



Spring 2020

Rules & Guidelines—NorthStar Intramural

What's Inside this book?

- Quick rules—pages 2&3
- Laws of the Game (with NorthStar League modifications) - pages 4-14
- Characteristics of a NorthStar Soccer player—page 15

Quick Rules – a few items that regularly come up/get confused.

The ball is out when it fully crosses the line. If it is on the line it is still in play. Likewise, the ball must fully cross the goal line in order for there to be a score. If it is on the line but doesn't fully cross over, it is not a score.

If the goal keeper stops the ball while it is still in bounds, he/she may carry it and come to the second line (the big box to release it by throwing or rolling or punting the ball). If the goal keeper puts the ball on the ground it is a live ball (they may put it on the ground, but need to know that it is a live ball and any player can come get it at that point)

If the goal keeper attempts to punt the ball but messes up and catches it with hands it is supposed to be awarded to the other team as an **Indirect Kick** (not a penalty kick but a kick from wherever it happened). In U8 we will not enforce this but will give it back to the Keeper for a re-do. At U10 the referee should warn players and try not to have it happen but if it does, enforce the rule. (The goal keeper may throw the ball instead of punting).

If the ball goes out of bounds on the goal line and was last touched by an attacking player, the defending team is awarded a **Goal Kick**. This may be taken by the Goal Keeper but doesn't have to be. On a goal kick the ball is placed anywhere on the line forming the goal area (the small box). The opposing team must be outside of that box until the kick is taken (usually the opposing team will line up at the Build Out Line {for U6, half field is the Build Out Line}). If the score is uneven—one team ahead by more than 2 points—then the referee will make adjustments to starting points on goal kicks).

If the ball goes out of bounds on the goal line and was last touched by a defending player, then a **Corner Kick** is awarded to the attacking team. A goal can be directly scored on a Corner Kick (can go straight in the goal without any player touching it).

If the ball goes out on the sideline (called the Touchline in soccer) a **throw in** is awarded to the other team. On a throw in the player must hold the ball with both hands over the head and have both feet on the ground when the ball is thrown. We will retake throw ins and try to teach the kids – but at U10 and older there should be no more than 2 retakes. A goal cannot be directly scored on a throw in (must touch another player before going into the goal to count as a score).

Fouls – in most cases we will warn and not call fouls but, the referee does have the right to call a foul which will result in a Direct Kick (a kick by the other team from the spot of the foul – **Direct Kick** means a goal may be scored by kicking the ball straight into the goal, doesn't have to touch any other players first - **Indirect Kick** means it must touch another player first before it can count as a score).

At U6/U8 coaches are encouraged to be on the field with players.

At U10 coaches are not allowed on the field with players and should only be on the team bench side of the field and only on their own half.

Position of parents/fans – Please see field map for the season.

Coaches are encouraged to have the team in the team area and parents are asked to sit in the parent/fan areas. This is a request for U6. It is an enforced rule for U8 and U10.

Laws of the Game

Soccer world wide is governed by FIFA (Federation Internationale de Football Association). The FIFA Board meets annually and reviews the Laws of the Game and makes changes. They make changes to the details but there are 17 Laws of the game that cover all aspects. This presentation uses those 17 Laws as the organizing principle. Some of the Laws don't really apply to the younger ages but, we want to take the opportunity to learn the game itself – not merely what we do in U6 Soccer (for example). So, we are mentioning all 17 Laws. If you want to see the full detail on the current definition of the Laws of the Game go to fifa.com and search for 'Laws of the Game' (all 144 pages). US Soccer also has guidelines for modification to the Laws of the Game for youth games. With a few exceptions, NorthStar follows these guidelines (the main exception is that we use goal keepers in U8 – we made this exception a few years back after several coaches suggested that the jump from U8 to U10 was too big and that it would be better for U8 players to learn more of the true game – so we added goal keepers and also throw ins to our U8 rules).

The Basic 17 (abbreviated) Laws of the Game with specific mention of rules used in NorthStar Intramural Divisions

Law 1 - The Field of play

Field Surface – natural or artificial

Field Markings

Must be rectangular and marked with lines. 'These lines belong to the areas of which they are boundaries.' **(In other words, the ball isn't out when it is on the line, only when it goes totally over the line).**

The long boundary lines (what in football we would call sidelines) are in soccer called 'touchlines.' The two shorter lines are called goal lines.

Half line divides the field into two halves.

Center mark is indicated at the midpoint of the halfway line. A circle with a radius of 10 yards is marked around that point.

For U6 we don't bother with a center circle

For U8 we adjust the center circle down to a 15 foot radius

For U10 we adjust the center circle down to an 8 yard (24 foot) radius

Field Dimensions – has to be a rectangle so touch line (side) has to be longer than the goal line. There is a range of permissible field sizes for a full field. FIFA and US Soccer all want smaller fields for youth games. We follow US Soccer guidelines on field sizes for younger ages as much as possible.

Length (touch line): minimum = 100 yards, maximum = 130 yards

Width (goal line): minimum = 50 yards, maximum = 100 yards

The full size NorthStar field (Cornerstone Field) is the minimum allowed for regulation size. It is 100 yards long and 50 yards wide.

Our 9v9 (U11/U12 Travel Team) field is the full 60 yards wide and 80 yards long. (Which, according to US Youth Soccer, is the maximum recommended length for U12 and the middle of the range for the width).

Our 7v7 (U10/U12 Intramural also U9/U10 Travel Teams) field is 53.3 yards long (160') and 40 yards (120') wide.

Our 5v5 (U8) field is 100 feet long and 75 feet wide. This is within the range of US Soccer recommendations.

Our 3v3 (U6) field for Spring 2020 will be 60' long and 45' wide. Planning to make it a little longer in following seasons - when the new section of the field is completed. is 80 feet long and 45 feet wide.

The Goal Area (which most parents call the smaller box). This is the area right in front of the goal. On a regulation field the line is drawn 6 yards from the inside of each goalpost and comes out 6 yards from the goal line. We make it smaller on the U8 and U10 fields. We don't bother with it on the U6 field.

The Penalty Area (which most parents call the big box – **this is the area in which the goal keeper may use his/her hands. The goal keeper may leave the penalty area but may not handle the ball – feet only – outside of the penalty area**). If you watch soccer on TV and hear

someone say something about ‘the 18’, they are talking about the line that forms this box. It is 18 yards from the inside of each goal post and extends out 18 yards from the goal line. It is smaller on the U8 and U10 fields and doesn’t exist on the U6 field.

Flagposts – mark the corners of the field. We use them on all Travel Team games and will use them for the U10/U12 Intramural games. They aren’t really needed for U8 or U6.

Corner arc – a quarter circle arc drawn 1 yard from the corner. (It’s main purpose is for a place for the ball to go on corner kicks.)

Goals – a full size goal has goal posts that are 8 yards apart (24 feet) and a cross bar that is 8 feet above the ground. Our youth sizes correspond to US Soccer recommendations.

U10 and U12 goals – 18 feet between goal posts and 6.5 feet above the ground

U8 goals – 12 feet between goal posts and 6 feet above the ground

U6 goals – not set size, will be small portable goals

Law 2 – The Ball – There are an amazing number of things the FIFA rules have to say about the ball. If you want to read them go to fifa.com. For NorthStar – the ball needs to be approved by the referee, fully inflated and in good condition and the sizes are as follows:

A regulation size ball is size 5. This is used by teams U13 and older
U10 and U12 use a size 4 ball
U6 and U8 use a size 3 ball

Law 3 – The Number of Players

Number of players – full soccer is played with 11 players on each team (10 field players and 1 goal keeper). US Youth Soccer provides the following team limits based on age: U12 = 9v9, U10 = 7v7, U8 = 4, U6 = 3. **For NorthStar Intramural we currently play U12 with U10 rules and we play 5v5 at U8 (in order to add a goal keeper).** Most leagues have a limit on the total roster size as well (starting players plus available substitutes).

Substitutions – In professional leagues and international matches each team may only make 3 substitutions in the entire game and once a player is substituted out that player may not return to the game.

There are variations – some leagues/games allow up to 6 substitutions. Most youth leagues – including NorthStar Intramural and all youth leagues for our Travel Teams – allow unlimited substitutions and allow substituted players to return to the game.

Substitution Procedure

Request for substitution must be made to the referee and the referee must grant permission

The substitute only enters the field of play after the player being replaced has left and after receiving a signal from the referee (**for NorthStar Intramural the player can enter the field the same time that the player being replaced is leaving**)

The substitute only enters the field at the halfway line and during a stoppage in the match

The goal keeper may be substituted for by a substitute or may trade places with a player on the field but it must be during a stoppage in play and approved by the referee

Stoppage of Play is a somewhat confusing issue. The referee is not supposed to blow the whistle to stop play for a throw in, goal kick or corner kick. **Therefore, it must be allowed for the team being awarded the throw in, goal kick or corner kick to keep any possible advantage they might gain by quickly executing the play. In higher levels of youth soccer substitution is allowed only on your own throw in (unless the team making the throw in chooses to substitute – then the other team is also allowed). However,** it is rarely the case in a NorthStar Intramural game that a team is working such an advantage – so, at the referee's discretion substitutions *may be* allowed for either team on the above three circumstances but if the team making the throw or kick is trying to do it quickly the referee should allow them to do so.

Law 4 – Players Equipment – shin guards must be worn for safety. Uniforms must be different colors for each team and goal keepers must be different from players on both teams. Undershirts must be same color as jersey (but not at NorthStar Intramural – this will apply only if players are on a Travel Team in the future).

Law 5 – The Referee

Authority of the Referee – Powers and Duties of the Referee

- Enforces the Laws of the Game
- Controls the match in cooperation with Assistant Referee and Fourth Official (in the case of NorthStar this would be Director, Commissioner or Referee Supervisor **{if youth referee is on the field that referee can be supported by an adult supervisor who may exercise the authority of the referee}**)
- Acts as time keeper and keeps record of the match (but a separate time keeper may be appointed)
- Stops, suspends or abandons the match, at his/her discretion, for an infringements of the Laws
- Stops, suspends or abandons the match because of outside interference of any kind (this may include any behavior by parents or others on the sideline or beyond that is inappropriate, critical of the referee or critical of either team)
- Stops play for an injured player or allows play to continue if injury seems minor
- Allows play to continue when the team against which an offence has been committed will benefit from such an **advantage (in other words, can let a foul or hand ball, etc go and not stop play if the team that would have gotten the free kick might actually be better off without play stopping (might have an opportunity to score if play is not stopped)** - the official signal for 'advantage' is both hands pointed in the direction the team with the ball is going)
- Takes disciplinary action against players – caution (yellow card) or sending off offence (red card). Currently we are not using card system in NorthStar Intramural but serious infractions (fighting, language, etc – could result in a player be removed from play – However, the team will be allowed to substitute for the player removed from the game (actual FIFA rules don't allow for a substitute for a player receiving a Red Card – the team has to play with fewer players)
- Takes action against team officials (coaches) who fail to conduct themselves in a responsible manner and may, at his/her

discretion expel the coach/team official from the field of play and the surrounding area

May stop play for off the field misconduct. May penalize the coach or team associated with the fans but, probably best at NorthStar simply to stop play and even suspend the game if the problems surrounding the field of play persist. Indicates the restart of the match after it has been stopped

Decisions of the referee – Decisions by the referee are final, including the decision on whether or not a goal is scored (coaches and parents, please don't say the score is *really* _____. The score is what the referee says it is). The referee may change a decision at his/her discretion if realizing a mistake and/or in consultation with Assistant Referee or 4th Official/Supervisor but only if he/she has not restarted play. Once play has been restarted a decision cannot be changed.

Law 6 – The Assistant Referee – often referred to as Line Judge but does more than that. Cannot overrule the Referee. NorthStar Intramural will rarely have Assistant Referees.

Law 7 – Duration of the Match

An official match is two 45 minute halves. This is modified for most youth games. For NorthStar Intramural we can adjust the time based on starting late, heat, any other important factor. Standard policy is:

U10/U12 = 2 - 25 minute halves

U8 = 4 - 10 minute quarters

U6 = 4 - 8 minute quarters

In official soccer extra time is added for time lost due to injury or other factors. At NorthStar Intramural the referee may take the simpler approach of stopping the clock for an extended injury should such ever occur. But we need the day to stay on schedule so games can also be shortened if the scheduling requires it.

If a penalty kick has to be taken the half or the match will continue until it is completed. (Time can't run out if the referee calls for a Penalty Kick).

Law 8 – Start and Restart of Play

A Kick off is used to: start the game, start the second half, restart after a goal is scored. A goal may be scored directly from the kick off.

To start the second half the teams swap sides before taking the kick off

All players must be on their side of the field before the kick off

The ball must be stationary on the center spot before the kick off and the referee must signal for the kick to be taken

The player kicking off the ball cannot touch it again until it has been touched by another player

A dropped ball is a method of restarting play if the referee stopped play for any reason. The ball must touch the ground before it can be played. A goal cannot be scored directly from a dropped ball (instead a goal kick or corner kick is awarded as appropriate). **New 2019 rules require that a drop ball be given to the keeper of the team that had possession before play was stopped (if stopped for a reason other than a direct kick, indirect kick, etc.)**

Law 9 – The Ball in and out of play

The ball is out of play when:

it has **wholly** crossed the goal line or touch line whether on the ground or in the air (**if any part of the ball is on the line it is still in play**)

Play has been stopped by the referee

The ball is in play at all other times, including when,

It rebounds off a goalpost, crossbar or corner flagpost and remains in the field of play

It rebounds off either the referee or an assistant referee when they are on the field of play

Law 10 – The method of Scoring – A goal is scored when **the whole of the ball passes over the goal line**, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal. (If the ball hits the cross bar or goal post and bounces out – no goal. If any part of the ball is on the goal line – no goal. **The ball must completely cross the goal line in order for there to be a score**). Important note, if the ball crossed the goal line because the goal keeper

stepped into the goal while carrying the ball – it is a goal. But, this will be enforced only at U10 and older. **At U8 the referee/coaches should explain the rule to the player but not award the goal.**

Law 11 – Offside position (Currently not being used in any age group of NorthStar Intramural but – parents and players should become familiar with the rule for the future – for NorthStar Travel Team and watching soccer in general)

A player is in the offside position if he/she is nearer to the opponent's goal line than the ball and the 2nd to last defender

But, if the player was on side when the ball was kicked then the player may move ahead of the ball and the 2nd to last defender

If the player was in the offside position but was not involved in the play then there is no penalty

There is no offside position directly from – a goal kick, a throw in or a corner kick OR in the defending half of the field

The referee awards an indirect free kick to the opposing team from the spot of the offside infringement (indirect means you can't directly score a goal from the kick – has to touch another player first)

Law 12 – Fouls and Misconduct

Direct Free Kick (may directly score a goal off of a Direct Free Kick) is awarded to the opposing team for the following offenses by a player, if the referee considers the actions to be careless, reckless or using excessive force (a U8 player missing the ball and lightly kicking an opponent in the process does not warrant a foul being called – for example)

If the goal keeper has possession then the ball may not be kicked out of her/his hands (but this is the referee's discretion)

kicks or attempts to kick an opponent

Trips or attempts to trip an opponent

Jumps at an opponent

Charges at an opponent

Strikes or attempts to strike an opponent

Pushes an opponent

Tackles an opponent

Holds an opponent (including holding by the jersey)

Spits at an opponent

Handles the ball deliberately

‘hand’ includes the shoulder down

Hands down and the ball is kicked into the arm or hand is not deliberate handling and should not be called

Hand out and the ball kicked into it is deliberate handling (hand deliberately placed so as to block the ball – whether intentional or not)

Hand ball penalty should not be called if the team that would have taken the kick has an advantage (‘play on’)

A Penalty kick is awarded if any of the above offences is committed by a player inside of his own penalty area (the big box) – whether the ball is in the penalty area or not

Indirect Free Kick (meaning – a goal can’t be directly scored from the kick, ball must touch another player before going into the goal) is awarded to the opposing team if a goalkeeper inside his/her own penalty area does any of the following (**starting at U10 – instruct but don’t give penalty at U8**)

controls the ball more than 6 seconds with hands (but this is rarely enforced strictly)

touches the ball again with hands after releasing it (and before touched by another player) – (so, if the punt goes straight up the keeper should not catch it again but may use feet to clear it out – referee should warn the first time)

touches the ball with hands after it has been deliberately kicked to him/her by teammate

touches the ball with hands after directly receiving from a throw in by a teammate

Indirect Free Kick is awarded to the opposing team if, *in the opinion of the referee*, a player

Plays in a dangerous manner (example – high kick)

Impedes the progress of an opponent

Prevents the goalkeeper from releasing the ball with his/her hands

Player heads the ball (for safety reasons not allowed in U12 and younger)

Any other reason play had to be stopped and a caution or send off issued (language, etc.)

Indirect free kicks are taken from the spot where the infraction occurred.

Same with Direct free kicks unless committed in the player's own penalty area.

Law 13 – Free Kicks

Direct Free Kick – goal may be scored directly from this kick

Indirect Free Kick – goal can be scored only if it touches another player before entering the goal

All opponents must be 10 yards or more from the ball

Refer to FIFA for detailed rules on Free Kicks

Law 14 – The Penalty Kick – all players other than the kicker must be located on the field of play but outside the penalty area and behind the penalty mark. The defending goal keeper must remain on the goal line until the ball has been kicked. After the ball has been kicked it is live and all players may move forward. The kicker may not touch the ball again until it has been touched by another player. All kinds of rules on what to do if players move too early, etc.

Law 15 – The Throw In

Awarded to the opponents of the player who last touched the ball before it went out of bounds

The thrower must

Face the field of play

Part of each foot either on the touch line or behind the line

Hold the ball with both hands

Deliver the ball from behind and over the head

Violation of the above rules results in the other team getting the thrown it – but for NorthStar Intramural we will make the player re-take the throw – how many times is at the discretion of the referee

Deliver the ball from the point where it left the field of play

Opponents must stand no less than 2 yards from the point of the throw in

The thrower may not touch the ball again until it has touched

another player (if the thrower does touch the ball again, officially it should result in an indirect kick awarded to the other team but **at NorthStar Intramural we will explain the rule and retake the throw**)

A goal cannot be scored directly from a throw in (**This means that the player cannot throw the ball directly into the goal for a score. But, if it touches another player and then goes into the goal – that is indirect and is a goal – if the keeper is confused, tries to stop it but drops it into the goal it is a goal {even though it wouldn't have been a goal if the keeper and no other player had touched it}**). If the ball goes directly into the goal from a throw in, the other team is awarded a goal kick.

Law 16 – The Goal Kick - awarded when the whole of the ball passes over the goal line having last touched a player of the attacking team and a goal is not scored. A goal may be score directly from a goal kick (but an own goal is not allowed – a Corner Kick is awarded instead).

The ball is kicked from any point within the goal area (the small box) by a player of the defending team (does not have to be the Goal Keeper)
Opponents remain outside the penalty area until the Goal Kick is taken
(In U6 the opposing team should start at half field. For U8 & U10 the opposing team should start behind the Build Out Line. The referee may make adjustments to this line up based on the score of the game—if one team is ahead by more than 2 goals adjustments are encouraged).

The kicker may not play the ball again until it has touched another player

Law 17 – The Corner Kick – awarded when the whole of the ball passes over the goal line, having last touched a player of the defending team and a goal is not scored. A goal may be scored directly from a corner kick.

Ball must be placed on the corner arc on the side nearest to where it crossed the goal line

The corner flag must not be moved (we will rarely use Corner Flags in NorthStar Intramural)

Opponents must be 10 yards from the corner arc

The kicker may not play the ball again until it has touched another player

A NorthStar Soccer player is . . . (characteristics we are trying to develop)

Reverent – *Seeks to honor God in all things – on and off the field.*

Has humility and acknowledges her/his gifts as coming from God
Shows compassion & kindness toward others at all times: teammates, opponents, officials, fans

Respectful – *Always treats other well*

Toward those in authority – coaches, referees, parents
Toward teammates – making sure ALL teammates feel respected and a part of the team—looks for ways to encourage
Toward property – making sure to clean up and not leave trash after practice and games
Toward opponents – ALWAYS showing good sportsmanship toward opponents – win or lose—looks for ways to encourage

Responsible – *Always takes care of self*

Keeps track of uniform, water bottle, and equipment – not depending on parents to do things the soccer player can do for herself/himself
Takes care of responsibilities outside of soccer – gets school work done and is committed to best effort in school, takes care of responsibilities at home and church and other places

Reliable – *Team can depend on you*

Gets to practice on time *and* is ready to work at practice
Teammates can depend on the player to promote the good of the team
Learns position on the field and executes team strategies to the best of his/her ability at all times

Rigorous – *Always works hard and has internal drive*

Practices at home and commits to developing individual soccer skills
Doesn't look for the easy way out at Team Training but works hard to get better as players and as a team
Learns about soccer – know the rules, learn tactics, watch college & professional teams

Relentless – *competes to win and maximizes effort*

Strives hard to win in competition
When the team is losing: doesn't give up, strives hard for the team to do it's best no matter the score or the outcome of the game
Never stops trying to learn & improve

Resilient – *bounces back after a loss, learn & improve is a constant goal*

Keeps going after making a mistake
Not afraid of failure/losses – use them to get better

The NorthStar player must develop all 7 R's. If you are relentless but not respectful, you might be a great athlete but not a great teammate. If you are rigorous but not resilient, then you might work hard – until you meet an obstacle, then give up.

Theme verse—Hebrews 10:24: *Let us consider how we may spur one another on toward love and good deeds.*

Thank you for being part of NorthStar Soccer!

A copy of this book plus game schedule and other information is available on our website:

www.northstarsoccerministries.org

Parent Game Day guidelines:

- Please encourage your soccer player to strive for the characteristics of a NorthStar Soccer player (on page 15)
- Let's all work together to set a positive example for our youth.
- Let's work together to make the game day experience fun and rewarding for all players on all teams—win or lose. Let's all work together for the positive development of all the players on both teams in a competition.
- Parents are requested to sit in designated parent areas only and leave the team areas clear for players and coaches
- Parents are encouraged to cheer for their kids and for the team. Cheer, but don't steer. Let the coaches do the coaching.
- No alcoholic beverages or tobacco products are permitted on the game field or in the surrounding parking area.
- Parents and fans are asked to be mindful of their language. There should be no cursing at the field— from parents, fans, players, coaches, anyone.
- The Director and Field Coordinators are in charge at the field. Parents and spectators and coaches are asked to follow their directions or to leave the field.
- See something you don't like? Let us know. Use the feedback box on the field or contact us with complaints, suggestions, questions.

Thank you for entrusting your child to NorthStar Soccer Ministries for the Spring 2020 season. We hope parents and kids have a great experience and will join us again in the Fall and/or the next Spring!