

Hamilton County Recreational Soccer Rules

I. Definitions

- a. A Rec game involves two Division 4 teams of the same club playing a game against each other (i.e. Redoubt Team 1 versus Redoubt Team 4)
- b. A RecPlus (County League) game involves two Division 4 teams from DIFFERENT clubs playing a game against each other (i.e. Middle Valley Team 2 vs. North River Team 3).

II. Rosters

- a. The coach of County League games must have a printed copy of the TSSA roster ready to be presented to the referees prior to kickoff. This gives the referee what is needed to file a report (injury, incident, etc.).
- b. TSSA Policy 12 is here <https://app.box.com/s/ws0bkj10qmrte25fntdzd67alovgk748>
- c. **If a coach doesn't have their roster the game should still be played.** However, if rosters are not provided the referee should report this to their assignor and identify which club the offending team is from. Then, the assignor will let Greg Love or John Moore know about teams not having rosters and they will address this with their club leadership. Regardless of how many times the referees ask for rosters and teams do not have them, please keep asking so we can get all clubs and teams to comply. Ask every game.

III. Guest Players

- a. **If a coach has a guest player** – it is perfectly acceptable in these rec games for a player to be added to a roster even handwritten by the coach, but should include the guest player's ID number. We are trying to provide our referees with the information they would need to file a post-game report when required.

IV. Heading and Punting

- a. **No Deliberate Heading** - U12s and younger, NO heading the ball. By default this rule applies to ALL small-sided games (anything less than 11v11 on a full-sized field). This does NOT change how a U12 SELECT Game should be called.
- b. **No Punting** – because of the heading restriction, there is also NO Punting in U12 or younger Rec Games. Again, by default this applies to ALL small-sided games (anything less than 11v11).

V. Slide Tackling

- a. No slide tackling is allowed. The restart will be an Indirect Free Kick.

VI. Coed Team Restrictions

- a. When an all-boys team is playing against a Coed or all-girls team the boys team should play down a player. When a Coed team plays an all-girls team, the coed team should drop down 1 (one)

player. Ultimately it is the coaches who are accountable to manage this. Competitive balance is what we are seeking, but your referees should know about it and let you know if this is not being handled properly so we can address this.

VII. General

- a. **NO JEWELRY.** Band aids are **not** allowed to cover piercings. The jewelry must be removed or the player cannot play.
- b. **Shinguards are required at every game and practice.** A player practicing or playing without shinguards causes a liability issue for the Club and negates any Insurance coverage and assumes their own liability.
- c. Spectators/Parents **MUST** be on the opposite side of the field from the coaches/players.
- d. **No one** is allowed behind goals. All spectators/coaches **must** be on the appropriate side of the sidelines (touchlines).

VIII. U8 Modifications

- a. Ball size 3
- b. 4v4, **NO** goalkeeper! Coaches **MUST NOT** put a player in front of the goal as a sweeper. The intention of the small-sided game is to allow the players successful and fun play.
- c. Unlimited substitutions on the fly.
- d. Game duration = four 10-minute quarters
- e. Time between quarters = 2 minutes
- f. No offsides
- g. All restarts are Indirect Free Kicks
- h. **No** heading.
- i. All other IFAB laws pertain.
- J. **No Coaches or parents are allowed on the field or behind the goal during games**

IX. U10 Modifications

- a. Ball size 4
- b. 7v7
- c. Substitutions unlimited, but with referee permission
- d. Game Duration = two 25-minute halves
- e. Halftime = 5 minutes
- f. **Offsides is called within the Build Out Line and the Goal Line**
- g. The **Build Out Line** should be drawn halfway between the top of the penalty box and the half line. If the Build Out Line is not present, then the Half Line becomes the Build Out Line.
- h. When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play.

- i. If the keeper decides to play the ball **before** the opposing team is behind the build-out line, that is their choice and is legal. However, once the ball is put into play, the opposing team can resume play from where they are and do not have to go back behind the build-out line first.
- j. However, they can wait as long as needed for the opposing team to move behind the build-out line as well. They will not be penalized for holding the ball too long.
- k. If the keeper puts the ball on the ground to play it with their feet, then it is a live ball and the opposing team can play the ball.
- l. If the opposing team does not retreat immediately behind the Build Out Line, the referee can show a yellow card to the offending player. Play will restart with a Direct Free Kick for the Keeper's team from the spot of the offense.
- m. **No punting allowed.** The keeper must roll, throw or pass the ball out. Punting will result in an Indirect Free Kick to the opponent from the spot of the offense.
- n. **No heading allowed.** Restart is an Indirect Free Kick.
- o. All other IFAB laws pertain.

X. U12 Modifications

- a. Ball size 4
- b. 9v9
- c. Substitutions unlimited with referee permission
- d. Duration 2 30-minute halves
- e. Halftime = 5 minutes
- f. **No punting allowed.** The keeper must roll, throw or pass the ball out. Punting will result in an Indirect Free Kick to the opponent from the spot of the offense.
- g. **No heading allowed.** Restart is an Indirect Free Kick.
- h. All other IFAB laws pertain.

XI. U14 Modifications

- a. Ball size 5
- b. 11v11
- c. Substitutions unlimited with referee permission
- d. Duration 2 35-minute halves
- e. Halftime = 5 minutes
- f. All other IFAB laws pertain.

XII. U16 Modifications

- a. Ball size 5
- b. 11v11

- c. Substitutions unlimited with referee permission
- d. Duration 2 40-minute halves
- e. Halftime = 5 minutes
- f. All other IFAB laws pertain.

XIII. U19 Modifications

- a. Ball size 5
- b. 6v6
- c. Substitutions unlimited with referee permission
- d. Duration = 2 40 -minute halves
- e. Halftime = 5 minutes
- f. All other IFAB laws pertain.