

N- Sports Rec Center.

3101 Recreation Dr. Washington, MO 63090

636 239 1405. EMAIL: inquiry@nsportsreccenter.com WEB: WWW.NSPORTSRECCENTER.COM

First of all, Thank you for participating! Please remember that this is a recreational league for players to enjoy the game and have fun- problem coaches, parents, & players will not be tolerated. We set rules to keep it a safe environment for the players, coaches and spectators.

****Please note new youth head ball rule****

LEAGUE SETUP:

- All numbers below include goalie
- Game time is two 20 min. halves.
- K (U6) 1ST (U7):
 - Roster min/max: 12-15.
 - Ball size 4
- 2nd (U8) – 6TH (U12):
 - Players: 7v7
 - Roster Max: 12-15
 - Ball size 4
- 7th(U13)- 8TH (U14):
 - Players: 6v6
 - Roster Max: 12-15
 - Ball size 5

CONTACT INFO: For more info regarding our YOUTH LEAGUES, Please call us at 636 239 1405 or email brenda@nsportsreccenter.com

****RULES****

1. PREGAME INFO:

- Have players wear same color uniforms (numbers and names are not required). Have your players bring an alternate color just in case two teams are the same. Goalies should have opposite color of the field players.
- Indoor soccer shoes or regular tennis shoes. Outdoor rubber cleats will not be allowed. Players wearing improper indoor or outdoor shoes may not be allowed to play. (Referee & manager will make decision).
- Shin guards are required.

2. FAIR PLAY RULE:

- Any Team trailing by 5 or more goals can add one player to the field. (no more than one extra player) Once the team trails by three or less goals, the extra player is removed from the field. Trailing team is not required to add player.

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3. GAME MANAGEMENT/FORFEITS

- The clock only stops for serious injuries.
- There is a one-minute rest time between periods. Please be aware of this constraint. Clock may start after the one-minute time frame.
- Game time is a forfeit time. Please be on time. Many teams are playing outdoor or have other conflicts, which play as scheduled. Warm up time may be waived if the games are behind. This is to ensure that games are as close to on time as possible.
- Games are only cancelled due to bad weather or other natural disaster occurrences. Go to www.nsportsrecenter.com for updates of any info regarding cancelled games. If at any time you feel the weather conditions are not good for you then please do not travel to your game. Some areas may be worse than others, but games may be played. It is better to forfeit than to not arrive at all.

4. IMPORTANT GOALKEEPER RULES:

- Goalies can dribble the ball inside their goal area and pick it up when hands are available.
- Goalies may use their hands once after having possessing the ball. For example: *the GK SAVES A SHOT AND THEN ROLLS THE BALL TO THEIR DEFENDER WHO THEN PASSES THE BALL BACK TO THE GK. Because the goalie had possession of the ball and then the ball released the ball, he/she may not use their hands again until an opposing player touches first or a whistle to stop play.*
- GOALIES are not allowed to use their hands on pass backs, from their players, from ANYWHERE ON THE FIELD.
- GOALIES may bounce the ball and use their hands. Judgement on when a goalie loses control and would not be allowed to pick it up would be judgment call by the official. This is in the event of the ball leaving the box.

5. SUBSTITUTIONS & FREE KICK:

- ALL FREE KICKS ARE DIRECT (Exception: KINDEGARTEN AND FIRST GRADE LEAGUES.)
- Substitutions are allowed "on the fly "or ANY dead ball situation. The referee may give permission first and has the authority to waive off substitution request by the team without the ball, if they feel that the team with the free kick has an advantage or wants a fast restart.
- A TWO MINUTE penalty May be given for too many players on the field, but it is up to official also to decide on a penalty or just a warning.
- Little guys sometimes do not have stoppages, so the ref may "invent" a whistle to help get the kids in and out. We want all kids to play!

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6. ROSTERS/ SCORES/ & STANDINGS:

- Each player must register online, by first game played or prior to start date. The forms available on our website.
- Roster changes may be made up of the start of the first game. Roster checks can only go under official protest before the start of the game. The coach must inform the referee. All “after – the – fact” protests will not be recognized (exception: if the player in question enters the field after the start of the game and was not present at the beginning).
- Games scores and standings will be posted on our website: www.nsportsleagues.com.
- N Sports recognizes rosters by Grade or Age. There are exceptions to this so ask your league director. Management can refuse a player into any league for any reason. *For example: we may say that a high school aged player held back in 8th grade may not be allowed to play.*
- Players cannot play on dual rosters if the teams are in the same bracket. *There are exceptions to this rule but are stated by the youth director before league starts.*

7. NUMBER OF COACHES :

- ONLY 2 COACHES on each bench please.
- One coach will be allowed on the field for kindergarten leagues only. *At U8 division if both coaches agree, then coaches can be on the field.*

8. NEW YOUTH HEADBALL RULINGS:

- No intentional head balls allowed, officials discretion.
- Rule will follow SLYSA AND US SOCCER for league play.
- 2007 birth year league or U11 or 5th Grader (this covers all the possible league names) or younger will not be allowed to intentionally head the ball.
- League name is key. For example: if you're a 5th grade team playing in a 6th grade league, you can head the ball.
- Must be under control of their body and have a reasonable time to react to be considered a foul.
- Deflection or blocked shots would not be considered a violation of this rule.
- When called by the official, a simple direct start takes place at the point of the infraction.
- If the head ball occurs in the box by the defending team and the official feels there was a more than reasonable chance that there would have been a goal, then the official may award a penalty kick. In most cases this would be very rare. With the PK there will be no timed penalty, nor blue or yellow cards issued. Players will take a while to get used to this new rule and we understand.

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9. ORDER OF DETERMINING PLAYOFFS:

1. MOST POINTS
2. DIRECT HEAD TO HEAD
3. LEAST GOALS AGAINST ALL OPPONENTS DURING LEAGUE PLAY
4. NUMBER OF SHUT OUTS IN THAT SEASON
5. COIN TOSS (ROCK/PAPER/SCISSORS)

KINDERGARTEN & FIRST GRADE LEAGUES(U6): *All stoppage In play require a whistle re start for kindergarten and 1st grade league*

1. *The goalie has unlimited use of hands. Referee may enforce five- second rule only when necessary.*
2. *Coaches are allowed on the field for kindergarten leagues ONLY. At first grade if both coaches agree, then coaches can be on the field.*
3. *Teams will not switch ends at half time. This allows coaches to coach from the bench and gain easy access to the players and substitutions. Your bench should always be at your goalies end of the field.*

FOULS AND PENALTIES:

- **TRIPPING**
- **HOLDING**
- **PUSHING**
- **CHARGING**
- **JUMPING**
- **HANDLING THE BALL**
- **IMPEDING**
- **DANGEROUS PLAY(REFEREE'S DISCRETION)**
- **ELBOWING**
- **BOARDING**

A timed penalty (yellow card) should be assessed when any of the above offenses are deemed by the referee to be careless, reckless or involves excessive force.

BLUE CARD IS ISSUED FOR:

- **1st blue is player has to sub out for one minute**
- **2nd blue = yellow and player goes off for 2 minutes and team plays short**

3rd blue is referee's discretion: could be player sets remaining of current game or could be Red card and player is ejected from bench and the building. The player has to miss the next scheduled game too.

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