



SOCCER RULES (OUTDOOR)

MINI FIELD RULES

Field of Play: The field should be rectangular, with goals at either end. The length and width of the field will be determined by the age group.

Number of Players: Teams can have between 5 and 7 players per team, including the goalkeeper in total on the field at a time, depending on the age group. Club will determine the number of players for each age group prior to the start of the season.

- **Minimum # of Player to Play:** - 4 players must be present at the start of the game for the game to proceed and count in the standings. If a team has less than 4 players at the start of the game the game will be forfeited, points awarded to the opposing team and an exhibition game will be played.
- **Please note:** that it is the sole discretion of the opposing teams coach playing against the shorthanded team to play an equal amount of players or he/she can field a full line up on the field. (We encourage as a show of sportsmanship and good form to match the number of players to the shorthanded team)

Duration of Game: The game consists of two halves; each half will consist of four 6 - minute shifts which will be called by the referee. Half time break will be 3 to 4 minutes.

Fair Play & Shift Changes: All children must play the same amount of time; therefore, all substitutions and shift changes will be called by the referee. Teams will be given only 30 seconds to make the shift change before play resumes. All players on the bench must go on the field while all players on the field come off. Once all players who were off are on the field if more players are needed then the coach can select from those that came off.

Kick-off: The game begins with a kick-off from the center of the field. The ball must be touched by a player from **each team** before it is considered in play. A goal cannot be scored from the kick off.



Throw Ins: In soccer, a throw-in is a method of restarting play when the ball has gone out of bounds over the side touchline. The rules for a throw-in are as follows:

- The throw-in must be taken from the point where the ball crossed the touchline.
- The player taking the throw-in must have both feet on the ground and outside the touchline.
- The player taking the throw-in must use both hands to throw the ball, and it must be thrown from behind and over the head and released at or above eye level.
- The ball is in play once it has left the thrower's hands and has been touched by another player.
- If the throw-in is not taken correctly, the referee may award a throw-in to the opposing team.
- If the thrower touches the ball again before it has been touched by another player, an indirect free kick is awarded to the opposing team.

Offside: There is no offside rule in mini soccer.

Fouls: All standard soccer fouls apply, such as tripping, pushing, and handball. If a foul is committed, the opposing team is awarded a free kick. All free kicks are indirect meaning it must touch another player before a goal can be scored. As per our ONE PASS RULE this means that it must be passed to a teammate before scoring.

Corner Kicks: Corner kicks are taken from the corner of the field when the defending team kicks the ball across the back line (end line or goal line). The ball is awarded to the opposing team and must be kicked back into play from the corner of the side that the ball exited the field.

Goal Kicks: Goal kicks are awarded when the ball goes out of play off the opposing team beyond the goal line (end line, back line). The kick can be taken by the goalie or player of the defending team from inside the penalty area. The ball must be kicked from the ground. The ball is considered in play once the ball moves outside the penalty area.



Goal Kick After A Save: A goalie may drop-kick or throw the ball back into play if he/she has saved the ball. He/she can come to the edge of the penalty area but may not cross the line with the ball in his/her hands. If he/she places it on the ground to kick it, this is considered a live ball and the opposing team could steal the ball.

Penalty Kicks: Penalty kicks are awarded when a foul is committed inside the penalty area. The ball is placed on the penalty spot, (two paces from the top of the penalty area and the player taking the kick must shoot the ball directly into the goal. Goalie must remain on the line until the kicker commits to striking the ball. The remaining players must remain behind the kicker until the kicker has committed to the kick as well.

Hand Ball: A hand ball is an infraction that occurs when a player touches the ball with their hand or arm. The hand ball rule is designed to prevent players from gaining an unfair advantage by using their hands or arms to control the ball. According to the Laws of the Game set by FIFA (the international governing body of soccer), a hand ball occurs when:

- A player deliberately touches the ball with their hand or arm, including moving their hand or arm towards the ball.
- A player touches the ball with their hand or arm when it is in an unnatural position, such as above their shoulder or extended away from their body.
- A player touches the ball with their hand or arm when they are trying to make their body bigger to block a shot or pass.

If a hand ball occurs, the opposing team is awarded a free kick or penalty kick, depending on where the infraction occurred on the field and the severity of the offense. However, accidental hand balls that occur during the normal course of play are generally not considered infractions and are the discretion of the Referee.



ONE PASS RULE: The one pass rule is a teaching methodology used in soccer programs to develop skills related to possession and passing. The basic idea behind this rule is that when a player receives the ball, they must pass it to a teammate before taking any further action.

In other words, the player cannot dribble the ball or take a shot until they have made a pass to a teammate. This rule is intended to encourage players to maintain possession of the ball by passing it to teammates instead of attempting to take on defenders or shoot from difficult positions.

The one pass rule has several benefits for player development. First, it helps players learn how to maintain possession of the ball by passing it to teammates, which is an essential skill in soccer. Second, it encourages players to communicate with each other on the field, as they must be aware of where their teammates are in order to make a successful pass.

Finally, the one pass rule can be used to teach players about the importance of teamwork and cooperation. By requiring players to pass the ball to teammates, coaches can emphasize the idea that soccer is a team sport, and that success is dependent on everyone working together towards a common goal.

Overall, the one pass rule is an effective teaching tool for developing skills related to possession and passing in soccer. It encourages players to work together, communicate effectively, and maintain possession of the ball, all of which are crucial skills for success on the soccer field. The One Pass Rule applies only to Regular season play not to Playoff games.

Yellow and Red Cards: Referees may issue, at their discretion, yellow and red cards for unsportsmanlike conduct and fouls, with a yellow card indicating a warning and a red card resulting in a player's ejection from the game.

- Yellow and Red cards can also be issued to coaches or spectators.



Zero Tolerance Policy

- **Harassment of referee, coaches, players, and staff will not be tolerated by anyone.**
- All our Coaches are parent volunteers that come with a range of experience from beginner to advanced.
- Our Referees are trained and for some this will be their first season.
- Recreational House League is where everyone learns including players, coaches and referees so please be patient.

If you have concerns or if continual problems persist, please report it to the **Field Manager** or send an email to **info@ascunited.ca** with your concerns. **Under no circumstance should you approach the referees, coaches, or players yourself.** Reports of such incidents may be cause for expulsion from the League, the Club, and its facilities. In such cases NO refunds will be granted.

Modifications to Rules for Intermediate & Full Field:

INTERMEDIATE FIELD RULES:

Number of Players: There will be 8 or 9 fielded players per team, including the goalkeeper depending on the size of the field and registration numbers. Club will determine the number of players for each age group prior to the start of the season.

- **Minimum # of Player to Play:** - 6 players must be present at the start of the game for the game to proceed and count in the standings. If a team has less than 6 players at the start of the game the game will be forfeited, points awarded to the opposing team and an exhibition game will be played.
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Duration of Game: The game consists of two halves; each half will consist of four 6 - minute shifts which will be called by the referee. Half time break will be 3 to 4 minutes.



Fair Play & Shift Changes: All children must play the same amount of time; therefore, all substitutions and shift changes will be called by the referee. Teams will be given only 30 seconds to make the shift change before play resumes. All players on the bench must go on the field while all players on the field come off. Once all players who were off are on the field if more players are needed then the coach can select from those that came off.

Offside: Offside rule will apply **in place of** the One Pass Rule (there will be no one pass rule, only the offside rule).

A player is offside if they are closer to the opponent's goal than the ball and the second-to-last defender when the ball is passed to them (the goalie counts as one defender) If a player is offside, they cannot participate in active play, meaning they cannot touch the ball or interfere with an opponent's play until they are no longer offside.

FULL FIELD RULES:

Number of Players: There are 11 fielded players per team, including the goalkeeper.

- **Minimum # of Player to Play:** - 7 players must be present at the start of the game for the game to proceed and count in the standings. If a team has less than 7 players at the start of the game the game will be forfeited, points awarded to the opposing team and an exhibition game will be played.
- **Please note** that it is the sole discretion of the opposing teams coach playing against the shorthanded team to play an equal number of players or he/she can field a full line up on the field. (We encourage as a show of sportsmanship and good form to match the number of players to the shorthanded team)

Duration of Game: The game consists of two halves; each half will consist of four 8-minute shifts which will be called by the referee. Half time break will be 3 to 4 minutes.



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Remember to always prioritize safety, fair & equal play and FUN!.