



**EXCELSIOR SPRINGS RECREATION DEPARTMENT
2023 SOCCER RULES**

Field Dimensions:

U6 -	25 yards wide by 40 yards long
U8 -	30 yards wide by 50 yards long
U10 and U12 -	30 yards wide by 50 yards long

Ball Sizes:

Grades U6-	Size 3
Grades U8 -	Size 4
Grades U10 and U12 -	Size 5

Time Limit:

U6 -	Four 8 Minute Quarters (32 minutes)
U8 -	Four 10 Minute Quarters (40 minutes)
U10 and U12 -	Two 25 Minute Halves (50 minutes)

Amount of Players:

U6-	4 vs 4 (no goalie)
U8 -	6 vs 6 (5 players and a goalie) <i>*due to coach numbers - Spring '23*</i>
U10 and U12 -	5 vs 5 (4 players and a goalie)

****PLEASE KEEP SANDBAGS ON THE SIDE BOTTOM FRAME OF THE GOALS. DO NOT ALLOW YOUR PLAYERS, OTHER PLAYERS, BROTHERS, SISTERS, AND PARENTS TO HANG ONTO THE NET, CLIMB ON THE NET OR SWING ON ANY PART OF THE GOAL, INCLUDING UPRIGHTS. PLEASE KEEP PLAYERS OUT OF THE NET.

****On game days, do not practice right behind goals. Only practice in open areas away from the game fields.

Coach's Rules:

1. Only coaches registered with the Parks & Recreation Dept will be allowed on the bench. Please register all volunteer coaches with the Parks and Recreation Department.
2. Coaches are encouraged NOT to start players who fail to come to practice. Those kids may be held out from starting at the beginning of the game but then should play later in the game.
3. **Only ONE COACH (who is designated at the pre-game meeting) will be allowed to talk to the officials.**
4. **U6-ONLY ONE COACH** will be allowed on the field during the game, but must coach/teach by verbal direction. Coaches should not physically move players to positions.
5. Coaches are allowed to coach from the **sidelines** by verbal communication only. Mechanical or visual aids are forbidden. Coaches (excluding U6 coaches) cannot coach from the goal line. Coaches and players will be on one side of the field and spectators, parents, grandparents, etc. will be on the opposite side of the field. Fans should stay at least 5 feet back from the side lines.

Referee Rules:

1. The referee is the official timekeeper and keeps record of the game. The referee will stop the clock if there is an injured player; only when time has stopped will coaches be able to come onto the field.
2. The referee has jurisdiction from the time they enter the field of play until they signal the end of the game. Their decisions are final. The referee can suspend or terminate a game whenever they deem necessary (for example, severe weather or interference by spectators or coaches).
3. The referee shall enforce the rules but shall refrain from stopping the game for an infraction when satisfied that by doing so they would be giving an advantage to the offending team.
 - 3a. The referee can stop the game for infringement of the rules. The referee can caution a player and shall eject from play, any player guilty of violent conduct or serious foul play, using foul or abusive language, or persistent infringement of the playing rules. Yellow and red cards will be used. **If a player receives a yellow or red card, the coach will also be warned.** If player is ejected from the game, player has to leave the field immediately and go to a supervised area. Referees and coaches can take a player out of the game for rough play, excessive pushing or not playing by the rules.

Game Play Rules:

1. Any situation not covered by the following rules will be governed by the United States Soccer Federation rule book.
2. The proper field of play is rectangular and consists of an outer boundary, two goals at opposite ends of the field, a penalty area, a goal area, a half field line, and a few other more specialized

markings. Corner flags and clear markings are necessary to assist the player and referee during the conduct of the game.

3. Official kickoff of the game will be determined by a coin flip conducted by the referee and captain from each team. The winner of the flip will choose between kicking off or defending a side. Teams will alternate kicking off at quarters and at half time teams will change sides of the fields. On the kickoff, the ball must go forward at least the distance of the circumference of the ball. The circumference of the ball is between 27" and 28".
4. **On goal kicks, in U6 division the opposing team needs to return to midfield line until offensive team has played ball in to teammate.**
5. **In the U6 division, if the ball goes out of play, the player will kick the ball back into play instead of throwing. All other divisions will throw.**
6. The game will still be played even if the team does not have enough players. The team that is missing players may borrow some from the other team or a team below their division (NEVER FROM THE DIVISION ABOVE). However, that team will receive an automatic loss in the standings. DO NOT GET PLAYERS OUT OF THE STANDS OR FROM OTHER TEAMS
7. A goal may not be scored directly from kickoff and the person who touched the ball first may not touch the ball again until another player touches the ball. If the ball inadvertently touches a player after the kick and goes in the goal, the goal counts.
8. **There will be NO GOALIES in the U6 Division. Players can be defenders but cannot be within the goalie box and CANNOT use hands. If a player touches the ball with their hands while in the goalie box then there will be a corner kick. Player's "Parking" in front of their goal will be told by either coach (theirs or opposing team) to push up and out of goal box.**
9. Every player on each team must be in their own half of the field and all players on the team opposing the kicker must be at least 10 yards away from the ball when the ball is put into play. If this rule is violated, the kick-off shall be retaken.
10. After a temporary suspension of play for any reason not otherwise mentioned in the rules, the referee shall restart the game by a drop-ball where the ball was when play was stopped. A player may not play the ball until it touches the ground. If this rule is violated, the drop-ball shall be retaken. A goal may be scored directly from a drop-ball.
11. A goal is scored when the entire ball crosses the goal line between the goal posts and under the cross bar, provided it was not thrown, carried, or intentionally propelled by arm or hand by an attacking player (except the goalkeeper who throws the ball from his own penalty area).
12. If a defending player deflects the ball with his hand or arm and the ball goes in the goal, a goal is scored.
13. Headers are not allowed EXCEPT for the U12 division.
14. **Slide tackling is not allowed in any age division.**
15. A player is offside if they are nearer the opposing team's goal line than the ball at the

moment the ball is played unless:

- a. They are in their own half of the field;
- b. Two opposing players are nearer their goal line than they are (including the opposing goalkeeper);
- c. The ball is last touched by an opponent;
- d. He received the ball directly from a goal kick, corner kick, throw in, or drop-ball.
- e. There is no offside in U6 & U8 divisions, but players should avoid “cherry-picking”

16. A player in an offside position is not offside unless, in the opinion of the referee, he is seeking to gain advantage by being in an offside position.

Infraction/Foul Table

Infraction/foul	U6	U8	U10	U12
Handball-unintentional	Play On	Play on	Play on	Play on
Handball-intentional	Free Kick at the spot of infraction	Free Kick at the spot of infraction	Free Kick at the spot of infraction	Free Kick at the spot of infraction
Handball-intentional in the box	Corner Kick	Corner Kick	Penalty Kick	Penalty Kick
Offsides	No offsides called	No offsides called	Defense gets an indirect free kick from spot of infraction	Defense gets an indirect free kick from spot of infraction
Incorrect Throw-in	Stop play, correct throw-in	Stop play, Correct Throw-in	Opposing team gets throw-in	Opposing team gets throw-in
Incorrect Kickoff			One redo, 2 nd time opposing team gets possession	One redo, 2 nd time opposing team gets possession
Tripping/pushing-unintentional	Play On	Play on	Play on	Play on
Tripping/pushing-intentional	Indirect Free Kick at spot of infraction	Indirect Free Kick at spot of infraction	Indirect Free Kick at spot of infraction	Indirect Free Kick at spot of infraction
Tripping/Pushing-Intentional in the box	Corner Kick	Penalty Kick	Penalty Kick	Penalty Kick

General Playing Rules:

1. A player shall not wear anything which is dangerous to another player (for example, an unpadded wrist cast). No jewelry will be worn during the game. This includes earrings, watches, necklaces, etc.
2. The Goalkeeper shall wear a different color of shirt than the referee and the other players (both teams).

3. Shoes with plastic molded cleats or sneakers may be worn by the players. **Shin guards are MANDATORY for all ages levels.**
4. Games should start on time. There will be a one (1) minute break between quarters and no more than five (5) minute break at halftime. U12 grade — There will be a five (5) minute break at halftime.
5. Ties will not be played off.
6. All divisions (U6-U12)-Substitutions can be done at stoppage of play. **Players will be subbed in by standing at the half field line and officials will motion them in. U6-U12 - An injured player may be substituted at time of injury and then may reenter at next stoppage of play.**
7. No Time Outs are allowed, unless called by a referee for injury.
8. NO ALCOHOL PERMITTED.
9. NO MECHANICAL NOISEMAKERS OR BULLHORNS ALLOWED IN THE COMPLEX.
10. Any questions or issues should be directed towards the field supervisors rather than voicing opinions/complaints to officials.
11. Unsportsmanlike conduct by a coach, parent, spectator, player. etc. will not be tolerated. The involved party will be warned once and then on the second incident, will be asked to leave the complex. The party thrown out will not be allowed to attend the next game. Any misconduct displayed toward the referee by a player, coach, or parent will result in a warning. If the behavior continues, the person can be ejected from the game and park.
12. COACHES ARE IN CHARGE OF THEIR PARENTS' AND SPECTATORS' ACTIONS. Coaches need to keep their parents and others in control. This should start with a conversation at first practice.
13. Officials, coaches, parents, etc. are encouraged to inform the Parks and Recreation Department of unsportsmanlike conduct by coaches, parents, players, etc. Office phone number is 630-1040.
14. Coaches who lose players due to lack of interest or injury MUST contact the Parks and Recreation Department (816-630-1040) as soon as possible. The parents of that player need to call the office also. The Parks and Recreation Department will assign a new member to the team *if available*. If coaches pick up players without the Parks and Recreation Department's knowledge, the coach in question will not be allowed to coach in the Parks and Recreation Department programs again.

Any questions contact Recreation Coordinator

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ESPR Office Number: 816. 630. 1040