be allowed (i.e. family member, care-giver, etc—to be approved by board).
5. Moving of players from one rec team to another after rosters are complete: Should this become an issue, the board must be informed by the division coordinator and make a ruling as to whether or not this can be done based on many factors including team sizes and timeframe within season.
6. Coach requests for rescheduled games: Due to the growing number of requests for rescheduled games and the amount of work that goes into scheduling and rescheduling games, the POSL Board cannot accommodate requests for games to be rescheduled. The POSL Board will follow our forfeit guidelines as set forth in section 4 of the League Rules. Coaches are allowed to make 2 special schedule requests within 24 hours of the coach's roster being formed. Coaches are urged to pick assistant coaches that can assist if a coach is unable to be in attendance for a scheduled game.
7. Adding players after rosters are complete: It is the policy that once jerseys are ordered for the season that no more players will be allowed to be added for that season.