



SAL 4th – 5th Grade Soccer League Rules and Responsibilities

General

1. The Competition is governed by the regulations approved by the SAL office.
2. All games under league jurisdictions shall be played according to the rules and regulations recognized by the SAL which shall be the same set by FIFA/U.S. Soccer (USSF) except by those exceptions authorized by FIFA or USSF.



Players

1. All Players must be on the roster to participate
2. No wrist watches, earrings, bracelets, plastic hair clips, or any other jewelry may be worn during the game.
3. Players must wear their team uniforms. No jeans or baggy sweats allowed. All uniforms must be tucked in and cannot be tied into a knot. No hats.
4. Footwear must be soft, cleated soccer shoes or tennis shoes. You can wear indoor or turf shoes as well.
5. Shin guards are mandatory! Shin guards are to be worn underneath socks.
6. Facemask are highly recommended but optional when playing.

4th-5th Grade Play

1. Each half will be 30 minutes
2. Half time consist of 5 minutes
3. Size 4 ball will be used during official games. We encourage all coaches to practice with size 4 balls.
4. 9 v 9 players on the field (must have a minimum of 6 players to start the game)
5. A continuous clock will be kept by the referees. He/She will use his/her discretion if time needs to be stopped due to injury or other circumstances.
6. **BE EARLY!!** Teams are **RESPONSIBLE** for setting up fields prior to each game and cleaning up afterwards (i.e. setting up goals, cleaning trash, etc.)
7. **Every Player on the team shall play at least 50% of each game.** A coach shall be permitted to not play a player 50% of a game under special circumstances (i.e. unsportsmanlike conduct or injuries). This should be explained to both the player and his/her parents prior to game to avoid misunderstandings,

Fouls

1. Kicking/attempting to kick opponent
2. Tripping/attempting to trip opponent
3. Jumping at an opponent
4. Charging violently or dangerously
5. Charging from behind
6. Pushing an opponent
7. Punching, striking/attempting to strike an opponent
8. Holding opponent
9. Handling the ball

Penalty: A direct free kick where offense occurred. When the defense commits these inside the penalty area, a penalty kick is awarded.

1. Playing dangerously (i.e. kicking above waist)

2. Charging fairly, but when the ball is not within playing distance
3. Intentionally obstructing the opponent
4. Obstructing or interfering with the goalkeeper
5. When a goalkeeper holds on to the ball for more than 6 seconds

Penalty: An indirect free kick is awarded

Point System

1. The point system will award **three** points for a win, **one** point for a tie, no points for a loss.
2. Running up the score: A team can win by a goal differential of **6 goals**. For example, your team can win 6-0 and not be penalized. If your team wins by anything more than that (i.e. 7-0, 8-1, 10-2), you still win the game, but it will result in a **loss of 1 point** in the overall standings.
3. **PLAYOFFS:** In case of a tie in the standings within group:
 - a. "Head to Head" Record
 - b. "Head to Head" Points (Win/lose/draw) between teams
 - c. "Head to Head" Goal Differential between teams
 - d. Overall Goal Differential (up to 4)
 - e. Goals for (up to 4)
 - f. Goals against (up to 4)
 - g. Penalty Kicks per FIFA or a coin toss
4. No-Shows/Forfeits
 - a. Each team has a 10-minute grace period. Otherwise game results in a forfeit.
 - b. A forfeit will result in a 3-0 win to the team not at fault.

Substitutions

Substitutions are at the referee's discretion. A substitution can take place at the following times.

1. Prior to kick-off
2. A goal kick
3. A throw-in
4. Or after the referee stops play for an injury or a yellow card

Unlimited substitutions are allowed but SAL reminds all coaches that it is their responsibility to handle their substitutions in a professional manner so as not to detract from the game.

Heading

As part of the U.S Soccer's Player Safety Campaign, U.S Soccer Unveiled a Concussion Initiative which includes specific changes to rules on heading for certain age groups:

- Eliminating heading for children 10 and under.
- Limiting the amount of heading in practice for children between the ages of 11-13.

In addition to the safety initiatives, the following modified rules should be implemented during play:

When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

Bottom line: Please do not practice heading with your team. Please discourage players from heading in the games. But if a player does not deliberately head the ball and it happens on accident, play continues.

League Discipline/Conduct

1. Coaches are responsible for the conduct of their players, parents and fans.
2. A sendoff (red card) will result in a minimum of a one (1) game suspension or more depending on the grade of the offense. The Field Marshall will notify the SAL office of the player's name and number.
3. Officials and their decisions will be respected and not interfered with any time.
4. Unsportsmanlike conduct, disrespect, vulgarity or profanity will not be tolerated at any time.

Coaches in the SAL Soccer League will NOT

1. Engage in any behavior so as to be suspended by SAL.
2. Allow players to exhibit unsporting behavior before, during, or after any match or practice.

3. Place the value of winning over the safety and welfare of the players.
4. Engage is a verbal altercation with an opposing coach or bench before, during, after game

THESE ARE ONLY OUR SPECIAL RULES. Coaches should be familiar with the general rules (laws) of the game of soccer. Thank you!



SAL 6th – 8th Grade Soccer League Rules and Responsibilities

General

1. The Competition is governed by the regulations approved by the SAL office.
2. All games under league jurisdictions shall be played according to the rules and regulations recognized by the SAL which shall be the same set by FIFA/U.S. Soccer (USSF) except by those exceptions authorized by FIFA or USSF.



Players

1. All Players must be on the roster to participate
2. No wrist watches, earrings, bracelets, plastic hair clips, or any other jewelry may be worn during the game.
3. Players must wear their team uniforms. No jeans or baggy sweats allowed. All uniforms must be tucked in and cannot be tied into a knot. No hats.
4. Footwear must be soft, cleated soccer shoes or tennis shoes. You can wear indoor or turf shoes as well.
5. Shin guards are mandatory! Shin guards are to be worn underneath socks.

6th-8th Grade Play

1. Each half will be 35 minutes
2. Half time consist of 5 minutes
3. Size 5 ball will be used during official games. We encourage all coaches to practice with size 5 balls.
4. 11 v 11 players on the field (must have a minimum of 7 players to start the game)
5. A continuous clock will be kept by the referees. He/She will use his/her discretion if time needs to be stopped due to injury or other circumstances.
6. **BE EARLY!!** Teams are **RESPONSIBLE** for setting up fields prior to each game and cleaning up afterwards (i.e. setting up goals, cleaning trash, etc.)
7. **Playing time** – Coaches must make sure that every player gets in the game for a substantive amount of playing time. This should amount at least a quarter of the game (or about 15 mins). If a player will be present but is not able or not allowed to play due to injury, suspension etc., the coach is responsible to inform the official and SAL staff about the circumstances.
8. **Heading** – Heading will be allowed for the 6th-8th grade SAL Soccer League.
9. **Game Day Roster Limit**- 18 Players are allowed for the game day. All other players must be put on the wait list.

Fouls

1. Kicking/attempting to kick opponent
2. Tripping/attempting to trip opponent
3. Jumping at an opponent
4. Charging violently or dangerously
5. Charging from behind
6. Pushing an opponent
7. Punching, striking/attempting to strike an opponent
8. Holding opponent
9. Handling the ball

Penalty: A direct free kick where offense occurred. When the defense commits these inside the penalty area, a penalty kick is awarded.

1. Playing dangerously (i.e. kicking above waist)
2. Charging fairly, but when the ball is not within playing distance
3. Intentionally obstructing the opponent
4. Obstructing or interfering with the goalkeeper
5. When a goalkeeper holds on to the ball for more than 6 seconds

Penalty: An indirect free kick is awarded

Point System

1. The point system will award **three** points for a win, **one** point for a tie, no points for a loss.
2. Running up the score: A team can win by a goal differential of **6 goals**. For example, your team can win 6-0 and not be penalized. If your team wins by anything more than that (i.e. 7-0, 8-1, 0-2), you still win the game, but it will result in a **loss of 1 point** in the overall standings.
3. **PLAYOFFS:** In case of a tie in the standings within group:
 - a. "Head to head" Standings
 - b. "Head to Head" Points (Win/lose/draw) between teams
 - c. "Head to Head" Goal Differential between teams
 - d. Overall goal differential (up to 4)
 - e. Goals for (up to 4)
 - f. Goals against (up to 4)
 - g. Penalty kicks per FIFA or a coin toss.
4. No-Shows/Forfeits
 - a. Each team has a 10-minute grace period. Otherwise game results in a forfeit.
 - b. A forfeit will result in a 3-0 win to the team not at fault.

Substitutions

Substitutions are at the referee's discretion. A substitution can take place at the following times.

1. Prior to kick-off

2. A goal kick
3. A throw-in
4. Or after the referee stops play for an injury or a yellow card

Unlimited substitutions are allowed but SAL reminds all coaches that it is their responsibility to handle their substitutions in a professional manner so as not to detract from the game.

Teams may substitute only with the Referee's permission. Substitutes must wait at the halfway line (off of the Field of play) until the Field Player has left the Field of play and/or the Referee has indicated the substitute may enter the Field of play.

Substitutions by either team are allowed at any stoppage of play with the permission of the Referee. Referees will be instructed not to allow substitutions that are deemed "excessive" or of a "time-wasting" nature. Please respect the integrity of the game and do not use the free substitution rules to disrupt the match.

League Discipline/Conduct

1. Coaches are responsible for the conduct of their players, parents and fans.
2. A sendoff (red card) will result in a minimum of a one (1) game suspension or more depending on the grade of the offense. The Field Marshall will notify the SAL office of the player's name and number.
3. Officials and their decisions will be respected and not interfered with any time.
4. Unsportsmanlike conduct, disrespect, vulgarity or profanity will not be tolerated at any time.
5. Arguing with and/or yelling at any referee will not be tolerated. An automatic warning, technical, or yellow Card will be issued. A second infraction will result in forfeiture.
- 6.

Coaches in the SAL Soccer League will NOT

1. Engage in any behavior so as to be suspended by SAL
2. Allow players to exhibit unsporting behavior before, during, or after any match or practice.
3. Place the value of winning over the safety and welfare of the players
4. Engage in a verbal altercation with an opposing coach/ref or bench before, during, after game

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