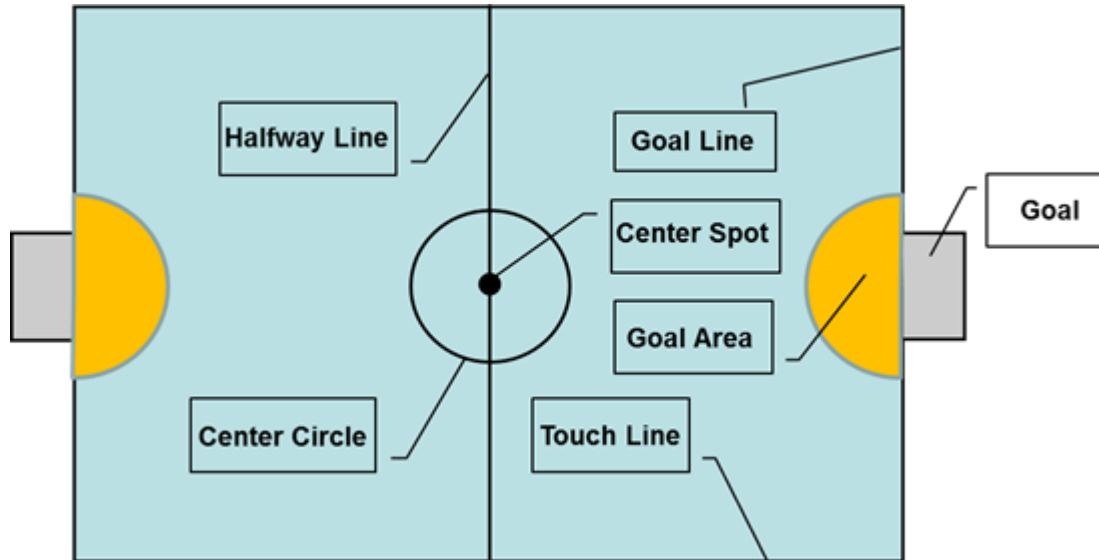


Rules and Regulations – Scrimmage Games

FIFA except as follows:

1. Field Size

Youth size fields with youth size goals.
The basic layout of our soccer field:



2. No official Referees or Linesmen

Every captain or a player on his team will act as a **playing-referee** for 40 minutes of each game.

3. No Goalies

4. No Offside, No slide tackling

5. Team Roster

8 players' maximum per team roster. All players must be 65 or older.

6. Match Length

80-minute games (4 x 20 minutes with a 5-minute break after each 20 minutes).

7. Kick Off

A kickoff is taken to start a game, to restart play after a goal has been scored or to start a new quarter. At kickoff, all players must be on their team's half of the field. The ball is placed on the center spot in the middle of the center circle. The team that kicks off to begin the game is determined by the home team (based on the schedule). After a goal, the team that was just scored upon starts the kickoff. For new quarters, the

team, this did not kick off the previous quarter or half will kick off. A goal cannot be scored by kicking the ball directly into the goal on a kickoff. On the kickoff the ball can go in every direction (forward, backwards sideward).

8. Ball In and Out of Play

The ball is out of play whenever it is completely outside the outside edge of the touchline or the goal line either on the ground or in the air. Also, it is out of play when the playing-referee stops play for any reason.

The ball is in play if any part of the ball is inside or touching the touchline or goal line. The ball is considered in play after bouncing off of a goal post or cross bar if the ball remains on the playing field.

9. Method of Scoring

A goal can only be scored if the entire ball goes completely over the outside edge of the goal line, under the cross bar and between the goal posts while it is in play. Any player may score goals. When a ball played by a player directly into his own goal it is a score for the opposing team.

There is a marked area located directly in front of the goal that is called the goal area (semi-circle). Defenders **CANNOT** stay inside the marked area to protect the goal. Attacking players cannot enter the goal area.

- a. Goals are scored from outside the goal area only, except for section f. sentence 1 below.
- b. Only one defending player is allowed within the goal area if the defending team is awarded a goal kick. The ball must be played from within the goal area and the ball must be at a dead stop before it is kicked.
- c. Once the ball has crossed into the goal area, the ball **CANNOT BE PLAYED**, even if a player can reach it without entering the goal area.
- d. Goals can be scored only **on shots taken from** inside the half field of the opposing side's goal. That is because a player can pass the ball in the air from his own half, and if his teammate volleys the ball into the goal with his head or foot and the ball does not hit the ground first it is a goal.
- e. It is a goal when any defender touches the ball within the circle. If the ball comes to a full stop within the half circle, then the defender can clear it.
- f. The attacking team is awarded a **Goal** if any defender touches the ball inside the goal area when the ball does NOT come to a full stop within the goal area. If the ball comes to a full stop within the goal area, then the defender can clear it.
- g. If a defender plays the ball inside his defending goal area, it's a goal for the other team. If an attacking player plays the ball inside it's attacking goal area it's the other teams goal kick.
- h. If a defense player is in the goal area and an attacking player makes a shot to the goal and the defense player does not touch the ball inside the goal area and the ball misses the goal ... **No goal**.
- i. The defense player can be inside the goal area and play the ball while the ball is outside the goal area. The position of the ball will be the determining factor, not the position of the player, the defender or offensive player. This is also the same way

for determining whether or not a ball is out of bounds. If the ball is fully outside the half circle, everybody can touch it, even if a player is inside the circle. If the ball is fully over the line within the half circle, nobody can touch it. If the ball comes to a full stop within the half circle, then the defender can clear it.

11. Fouls and Misconduct (No slide tackling is allowed)

There are two kinds of fouls: Major Fouls and Minor Fouls.

Major fouls

These fouls must be committed intentionally and may result in an **Exclusion** from the game. The player must leave the game and is not allowed to return.

The fouls are as follows:

- a. Kicking a player
- b. Jumping up at a player
- c. Charging a player in a rough way
- d. Charging a player from behind
- e. Tripping a player
- f. Hitting or spitting at a player

If one of these fouls is committed and the playing-referee calls a foul, the opposing team gets an indirect free kick. An "indirect" kick means the opponent cannot score a goal directly from the kick.

Minor fouls

If a player commits a minor foul the opposing team gets an indirect free kick.

The minor fouls are:

- a. Dangerous play. Examples of a dangerous play are: high kicking near another player's head.
- b. Fair charging, but with the ball out of playing distance.
- c. Illegal obstruction. When a player intentionally takes a position between the ball and an opponent, when not within playing distance of the ball.
- d. Intentionally wasting time.
- e. Any time the ball hits a player's hand and/or arm, intentionally or unintentionally, it is an automatic hand ball violation.

Exclusion for the season

Players who

- a. Persistently argue
- b. Do not respect each other's soccer performance
- c. Fight, or
- d. Generally show unsportsmanlike behavior

will be banned for the remainder of the season. This decision will be made by mutual agreement with the Division Committee.

12. Free Kick

There are two types of free kicks: Direct and Indirect. **No** direct free kicks are allowed for this division.

Indirect Free Kick:

A goal can be scored only if the ball is touched by one or more players from either team, after it is kicked into play and before it enters the goal.

There are a few rules that are followed on a free kick, they are:

- a. The ball must be stationary when it is kicked.
- b. The team taking a free kick is entitled to have all opponents at least **5 yards** from the ball when the free kick is taken.
- c. The kicker may ask the playing-referee to move the opponents back 5 yards from the ball. The kicker must then wait for the playing-referee's permission before taking the free kick.
- d. A free kick by the defending team within its own goal area may be taken from any point within the half of the goal area in which the free kick was awarded.
- e. The player taking the free kick must not play the ball again after it has been kicked into play until another player, from either team, has touched the ball.

13. Throw-in

A throw-in is taken to restart a game after the ball goes out of play over the touchline. A throw-in is taken by a player from the team, which did not touch the ball last. The player throwing the ball in must have both feet on the ground and both hands on the ball over his head. Both feet must remain on or behind the touchline. The thrower must throw the ball with equal strength from both hands from the back of the head and over the top of the head. The thrower must not play the ball again until another player from either team has touched the ball. A player cannot score a goal directly from a throw-in.

14. Goal Kick

The box located directly in front of the goal is called the goal area. When the attacking team last touches the ball before it crosses over the goal line, the defending team is awarded a goal kick. A goal kick is taken by any player on the defending team and cannot pass the halfway line of the field. The ball must be stationary and played from within the half of the goal area.

15. Corner Kick

If a ball goes over the goal line and is last touched by the defending team, the attacking team is awarded a corner kick. The corner kick is taken from within the corner arc on the side of the field where the ball went out of play. The corner kick may be taken by any player on the attacking team. The kicker is allowed to score a goal by kicking the ball directly into the goal. The opponents must be 5 yards back from the ball on a corner kick. The kicker is not allowed to play the ball again until a player from either team touches the ball.

16. Adding players to a team

- a. When a team does not have five eligible players to begin a match, the team that is short (and knows that they will be short) is allowed to pick up a person from the other teams if the captains agree.
- b. If somebody drops off a team, then that team **CANNOT** recruit to replace that player.
- c. A new player cannot join a team in the current season. He must wait until the next season and then be on the team selection list.

17. Not enough player to play a game

If a team does not have more than 3 players from their core team and they fill their team with 2 or more players from another team, the result of the game played will be considered a loss of 0:5 even if the team has won their game. The result will be highlighted in red in our schedule.