

NCRSL Recreational Plus U16 & U19 Co-Ed Division Laws

Modified March 2011

	U16	U19
Law 1 The Field	100 yards x 70 yards (approximate)	
Law 2 The Ball	A size 5 ball will be used.	
Law 3 The Players	<p>Teams are co-ed and will roster between 15 and 22 players. There must be 3 female players on the field at all times during game play. If less than 3 female players, the team will play down one player for each female missing.</p> <p>Games will be played with a maximum of 11 players per side, 1 of whom is the goal keeper. Any player dismissed from the game (shown a red card) may NOT be replaced.</p> <p>Substitutions will be made at the discretion of the referee on goal kicks (either team), following a goal (either team), or on a throw-in (throwing team).</p>	
Law 4 Players Equipment	The uniform is a jersey, shorts, calf socks, shinguards and shoes. Nothing potentially injurious to the player or another player may be worn (including jewelry and metal hair clips). The goal keeper must wear a different color jersey (or penny) to distinguish them from the other players.	
Law 5 The Referee	The referee is in charge of all game activities and is to insure each team abides by the rules. The referee's decision is final. It is the referee's responsibility to keep the game clock, stop the game for injuries, and remind players and coaches of proper game conduct. All infringements shall be briefly explained to the offending player.	
Law 6 Assistant Referees	There will be two assistant referees who assist in determining out of bounds, corner kicks and goal kicks. The referee may overrule assistant referees.	
Law 7 Game Duration	<p>The game will be divided into 2 equal periods of 40 minutes with a 5 minute half-time. Time will be continuous unless there is a stoppage for injury or extraordinary interruption.</p> <p>The referee reserves the right to reduce the length of the periods to accommodate the time schedule.</p>	
Law 8 Start of Play	A kick off starts play to begin the game, after halftime, and following a scored goal. The ball must move forward and may not be retouched by the kicker until any other player touches the ball. For the second period, teams exchange ends and defend the opposite goals.	
Law 9 Ball In and Out of Play	The ball is out of play when it has entirely crossed the the sideline or goal line or when play has been stopped by the referee. Any ball striking a referee, goal post, or corner flag, and remaining on the field is in play.	
Law 10 Goal Scoring	A goal is scored when the ball entirely crosses the goal line between the goal posts and under the cross bar.	
Law 11 Offside	<p>While moving toward an opponent's goal, the offensive team may not have a player ahead of the ball unless there are two defending players between the player and the goal.</p> <p>Exceptions include when the player is in his/her own half of the field, or when a defender last touched the ball. The referee has the right to call or to not call the infraction depending upon whether the player is actually engaged in the play.</p>	
Law 12 Fouls and Misconduct	<p>A. A direct free kick shall be awarded for the following infractions:</p> <ul style="list-style-type: none"> • Handling the ball • Tripping • Jumping at an opponent • Holding • Striking an opponent • Pushing • Violent charge • Kicking • Charging from behind <p>B. An indirect free kick (that is a goal cannot be scored unless the ball has touched a player other than the kicker prior to entering the goal) shall be awarded for the following:</p> <ul style="list-style-type: none"> • Dangerous play (high kick) • Charging away from the ball • Opponent obstruction • Goalkeeper holding the ball for more than 6 seconds. • Goalkeeper handles the ball played purposely from a teammate • Offsides <p style="text-align: center;">The referee may choose not to call the infraction if the offending player gains no unfair advantage.</p>	
Law 13 Free Kicks	<p>Free kicks are either direct or indirect. Opponents are at least 10 yards from the ball on full sized fields until the ball is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.</p> <p><i>Direct Kick:</i> If a direct free kick is kicked directly into the opponents' goal, a goal is awarded. If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.</p> <p><i>Indirect Kick:</i> If the indirect free kick is kicked directly into the opponent's goal a goal kick is awarded. If the indirect free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.</p>	
Law 14 Penalty Kicks	Penalty kicks are awarded if a serious rule (12A) infraction takes place in the penalty area. All players except the goalie must stand out of the penalty box and behind the ball placement (12 yards) until the ball is kicked. The player taking the penalty kick cannot kick the ball again until any other player has touched the ball. The keeper must remain on the goal line until the ball is kicked.	

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Law 15 Inbound Throws	<p>After the ball has entirely crossed the sideline, the team not last touching the ball shall be awarded a throw-in. Throw-in regulations: Both feet must be on the ground (on or behind the sidelines) when the throw is made. Both hands must throw the ball, directly over the head.</p> <p style="text-align: center;">No second attempt will be allowed for an incorrect throw-in.</p>	
Law 16 Goal Kicks	<p>A goal kick is awarded when the ball passes entirely over the goal line but not within the goal scoring area and is last touched by an offensive player. The defending team (now making the goal kick) may place the ball anywhere within the goal area. The ball must leave the penalty area before it is again in play and may be touched by another player of either team. If the ball does not travel outside the penalty area prior to being touched a rekick is awarded.</p>	
Law 17 Corner Kick	<p>A corner kick is awarded when the ball entirely crosses the goal line and is last touched by a defensive player and is not a goal. The ball is placed inside the quarter circle nearest the corner flag post indicated by the referee. An offensive player may then kick the ball. The kicker may not touch the ball a second time until after it is touched by another player. A goal may be scored directly from corner kick. The opposing team must be at least 10 yards away. A goal may be scored without another player touching the ball.</p>	
Local Rules:	<ul style="list-style-type: none"> • An emphasis is to be placed on fun and development. • All players and coaches shall be on one side of the field opposite from the parents and spectators. • Players and coaches shall remain on their own half of the sideline. • No coaches or parents are permitted at the goal they are defending. • No coaches on the field unless injury has occurred and have been invited by the referee. • No pets are to be brought to the field. <p>In addition:</p> <ul style="list-style-type: none"> • Score may be kept. • Standings may be kept. 	

North Central Recreational Soccer League

Modified Laws Spring 2012

NCRSL Modified Laws may be modified by simple majority vote at the NCRSL meeting prior to each season.

FIFA Laws governs all games with the following provisions:

1. All players must be registered with Indiana Youth Soccer (IYS) as Rec Plus, a signed roster will be provided to the NCRSL commissioner at the start of each season.
2. IYS player cards with picture or a roster signed by the Club's current board representative will be kept by the coach of each team and provided to the referees at each game. All teams must have player cards by the deadline established for the season by the NCRSL, or other accepted identification with player pictures in conjunction with a team roster; such as, student ID's or State ID's. If player cards or a roster cannot be provided, the game is played and the NCRSL Commissioner will be notified. Each Club is responsible for ensuring their rosters are accurate and true: U19 and U16 teams may roster to 22 players, U14 teams may roster to 18 players (may use up to three U15 players to complete rosters for U14), and U12 teams may roster to 14 players. Teams may use guest players from other NCRSL rosters during the regular season if needed, but players will only be allowed on one roster and to participate with one team for tournaments.
3. Teams will be formed on a first come first basis without tryouts and without cuts.
4. Players are required to play at least one half of every game unless suspended due to an ejection.
5. Any player who receives a red card ejection is also required to sit out the next game. Any violation of this rule will result in the suspension of the player and coach for the remainder of the season. It is the responsibility of the ejected player's club to enforce this policy. Ejections must be reported to the NCRSL Commissioner within 24 hours.
7. Each player must have a matching jersey with a unique number on the back. The home team will change jerseys for uniforms with similar colors.
8. Players will play in their appropriate age group as determined at the NCRSL annual meeting.
9. Players may play up at any level according to IYS guidelines.
10. If a team shows up with less than suggested number of players to play on the field during regular season games, the following applies:
 - a) The team with the fewer players may request that the other team play equal. It is their option to play equal sides.
 - b) The team with most players must then:
 - 1) loan the opposing team players, or
 - 2) play down to the number of players on the opposing team.
11. The league will only track scores and standings for divisional match-ups and tournament seeding. There is no regular season championships, while we want the teams to be competitive, this is recreational league emphasizing personal and team development, fun, and sportsmanship.
12. Running up the score is considered un-sporting. If a team has a **6-goal advantage** the team is to take appropriate steps to control the ball and slow the game. Teams that "run up" the score may be dropped from the league.
13. Any problems with teams or individual players should be forwarded to the NCRSL Commissioner.

14. Match duration for league games will be according to the following with no overtimes or shots from the penalty mark for games ending in a tie, unless otherwise agreed upon by the clubs and coaches involved - then shots from the penalty mark may be used to determine the outcome of a game ending in a tie:

Division	Halves for regular season
U19	40 minutes
U16	40 minutes
U14	35 minutes
U12	30 minutes

15. Substitutions will be unlimited and may occur during the following:

- Before a throw-in in your favor, or when both teams are substituting on a throw-in.
- After a goal by either team.
- Before a goal kick by either team.
- At half-time or before the start of any overtime period.
- In case of injury or stoppage of play – with the referee's permission.
- At the discretion of the Referee.

16. Co-ed teams must have 3 female players on the field at all times during game play. A team with less than 3 female players will play down one player for each female player missing; teams may not "play-down" if female players are available to play.

17. Teams failing to show for league games without 24 hour notice will be responsible for fees incurred from officials or other game related expenses.

18. Coaches are responsible for the conduct of their players, parents and spectators. Please help us make sure everyone has an enjoyable time and a great experience competing in the NCRSL. All players and coaches shall be on one side of the field opposite from the parents and spectators. Players and coaches shall remain on their own half of the sideline. No coaches or parents are permitted behind either goal.

19. Player cards are required by May 5, 2012 for the Spring 2012 season.