

SUMMER INTRAMURAL (T-SHIRT) RULES

All of our divisions play on shortened fields with rules and guidelines that are modified somewhat for each division. The following is an attempt to summarize the Palisades Youth Soccer Association rules and guidelines as adapted from the United States Soccer Association.

PLAYERS

- Division K plays three or four at one time, with no goalkeeper
- Divisions A & B play with five, plus a keeper
- Coaches may agree to play short, over, or give each other players to facilitate playing games, but never play with more than one player difference
- All players MUST play half the game. Substitutions are unlimited and may be made prior to a throw in caused by the other team, prior to a goal kick, after any goal and after any injury when the referee stops the game

EQUIPMENT

- Shin-guards are mandatory
- All players must wear sneakers or soft-cleated soccer shoes
- Divisions K & A will use a size 3 ball
- Division B will use a size 4 ball

VOLUNTEER REFEREES

Referees are assigned when possible. When no referee is available, a coach or assistant should referee. Referees are not assigned at the K levels.

DURATION OF GAMES

- Divisions A & B play 15 minutes of instruction, 20 minute half, 5 minute halftime, 20 minute half
- Division K play is arranged by the coach

START OF PLAY

Opponents must be outside the circle. The ball must be kicked forward into the opponents half of the field. The initial kicker may not kick the ball a second time until it has been played or touched by a second player.

BALL IN AND OUT OF PLAY

Ball is in play until it entirely crosses the touchline or goal line or until the referee stops play by blowing a whistle.

SCORING

The ball must cross the goal line entirely while on the ground or in the air and must cross between the goal posts and under the cross bar.

OFF-SIDES

Pickup divisions will be expected to follow the offsides rules. Coaches will be responsible for instructing their players to abide by these rules.

FOULS AND MISCONDUCT

FOULS

- All fouls result in INDIRECT kicks from the spot of the foul with opponents five yards away. The fouls are:
 - o Kicks or attempts to kick an opponent
 - o Trips an opponent
 - o Jumps at an opponent
 - o Charges an opponent in a violent or dangerous manner
 - o Charges an opponent from behind, unless the latter is obstructing
 - o Strikes or attempts to strike an opponent or spits at him
 - o Holds an opponent
 - o Pushes an opponent
 - o Handles the ball with his hand or arm, except the goalie
 - o Unintentionally uses excessive force
- All infractions should be explained to the player. See the LAWS OF THE GAME: GUIDE FOR REFEREES UNITED STATES SOCCER FEDERATION for more information about fouls and misconduct.

Misconduct

- It is recognized that certain forms of behavior are detrimental to the good or welfare of the Association and therefore cannot be tolerated. These include, but are not limited to:
 - o Foul or abusive language
 - o Spitting at or on another person
 - o Fighting
 - o A deliberate foul during a game with intent to injure another player
 - o Persistently infringing the laws of the game after warning or caution by the referee
- Examples of this behavior will result in a one game suspension on each person involved. In addition, the referee shall promptly notify the Intramural Program Director, who in consultation with the Association President/Officers may impose additional penalties.
- The Association expects each coach to uphold and enforce the decisions of its officers and referees. In the event that there is no referee present for a game, the Association expects the coach(es) to act as a referee(s) with the same authority.

FREE KICKS

INDIRECT kicks only. A goal may not be scored from an indirect kick until another player of either team has touched the ball. No Free Kicks may be taken by the attacking team in the defending team's goal box.

PENALTY KICKS

No penalty kicks

THROW-IN

A throw-in restarts the game after the ball entirely crosses the touchline. A second throw-in will be allowed if the player commits a foul on the initial attempt. The referee shall explain the proper method before allowing the player to re-throw. PK division does not use throw ins, rather the ball should be kicked. K throw ins are at the discretion of the coaches.

GOAL KICK

When the ball crosses the goal line outside the goal, the ball will be kicked by a defender from that side of the goal area. The ball may not be kicked to the goalie. The ball has to go beyond the penalty area or it is re-kicked. A goal cannot be scored direct from a goal kick. Opponents must be outside the penalty area in all divisions.

CORNER KICK

Corner kick restarts game after the ball entirely crosses the goal line and is last touched by a defender. The ball must be placed inside the arc. Opponents must be six yards away in Divisions A & C, and ten yards away in Pickup.

ADDITIONALLY

- Players and coaches line up and shake hands after each game
- No poor sportsmanship will be tolerated, such as spitting on hands before shaking or name-calling
- No scores or standings are recorded
- Coaches may instruct their players on the field during games in Divisions Pre K and A for the first four games only. Thereafter, all coaches should remain on the sidelines. Coaches need to use three of their cones as markers at the two corners and midfield for each game.
- Each team should get a volunteer to be the linesman for each game.

OBJECTIVES and TIPS by DIVISION

K

- Players should not be picking up the ball
- No throw ins, players kick the ball in from where it went out of bounds
- Focus should be on hand-eye coordination (foot-eye coordination)
- Pre K plays without a goalie
- Focus on having the players spread out, rather than moving as a swarm

A

- Rotate all players through all positions (including goalie)
- Teach how to throw in (arms must go over head, feet must stay on the ground, no twisting)
- Concentrate on getting touches on the ball

B

- Rotate all players through all positions (including goalie)

- Directed throw ins, kicks and passes
- Introduce off sides concept – not enforced until Pickup – an attacking player is passed the ball and there are not at least two opponents between him or her and the goal line
- Stronger players should focus on ball control and passing (don't be a ball hog!)