

Mission Statement:

Post Falls Parks & Recreation strives to provide exceptional parks, services, facilities and recreational opportunities to our customers and the citizens of Post Falls.

RULES:

THE LEAGUE SUPERVISION:

Supervision of the games, scheduling, playing fields, maintenance, coaches, assigning of officials, and the league in general will be the responsibility of the Post Falls Recreation Department.

THE FIELD OF PLAY:

M5 & M6 players will play on a 20 x 40-yard field

U8 players will play on a 40 x 70-yard field

U11 players will play on a 45 x 85-yard field

U14 players will play on a 50 x 90-yard field

THE BALL:

Ball Size: M5 & M6 = Size 3; U8 & U11 = Size 4; U14 = Size 5

THE PLAYER'S EQUIPMENT:

1. Cleats can only be of plastic or rubber--NO METAL. Ages of 6-14. No toe (front) cleats allowed.
2. Each player must wear game jerseys supplied by the Recreation Department.
3. Goalkeeper must wear a different color vest or shirt. Coaches, please provide a t-shirt or goalie jersey that is any color other than the team jersey.
4. All players must wear shin guards. Shin guards must be the official variety. Velcro, strap-on shin guards MUST be worn on the INSIDE of socks.
5. Players may use a mouthpiece.
6. Players may not wear anything that may cause injury during a game or practice, (i.e., earrings, rings, necklaces, jeans or jean-type shorts, hooded tops, etc.) Team shirts must be worn on top of coats and sweaters.

THE NUMBER OF PLAYERS:

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| Micro 5 & Mini 6 | 6 players on the Field |
| U-8 | 8 players on the Field |
| U11 | 10 players on the Field |
| U14 | 11 players on the Field |

THE DURATION OF THE MATCH:

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| Micro 5 | Four, 7-Minute Quarters (with a 5-minute half time) |
| Mini 6 | Four, 7-Minute Quarters (with a 5-minute half time) |
| U8 | Four, 8-Minute Quarters (with a 5-minute half time) |
| U11 | Two, 22-Minute Halves (with a 6-minute half time) |
| U14 | Two, 25-Minute Halves (with 6-minute half time) |



THE START OF PLAY:

- Coach or assistant coach must be present to start the game.
- All games must start on time. If you cannot field a minimum team of four (4) for M5 and M6 division, seven (7) players for the U-8 division, nine (9) for the U11 & nine (9) for the U14 divisions, we will pick up kids from your current opponent's team to get the game started. When your player(s) arrive, your pick-up players will be taken out at the appropriate time (see subbing rule above). Players must be registered participants of the Post Falls Parks and Recreation Youth Soccer League.

THE KICK-OFF:

- The start of play at the beginning of each period and after a goal shall proceed with a kick-off at the center of the field.
- A coin toss by the referee shall decide the choice of ends and the kick-off at the start of the game.
- On the kick-off the ball can move forward or backwards.
- The kick-off is an indirect free kick and thus a goal cannot be scored directly from a kick-off.

OUT OF PLAY

- After a temporary suspension of play, the referee shall start the game by a drop ball where the ball was when play was stopped. A drop ball must hit the ground before it can be played. A goal can be scored directly from a drop ball. If play was stopped in the penalty area, the game shall be restarted with a drop ball at the point of infraction to include the penalty area.
- The ball is out of play when it had wholly crossed the goal line or touch line whether on the ground or in the air.
- The ball is in play at all other times, including when it rebounds from a goalpost or crossbar and remains in play.
- If the ball crosses the goal line, a goal may be scored, a corner kick or a goal kick awarded.
- Each player must play at least one half (1/2) of a game. (Only exception would be as discussed at coach's meeting)
- Substitution shall be unlimited. Substitutions may be made with the consent of the referee at the following times:
 1. Prior to a throw-in of your teams' possession.
 2. Prior to a goal kick
 3. After a goal by either team
 4. After an injury, by either team, when the referee stops play.
 5. After half-time

SCORING:

- A goal is scored when the whole of the ball crosses the goal line between the goal posts and under the crossbar, provided it was not carried, thrown, or propelled by arm or hand of an attacking player.
- If a defending player deliberately deflects the ball with hands or arm and the ball goes in the goal, a goal is scored. If the ball does not go in, a penalty kick is awarded to the attacking team.

FOULS AND MISCONDUCT:

- Fouls and misconduct are penalized by awarding free kicks to the opponents or by banishing the guilty player.
- Any player who intentionally charges the goalkeeper may be suspended from further play.
- Any player or coach who is ejected from the game or shows unsportsmanlike conduct will not be allowed to participate in their next game.

FREE KICKS:

Direct and indirect free kicks and penalty kicks can only be awarded for offences committed when the ball is in play.

Direct free kick

A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless, or using excessive force:

- charges
- jumps at
- kicks or attempts to kick
- pushes
- strikes or attempts to strike (including head-butt)
- tackles or challenges
- trips or attempts to trip If an offence involves contact, it is penalized by a direct free kick.
- Careless is when a player shows a lack of attention or consideration when making a challenge or acts without precaution. No disciplinary sanction is needed.
- Reckless is when a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned
- Using excessive force is when a player exceeds the necessary use of force and/or endangers the safety of an opponent and must be sent off A direct free kick is awarded if a player commits any of the following offences:
- a handball offence (except for the goalkeeper within their penalty area)
- holds an opponent
- impedes an opponent with contact
- bites or spits at someone on the team lists or a match official
- throws an object at the ball, an opponent, or a match official, or contacts the ball with a held object

Indirect free kick

An indirect free kick is awarded if a player:

- plays in a dangerous manner
- impedes the progress of an opponent without any contact being made
- is guilty of dissent, using offensive, insulting, or abusive language and/or action(s) or other verbal offences
- prevents the goalkeeper from releasing the ball from the hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it
- initiates a deliberate trick for the ball to be passed (including from a free kick or goal kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether the goalkeeper touches the ball with the hands; the goalkeeper is penalized if responsible for initiating the deliberate trick
- commits any other offence, not mentioned in the Laws, for which play is stopped to caution or send off a player an indirect free kick is awarded if a goalkeeper, inside their penalty area, commits any of the following offences:
- controls the ball with the hand/arm for more than six seconds before releasing it
- touches the ball with the hand/arm after releasing it and before it has touched another player
- touches the ball with the hand/arm, unless the goalkeeper has clearly kicked or attempted to kick the ball to release it into play, after:
 - it has been deliberately kicked to the goalkeeper by a team-mate
 - receiving it directly from a throw-in taken by a team-mate A goalkeeper is in control of the ball with the hand(s) when:
 - the ball is between the hands or between the hand and any surface (e.g. ground, own body) or by touching it with any part of the hands or arms, except if the ball rebounds from the goalkeeper or the goalkeeper has made a save

PENALTY KICK:

- If a direct kick offense occurs within the offending team's penalty area, a penalty kick is awarded. This is a direct kick taken from the penalty mark.
- Only the kicker and goalkeeper are allowed in the penalty area; all other players must be outside the penalty area, at least 10 yards from the ball, and behind the ball.
- The defending goalkeeper remains on his goal line, facing the kicker, between the goalposts until the ball has been kicked.

THROW-IN:


A goal cannot be scored directly from a throw-in A throw-in is awarded when...

- The whole of the ball passes over the touch line, either on the ground or in the air.
- From the point where it crossed the touch line
- To the opponents of the player who last touched the ball now of delivering the ball, the thrower:
 - Faces the field of play.
 - Has part of each foot either on the touch line or on the ground outside the touch line?
 - Uses both hands.
 - Delivers the ball from behind and over the head.
- The thrower may not touch the ball again until it has touched another player. All opponents must stand no less than 2 yards from the point at which the throw-in is taken. The ball is in play immediately after it enters the field of play.

GOAL KICK: A goal kick is awarded when the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air.

- The ball is put back into play by the defending team by a goal kick taken from any point within the goal area.
- Opponents remain outside the penalty area until the ball is in play. The kicker does not play the ball a second time until it has touched another player. The ball is in play when it is kicked directly beyond the penalty area.

CORNER KICK:

- A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.
 - The ball is put back into play by the attacking team by a corner kick taken from the corner on the side of the field on which the ball went out of play. The kicker does not play the ball a second time until it has touched another player. The ball is in play when it is kicked and moves.
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OFFSIDE:

- It is not an offence to be in an offside position.
- A player is in an offside position if he/she is nearer to his opponents' goal line than both the ball and the second last opponent.
- A player is not in an offside position if he/she is in their own half of the field of play, or he/she is level with the second last opponent.
- A player in an offside position is only penalized if, now the ball touches or is played by one of his team, he/she is, in the opinion of the referee, involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.
- There is no offside offence if the player receives the ball directly from a goal kick, throw-in, or corner kick.
- For any offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.
- THE OFFSIDE RULE DOES NOT APPLY TO THE MICRO 5 or MINI 6 DIVISIONS.

ADDITIONAL INFORMATION:

- If a team leads by 4 goals or more, the opposing team may add a player to the field, another player may be added at a 5-goal lead. Addition players need to be removed at a 3-goal lead and 2-goal lead. **THIS RULE APPLIES TO THE U-8, U-11 & U-14 DIVISIONS.**
- Coaching during games will be from the "coaching area". This is the penalty area to the opponent's penalty area on the touch line. Coaches and spectators are not to be around the goal area during the game. Teams are to be on one side of the field opposite of their opponents (this includes coaches, players, and team spectators). **Coaches are not to enter the field unless play has been stopped by an official due to injury (exception for 5 & 6 yr. old divisions). This will be strictly enforced.**
- Goalies will not be used for the M5 & M6 age group. We want to encourage kids to kick the ball in the appropriate direction, headed for the appropriate goal. If the ball is headed toward the goal box do not encourage your kids to run down the field and stand in front of the box. Encourage the kids to continue in the "play of the ball" (i.e., try to get the ball away from the opposing players rather than stand around in front of the box.)

*Throw-ins will not be used for M5 age group.

*Throw-ins will be used for the M6 age group.

Jason Wiley – Recreation Coordinator
(208)773-0539 – jwiley@postfalls.gov

