

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

Approved by the Board August 2, 2005

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Unless noted below, FIFA rules govern our games

Rule 1: The Field of Play

A) Field Size & Goals

- (1) Modified based on the number of players/side.
- (2) Goal area, goal size, center circle, and penalty box are modified based on field size.

B) Bench Area: Location of Benches and Team Personnel

- (1) Team benches are placed on the same sideline, separated by the center line. All players and coaches must remain inside the technical area except as noted in B(1)(a).
 - a) For the U09 Division: at least one coach from each team must remain in the technical area. Only one coach wearing a TJSL coach's shirt, may leave the technical area but cannot cross the center line and must remain on the same side of the field. No coach can leave the technical area in any other division.
- (2) Players and coaches must remain at least 3 feet from the sideline.
- (3) Once the game begins, only team members, and coaches are allowed in the technical area with the following exception: A coach may request of the referee that the parent of the injured player be able to enter the technical area to attend to their child. If the parent does not act in a way consistent with the Parent Code of Conduct, the referee has the right to have the parent leave the technical area and return to the spectator area.

C) Field Conditions

- (1) Only the League President or designee can cancel a game before its scheduled start. Only the referee or League President or designee can cancel a game once started.
- (2) If a game is suspended in the first half, the game is replayed in its entirety.
- (3) If a game is suspended in the second half, the game is official.

D) Spectators

- (1) Spectators are not allowed to be on the same sideline as the teams.
- (2) Each spectator, whether standing or sitting, must be behind the yellow spectator line, set at least 3 feet off the sideline or be sitting in the fixed stands or in chairs immediately next to the stands not directly behind a

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

goal or the goal line. Spectators along the sideline must remain above the penalty area.

- (3) No spectators are allowed to be directly behind goals unless sitting in fixed stands.

Rule 2: The Ball:

- A) U13-U16: Size 5
- B) U09-U12: Size 4

Rule 3: Coaches:

- A) Coaches must be readily identifiable by wearing the appropriate coach's shirt. In lieu of a coach's shirt, the coach must announce themselves to the referees and show the referee their league volunteer ID card or digital image of the volunteer ID card before the game begins or as soon as they arrive on the field. A coach cannot be on the sidelines without a coach's shirt or league volunteer ID unless a Board member confirms that the coach is certified to the referee. This issue is to be documented in the referee's game report.
- B) The head coach is responsible for the conduct of the team, coaches and spectators. Cautions or send-off cards are directed to the head coach for inappropriate spectator and bench activities. Any assistant coach can also receive a card. If a parent is sent off, that team's coach also receives a yellow card.
- C) A coach under the age of 18 must have a certified adult volunteer on the field with them during all soccer activities.
- D) Whether before, during or after a game, any disrespect toward a referee, a teammate or an opponent is grounds for an immediate caution or send-off.
- E) If a coach is red carded:
 - (1) They cannot continue to coach their team for the rest of that game.
 - (2) They are required to leave the field of play. If there is no assistant coach, or other certified coach available, the game is abandoned.
 - (3) The carded coach is still responsible for the children's safe leaving of the park area.
- F) A coach receiving any card will have the activity reviewed for action by the Advisory Board.

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

Rule 4: Players / Rosters

A) Team Size on the Field

- (1) Team size is determined by the number of players in each division and the size of the field assigned to each division.
- (2) Team size is defined as field players plus a goalie.
- (3) A team may play 2 field players down from the normal requirement but NOT lower. Thus, if an undermanned team player gets sent off so that the team is now down three players from the normal, the game is ended. However, games may continue due to temporary sendoffs such as equipment repair or first aid.
- (4) There is no requirement that the opposing team must match the lower number of players of their opponent.
- (5) If a team is not ready to play 15 minutes after the scheduled start of the game, the game is abandoned to the opponent. A refereed scrimmage with evenly numbered players may be held.
- (6) If, during the game, a team has insufficient players to continue:
 - a) The undermanned club is behind, the score stands even if this occurs in the first half.
 - b) If the undermanned team is tied or ahead, the game is abandoned (stopped). A decision by the League President or designee will determine the outcome of the game.
- (7) If a game cannot be played because neither team has enough players available, a decision by the League President or designee will determine the outcome of the game, including the possibility of rescheduling the game.

B) Playing Time

- (1) Unless approved ahead of time by a league official or an injury/illness occurs at the game, every player must play a minimum of half of the game.
- (2) If a head coach is not using a player for the appropriate period of time, the Division Director is to be informed.
 - a) If a problem is confirmed, a warning will be given to the coach and documentation kept by the league.
- (3) If a second event occurs, action will be referred to the Advisory Board.

C) Using Play-Up Players

- (1) When using play-up players, the team can field up to a full field of players plus 2 subs.
- (2) Requests for play-ups are made by the Coach to their Division Director.
- (3) Boys Division players can only move up within the Boys Division.

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

- (4) Girls Division players can move up in age group in either the Boys or Girls Division or play in the same age group in the Boys division.
- (5) A Boys player can only play up for 2 games outside their original division.
- (6) A Girls Division player can play 3 games outside their original division 2 up and 1 laterally. Players in the oldest Girls division may play 2 games laterally.
- (7) A FC TEANECK player may play in a REC Soccer game only when a REC Soccer player is not available. Rule 4(C)(5) and Rule 4(C)(6) apply.
- (8) The decision as to who plays up is the decision of the Division Director, or in their absence, the League's President or Vice President.

Rule 5: Player Equipment

- A) Players must wear their team shirt or shirt of similar color, shorts, socks, soccer footwear and shin guards. Shoelaces must be tied at all times. The shin guards must be fully covered by a sock. The adequacy of the uniform and shin guard length is the sole judgment of the referee.
- B) The team shirt must be worn as the top layer of clothing.
- C) Shorts must be worn as the top layer of clothing long pants may be worn under shorts for warmth. Long pants must have an elastic bottom cuff or must be tucked into the sock.
- D) Instead of shorts, skirts may be worn but for safety reasons, not below the knee.
- E) Except for the goalie, all shirts must be tucked inside the shorts.
- F) Only the goalie can wear a baseball cap during a game.
- G) No jewelry/metal of any kind may be worn (examples of what cannot be worn includes but is not limited to: metal hair clips, watches, rings, metal clips to affix yarmulkes, pierced earrings, bracelets, hair beads, etc) except for medical alert-type bracelets 100% covered by clear tape, religious jewelry worn on the wrist and 100% covered by clear tape, or religious medals worn under the uniform and taped to the chest.
- H) Glasses must be held in place with a band that crosses the back of the head. If glasses are not held in place, they cannot be worn.
- I) Hooded sweatshirts can be worn if the hood is tucked under the shirt.
- J) Gloves, wool caps and non-metal ear muffs can be worn.
- K) If a player needs an equipment adjustment, including help in tying a shoe, the player must go to the sideline or be substituted for at the next opportunity. All equipment adjustments are the responsibility of the player and the coach.

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

Rule 6: Referees

- A) Referees have jurisdiction as soon as they arrive at the field except for field approval before the start of the game.
- B) Referee judgment calls are final and cannot be appealed.
- C) Unless waived by the League President or Director of Referees, all referees used in TJSL must be USSF certified as a Grassroots Referee or higher.
- D) Youth referees must be 2 years older than the players being refereed.
- E) Unless approved by the League President or Director of Referees, no referee may officiate in a game in which a relative is a participant.
- F) All games may be played with only one referee available.
- G) If any card is given to a coach or a red card is given to a player, at the conclusion of their game, the referee will immediately inform the Director of Referees.
- H) Referees must email reports to the Director of Referees by 10PM of game day.

Rule 7: Time

- A) The official time of the game is kept by the referee.
- B) With the exception of 5v5 and 6v6 games, the length of games shall be:
 - (1) U13-U16: 35-minute halves
 - (2) U11-U12: 30-minute halves
 - (3) U09-U10: 25-minute halves
- C) There is a rest period of 5 minutes at halftime.
- D) All games are played with “running time” except for added time due to stoppage of play by injuries or “carded” penalties.
- E) After gaining control, players must put kick-offs, corner kicks, goal kicks, and throw-ins back into play without excessive delay. If in the referee’s judgment, the player or team is purposely delaying the restart, then the possession goes to the opponent at the spot of the infraction with the exception that if a goal kick is lost the opponent takes a corner kick from the closest corner.
- F) At both coaches request and with the approval of the referee, one water break each half may be given. The clock will continue to run during the water break.
- G) In special circumstances before the game begins, the length of the game may be shortened with the mutual consent of the opposing coaches and referee. All halves must be equal in length.

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

Rule 8: Starting Games and Halves

- A) The visiting team starts with the ball; home team chooses which goal to defend in the first half. Goals are switched in the second half.
- B) Each team provides two fully inflated game balls.
- C) If no referee is present at the start of the game:
 - (1) A TJSL board member who is not coaching in the game can serve as a referee.
 - (2) If a TJSL Board member is not present or the board member determines the need for assistance, a spectator can serve as the referee with the mutual consent of the coaches. The Director of Referees or League President is immediately notified so this problem can be corrected. Volunteer referees are not paid but are covered by the league's liability insurance.
 - (3) Once a league-assigned referee arrives and is ready to assume his/her duties, the volunteer referee must step aside at the next stoppage of play.
- D) All games are official once the first half is completed.

Rule 9: Substitutions

- A) All player substitutions can only be done with the consent of the referee.
- B) Substitutions must be up and ready at the halfway line.
- C) After a player leaves the field at the center line, their substitution can then enter the field from the center line (first off, then on).
- D) Both teams may substitute at any stoppage of play with the exception of penalty kicks.
- E) On a penalty kick, a substitution may be made for an injured player(s). However, a substitute may not take the penalty kick. The defense may substitute a like number of player(s), but not the goalie unless s/he is injured.
- F) If a player is sent off for equipment repair (shoelaces tied), or minor first aid, (getting a band aid), there is no player substitution. Once recognized by the referee, that player may return to the field from the center line without a stoppage in play.

Rule 10: Goalie Issues: Control of the Ball

- A) In U13-U16 divisions, goalies have control of the ball with any part of their body and the ball is not moving.
- B) In U09-U12 divisions, if the goalie is actively touching the ball with any part of the body, whether the ball is moving or not, the goalie is deemed to have control.
- C) Goalie control of the ball is a referee judgment call and cannot be appealed.

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

Rule 11: Penalty Kicks

- A) U13-U16 Divisions: Penalty kicks are taken 12 yards from the goal line.
- B) U09 -U12 Divisions: Penalty kicks are taken 10 yards from the goal line.

Rule 12: Throw-Ins

- A) U09 Division: Only during the regular season: the same player is allowed two attempts to have a correct throw.
- B) All Divisions: Throw-ins must be made within a 3-foot radius from where the ball went out of bounds. Otherwise, it is an illegal throw and possession goes to the defensive team.

Rule 13: Fouls and Misconduct

- A) Referees are the sole definers of inappropriate behavior.
- B) Unsportsmanlike conduct including verbal abuse to the referee, an opponent or teammate will not be tolerated by TJSL.
 - (1) Unsportsmanlike conduct will result in immediate caution or send-off.
 - (2) A player receiving a red card will have their actions reviewed by the Advisory Board.
 - (3) A coach receiving any card will have the activity reviewed for action by the Advisory Board.
 - (4) Any player who receives 3 or more yellow cards in a season will have their actions reviewed by the Advisory Board.

Rule 14: Limits on Scoring

- A) When a game reaches a 3-goal differential, referees will inform the coaches of the following:
 - (1) 3 Goal Differential: The trailing team may have one extra player on the field until there is a 2-goal margin.
 - (2) 4 Goal Differential: The trailing team may have two extra players on the field until there is a 3-goal margin.
 - (3) 5 Goal Differential: The trailing team may have three extra players on the field until there is a 4-goal differential.
 - a) Good sportsmanship dictates that a team winning by 5 goals do everything possible to limit further scoring and instead work on possession, passing, limited touches, maximizing consecutive touches and other methods to reduce the risk of making the

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

experience of the losing team even less enjoyable.

- (4) 6 Goal Differential: The trailing team may have four extra players on the field until there is a 5-goal differential.
- B) In the judgment of the referee, if the coach of the leading team has not tried to stop their team from scoring, and the goal differential becomes 7 goals, the coach of the leading team will receive a red card and in the absence of an assistant coach or a league board member to coach the team, the game is abandoned. However, the game continues if, in the judgment of the referee, the coach of the leading team has tried to stop their team from scoring. The Division Director will report the actions of the coach to the League President for Advisory Board action. The trailing team does not add a fifth additional player onto the field.
- C) If the goal differential becomes 8, regardless of whether the coach of the leading team has attempted to stop their team from further scoring or not, the game is abandoned. A decision as to which team is awarded the win will be made by the Advisory Board.

Rule 15: Protests and Activities of the Advisory Board

- A) The Advisory Board is chosen by the League President to address red or yellow card infractions, code of conduct violations and game protests.
- B) The Advisory Board consists of:
 - (1) The League President or Executive Committee designee
 - (2) A Referee Supervisor or Director of Referees
 - (3) The affected Division Director
 - (4) A member of the TJSL board not directly involved in the named division.
- C) Only objections to referee interpretations of USSF rules and TJSL modifications will be referred to the Advisory Board. Referee judgment calls are final and are not reviewable, including the evaluation of what constitutes misconduct.
- D) At the time of the offense, the coach must inform the referee and opposing coach that a protest may be filed.
- E) The game continues based on the referee's game time decision.
- F) Protests are only heard if the outcome of the game would change based on the decision of the board
- G) Process of a Protest:
 - (1) The protesting coach must email a protest to the Division Director and League President within 24 hours of the end of the game.
 - (2) The referee must note that a protest has been verbally lodged, and in the

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

game report describes the issue to the Director of Referees. The referee must also call the Director of Referees after the game to inform him/her of a possible protest.

- (3) The Advisory Board will meet within 48 hours after the game to review these reports.
- (4) If the protest is granted, the game result may be modified based on the results of the Advisory Board's decision. The decision of the Advisory Board will be relayed to both coaches and the referee involved.
- (5) This Advisory Board will also be used to review any coach, player or parental action.

Rule 16: Scores and Standings

- A) The referee is the official scorekeeper. If there is a discrepancy between the referee's score and those that the coaches report to their Division Director, the Director of Referees is responsible for correcting this problem. The Director of Referees will post the official final score of all games.
- B) To determine regular season standings: a win counts as 3 points, a tie as 1 point and a loss as no points.
- C) A forfeited game will be scored 5-0.
- D) If a tie-breaker is needed for the playoffs:
 - (1) The team with the best head-to-head record against its tied opponent gains the higher placement in the standings.
 - (2) If still tied, the team with the most goals scored against its tied opponent gets the higher seed.
 - (3) If still tied, the team that gave up the fewest goals during the regular season will receive the higher seed.
 - (4) If still tied, a coin flip will be held with the coach whose last name starts with the letter closest to "Z" calling "heads" or "tails".

Rule 17: Playoffs

- A) Playoff brackets and byes will be determined each season for each division based on the number of teams.
- B) To begin the game, the lower seeded team starts with the ball; home team chooses which goal to defend.
- C) If a game is tied at the end of regulation, there will be two golden goal (sudden death) extra periods with the teams changing goals without an additional break between periods. The lower seeded team starts with the ball in the first extra

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

period. The higher seeded team starts with the ball in the second extra period. Each extra period will be 5 minutes

- D) If still tied after extra periods, kicks from the penalty mark will determine the winner:
- (1) The referee chooses the goal at which the kicks will be taken.
 - (2) The goalies at the end of extra periods are the goalies for the kicks from the penalty mark.
 - a) A goalie that is injured while kicks are being taken from the penalty mark and is unable to continue as goalie may be replaced by a substitute.
 - (3) If a team has a greater number of players than its opponent, it may reduce the number of eligible players to match its opponent. The coach must inform the referee prior to the first kick. Ineligible players remain in the team's technical area.
 - (4) All eligible players will line up at the half line or at a location identified by the referee in the order in which they will shoot.
 - (5) The higher seeded team's captain will call the coin flip.
 - (6) The referee tosses a coin and team that wins the toss decides whether to take the first or the second kick.
 - (7) Subject to the conditions explained below, both teams take five kicks.
 - a) The kicks are taken alternately by the teams.
 - b) If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken.
 - c) If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken by the remaining eligible players until one team has scored a goal more than the other from the same number of kicks.
 - d) Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.

Rule 18: Build Out Line for U09-U10 Games

- A) A build out line shall be located equidistant between the penalty area line and the halfway line and marked by cones or a different color line.
- B) Offsides: The build out line on the attacking part of the field replaces the halfway line as the point behind which a player cannot be in an offside

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

position.

- C) Goal Kicks: The opposing team must retreat behind the build out line on a goal kick. The kicker is permitted to wait until the opposing team does so. The opposing team, having moved behind the build out line, may cross the build out line once the kicker kicks the ball.
- D) Goalie Save - No Quick Release: The opposing team must retreat behind the build out line on a goalie save. The goalie is permitted to wait until the opposing team does so and the 6 second limitation on keeper possession does not start until the opposing team retreats behind the build out line. The opposing team, having moved behind the build out line, may cross the build out line once the goalie releases the ball from in hand possession.
- E) Goalie Save - Quick Release: The opposing team must always make a good faith effort to retreat behind the build out line on a goalie save. The goalie is permitted to release the ball from in hand possession before the opponents retreat behind the build out line. In such cases, the opponents may not challenge the ball until (a) the goalie has placed the ball at his or her feet or (b) the goalie has released the ball to a teammate and the teammate has had an opportunity to receive the ball without pressure. In such cases, the opponent need not retreat behind the build out line before becoming involved with play.
- F) Violations by Opposing Team: If an opponent violates the prohibitions above on a goal kick or goalie release, the referee must stop play and award an indirect free kick at the spot of the infraction to the team entitled to the protections of the build out line rule.
- G) Goalie Saves – Limitation On Goalie: The goalie must pass, throw, roll or kick the ball. The goalie may not punt or drop kick the ball. If the goalie does so, the referee must stop play and award an indirect free kick to the opposing team from the spot of the infraction. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- H) Defensive Team Free Kicks Within Build Out Line: Normal free distance rules apply. The build out line is not applicable to free kicks.

Rule 19: Exception for 5v5 and 6v6 Divisions

A) Length of Games

- (1) All games will be played in two twenty-five-minute halves with a five-minute halftime.
- (2) If a division has only three teams, each team will play two twenty-five minute games with no halftime. There will be a 5-minute break between games. For example, Team 1 plays Team 2, then Team 2 plays Team 3

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

and then Team 1 plays Team 3. Each game will be played in a single twenty-five minute period.

B) All outdoor rules (FIFA) apply with the following exceptions:

- (1) Offside rule does not apply.
- (2) All free kicks are indirect. The ball must travel at least the distance equal to the width of the ball before another attacking player may play the ball. An infraction of this rule will result in the awarding of a free kick to the opposition at the same point.
- (3) When a ball goes 'out' over a sideline, the opposing team is awarded a kick-in (not a throw-in).
- (4) Goalies return the ball into play with a "throw-in".
 - a) The ball must strike the field or a player prior to crossing the half-line. Otherwise, a free-kick is awarded to the opposition at the half- line where the ball crossed the line.
 - b) A goalie's awarded throw-in may not be touched by a player from either team until the ball has passed outside the penalty area. A violation results in another goalie's awarded throw-in.
- (5) Substitutions
 - a) Substitutions can be done at any time during the game. No stoppage of play is required.
 - b) Players replaced must be off the field before substitutes come in. A violation of this rule results in a corner kick by the opposing team.
- (6) All outdoor rules pertaining to fouls apply, including unsportsmanlike conduct. Infractions result in a free kick.

C) Limits on Scoring

- (1) When a game reaches a 4 goal or more margin, referees will inform the coaches of the following:
 - a) 4 Goal Differential: The trailing team may have one extra player on the field until there is a 3-goal margin.
 - b) 5 Goal Differential: The trailing team may have two extra players on the field until there is a 4-goal differential. Good sportsmanship dictates that a team winning by 5 goals do everything possible to limit further scoring and instead work on possession, passing, limited touches, maximizing consecutive touches and other methods to reduce the risk of making the experience of the losing team even less enjoyable.
 - c) 6 Goal Differential: The trailing team may have three extra

Teaneck Junior Soccer League

Rules of Play for Outdoor REC Soccer Division U09 and Above

players on the field until there is a 5-goal differential.

- d) 7 Goal Differential: The trailing team may have four extra players on the field until there is a 6-goal differential.
- (2) If the goal differential becomes 10, regardless of whether the coach of the leading team has attempted to stop their team from further scoring or not, the game is abandoned. The Advisory Board will make a decision as to which team is awarded the win.