

# City of Plymouth Recreation Soccer League

## INSTRUCTIONAL SOCCER RULES – Fall 2018

### 3 v 3 (or 4v4) Format

**Instructional Soccer.... keep it fun!!**

#### **Players on the Field:**

- The teams will play 3 vs 3 – No Goal Keepers.  
(4v4 No Goal Keepers is also encouraged if it helps the kids to play more than they sit)
- The Coaches should take the initiative to increase the players on the field to 4v4 (no keepers) if the numbers allow.
- If a team is short players, players can be exchanged to balance out the teams.

#### **Coaching on the field:**

##### **Head Coaches**

- One (1) head coach from each team is allowed on the field to instruct the players during the game.
- Head coaches should not touch / move the players during a live ball or interfere with play.

##### **Assistant Coaches**

- One Assistant Coach is allowed to enter the field during a dead ball only to assist with the players. The assistant coach must leave the field before play resumes.

#### **LAW VII DURATION OF THE GAME**

- 3v3 format - 4 – Six minute quarters.
- 4v4 Format - 4- eight minute quarters
- All Quarters will be a running clock.
- Remember... we want the kids to play and have fun.
- Teams will stay on the same side of the field for the whole game

## LAW X Kick Offs

- (if needed) Team can flip a coin to determine side and first kick off.
- To start the quarter or after a goal is scored, the game will resume with a kick-off from the center of the field.
- All kickoffs shall have the opponents outside of the center circle.
- If the player taking the Kick Off touches the ball twice consecutively, the kick off is retaken.
- **No Goals on Kick offs:** Two offensive players must touch the ball before a goal can be scored. If a kick-off or kick off possession goes in to the goal without two offensive players touching ball, the kick off is re-taken.

## LAW XI OFF-SIDE

- The offsides rule will not be called during in the instructional league play.

## LAW XII FOULS AND FREE KICKS

### **The two designated Head coaches are the Referees of the Game -**

- For incidental or minor violations, allow play to continue but explain to the player what was done incorrectly when time allows. We want to have a flow to the game as much as possible.
- During all fouls, play should be stopped and explained on what was done wrong to commit a foul.
- Slide tackling, grabbing, pushing, pulling, tripping and intentionally playing from the ground is a foul.
- Natural body / shoulder contact during play is NOT a foul.
- Unintentional Hand Balls (Balls kicked in to the hand or arm) is not a foul.
- Intentional Hand Balls are a foul. Play should be stopped and explained why a foul occurred.
- If play is stopped for a foul, a free kick shall be given at the point of the foul.
- If free kick is issued within 10 feet of the goal, the free kick will be placed back at no closer than 10 feet of the goal.
- All opposing players should be six feet away during the re-start.
- **No "Purposeful" Heading of the Ball. If a player purposely plays the ball with their head, a foul shall be called. Incidental contact of the ball with the head is not a foul.**

### **LAW XV THROW-IN (KICK-INS)**

- A Kick-In is given to a team after the opponent was the last to touch the ball that completely crossed the side line.
- Players will place the ball on the sideline and kick the ball back in to play. All players should be six feet away during the re-start.

### **LAW XVI GOAL KICK**

- A Goal Kick is given to a defensive team after the offensive team was the last to touch the ball that completely crossed the end line outside of the goal.
- A Defensive Player will place the ball anywhere on the endline and kick the ball back in to play. All players should be six feet away during the re-start.

### **LAW CORNER KICK**

- A Corner Kick is given to an offensive team after the defensive team was the last to touch the ball that completely crossed the end line outside of the goal.
- An Offensive Player will place the ball within 2 feet of the corner on the field closest to where the ball crossed over the end line. All players should be six feet away during the re-start.

### **SUBSTITUTIONS**

- Unlimited substitutions during any dead ball.