

SportHQ Recreation Soccer League

RULES OF PLAY:

- Game Duration:

The game shall consist of two 23-minute halves separated by a 5-minute halftime period. Away team will be offered kick-off. Home team will be offered direction before the start of the game. Games during league play that are tied after regulation play shall end in a tie. There are no timeouts and the Game Clock does not stop. In the event that a field is behind schedule, the referee may limit warm-up time prior to the game (the referee should communicate any shortened time to each team).

- Substitution:

- Substitutions may be made during dead-ball situations, regardless of possession.
- Teams must gain the referee's attention and players must enter and exit at midfield when prompted by the referee.
- Substitutions should not be made on the fly.

- Kick Offs / Kick Ins / Direct and Indirect Kicks / Goal Kicks / Penalty Kicks:

- KICK OFF:

- May be kicked in any direction.

- The kick off is an indirect kick – a goal cannot be scored directly from a kick off.

- KICK-INS: The ball shall be kicked into play from the sideline, rather than thrown in

- The ball is considered in play when the ball is touched and changes position.
- A kick-in is an indirect kick – a goal cannot be scored from this kick.

- DIRECT & INDIRECT KICKS: All dead-ball kicks (kick-ins, kick-offs, free kicks, corner kicks) are indirect with the exception of penalty kicks.

- GOAL KICKS:

- May be taken from any point inside the GK arc.

- PENALTY KICKS:

- Shall be awarded if, in the referee's opinion, a scoring opportunity was

nullified by an infraction (the infraction does not automatically result in a red card).

- Penalty kicks are DIRECT kicks taken from 8 yards out with all players (on both teams) behind the half field, behind the shooter.

- Penalty kicks are dead ball infractions.

- If a goal is not scored, the defense obtains possession with a goal kick.

- Five Yard Rule: In all dead-ball situations, defending players must stand at least five yards away from the ball.

- GoalKeepers / Off-sides / Slide Tackling / Handball Clarification:

- There is 1 Goalkeeper and 3 field players

- No Off-sides

- No Slide Tackling

- If a player is sliding for the ball, contact with any player(s) from the other team is NOT ALLOWED. If a player slides and contact is initiated, a free kick shall be awarded.

- This does not prevent players from sliding to stop/intercept a ball where contact is not initiated during the slide.

- Example: a player may slide to save a ball from going out-of-bounds, so long as no contact is made with an opposing player.

- Handball Clarification: Deliberate handling of the ball that denies a team of an obvious goal-scoring opportunity will result in the following:

- (1) A penalty kick (at the discretion of the referee) Field Dimensions, Player

Uniforms, Game Balls, etc. ● Field Dimensions

- 19 Yards x 36 Yards

- Player Uniforms

- Each player should wear their jersey to all practices and games.

- The Home team will always wear a pinnie provided by SportHQ.

- Game Balls

- Size 4 ball