



# Watchung Hills Soccer Association

## Recreation Soccer Supplemental Rules of Competition

In general, all rules and regulations as defined by the current version of the FIFA Laws of the Game, NJYS rules and guidelines and MNJYSA rules and guidelines will apply unless specifically modified below. Some rules below are included for clarification and emphasis. These rules apply to all divisions with competitive games.

### 1. START OF MATCHES

- All games must start and end on time.
- The referee maintains the clock for all games.
- The match is ready to start when the scheduled start time has been reached and the referee has checked-in the available players and coaches for each team.
- All efforts should be made to check-in the teams immediately prior to the scheduled match start time.
- The referee will start the match as soon as each team has the minimum number of players (for small sided teams, 6 is the minimum; for full sided teams, 7 is the minimum).
- There is no grace period - if one or both teams do not have the minimum number of players when the referee is prepared to start the match, the team below the minimum forfeits the match.

If both teams are below the minimum, then both teams receive a forfeit.

### 2. NUMBER OF PLAYERS

- When a team starts the game with less than the preferred number of players, the other team may play "one player up" provided there are at least 3 or more substitutes. For example, a team with 8 players may not play all 8 if the opposing team has 6 players. The larger team may only play with 7 players, again, provided the larger team has 3 or more substitute players.
- Players arriving late (and the appropriate number of opponent players) can be added to the match, with permission from the referee, at the next stoppage of play.
- For small sided teams, 8 v 8 is the standard; for full sided teams, 11 v 11 is the standard. This could change season to season depending on enrollment.

### 3. SUBSTITUTIONS

- Substitutions by coaches can be made on the following but only after the referee grants permission:
  - a. own team's throw-in
  - b. any goal kick
  - c. after any goal
  - d. after any stoppage for injury
  - e. quarter time or halftime
- You may get the referee's attention by shouting "SUB, REF".

### 4. SHIN GUARDS AND CLEATS

- Shin guards must be worn. If a shin guard has a loose edge (e.g. it is held on by Velcro) it needs to be covered by a sock and the referee may not let a player play without it being covered. "Sock guards" where the shin guard is built into a wrap around sleeve or sock, do not require the sleeve to be covered by a sock.
- Soccer cleats must be worn. No baseball, football or metal cleats are allowed.

### 5. PLAYER, COACH and SPECTATOR positioning

- Coaches and Assistant Coaches (total maximum of 2) and players should be on the same side of the field while spectators are on the opposite side of the field.
- Each team should stay on one half of the coaches/players side of the field and no more than 20 yards from the centerline. (The spirit of this rule is that coaches should not be "running the sidelines", they should be "relatively" stationary and positioned near the center line).
- Coaches are not allowed on the field except to aid an injured player.  
EXCEPTION: In Divisions that included 2nd grade players, coaches may be on the field to position players at the start of the match, after a goal and to begin the next period of play (quarter or half).
- Spectators should not go on the field at any time or be positioned behind the net. An exception can be made at Warren Middle School where spectators may view from behind the goals on the right side of the fields (facing away from the school) provided they remain back by the black top walkway.

## 6. JEWELRY

- NO jewelry will be worn. This includes, but is not limited to, earrings, watches, necklaces, bracelets, and rings.
- A player shall not wear anything that, in the sole opinion of the referee, is dangerous to him/herself or another player.

IMPORTANT: If a child has had starter earrings put in, then they can't play until the earrings can be removed. This is a safety issue for both the player wearing jewelry and other players. There have been cases where children who were wearing earrings were seriously injured when the ball hit them on the ear and the earring post punctured their skin. There have also been cases where earrings from one player have caught on clothing or hair of another player causing them to be ripped out from the ear. In addition, Watchung Hills Soccer Association pays for secondary insurance coverage through New Jersey Youth Soccer for all recreation players and therefore we are required to follow the official rules of the game which relate to safety. Those rules specifically stipulate that no player can wear earrings.

## 7. GOALIES

- Goalies must wear colors that distinguish themselves from their own team and their opponents. Pinnies will be provided by the league for goal keepers.

The following is applicable to the divisions that included 2nd grade recreation players:

- Referees should protect goalies, erring on the side of protecting goalies; once a goalie has a hand on the ball the play should be whistled dead. *Coaches should emphasis this in practice.*
- A ball kicked back to the goalie by a teammate, deliberately or not, should not be considered a penalty and play should continue.
- Referees should provide instruction to the goalie on any punts, throws and goal kicks, in addition to where the goalie is allowed to move while still using his hands (even if this extends the 6 second distribution time limit and slows down play). Referees should also instruct the goalie of the option to punt or throw the soccer ball. Any violation, such as stepping outside the 18 yard box, should result in instruction from the referee and additional opportunities to correctly distribute the ball.

## 8. YELLOW AND RED CARDS

- Referees may issue cards for Cautionable Offenses (Yellow) and Send-off Offenses (Red) to Players, Coaches and Assistant Coaches (or anyone assuming that role on the player's side of the field).
- Players receiving a Red Card will be suspended for their next played match. A player receiving a second Red Card in the same season will receive a suspension for all remaining matches and will be subject to potential further disciplinary action based on review by the WHSA Board.
- Coaches receiving a Red Card will be suspended for a minimum of the next team match played and will be subject to potential further disciplinary action based on review of the WHSA Board.
- Spectators can be asked to leave the site. Failure of a spectator to leave the site when asked by the referee will result in an immediate suspension of the match. If the spectator can be

identified as being affiliated with one of the teams and refuses to leave the premises, the team that the spectator is affiliated with will forfeit the match. The WHSA board will review the incident to see if a "season" suspension is warranted for the parent or person in question. If the parent/person is suspended for the season and returns to the field, the authorities will then be summoned to the field to have the parent removed.

## 9. PENALTY SHOTS

A "penalty kick" or "PK", is a special type of direct free kick. When a player commits a foul that would normally result in a direct free kick occurs within the Penalty Box, the attacking team is given a Penalty Kick. On a PK, a player from the fouled team (the coach can choose who, but it is nice to choose the player who was fouled) gets a free shot at goal from the "Penalty Mark" (which is 12 yards from the goal) with only the goalkeeper defending the shot. All other players must stay outside the Penalty Box AND the Penalty Box Arc until it is kicked. The kick must go forward and once "in play" (i.e., once the ball moves) any player other than the kicker may then touch the ball. The goalkeeper must stay on the goal line until the ball is kicked, but he can move laterally along the line. The goalkeeper cannot take actions (such as waving his arms or yelling) to try to intentionally distract the kicker because that would be "unsporting", nor can the kicker start his run & then stop for the purpose of faking the Goalkeeper, for the same reason.

The following is applicable to the divisions that includes 2nd grade recreation players.

- There are **NO penalty kicks for handballs** only in the penalty box. Instead, the attacking team will be awarded a direct kick with the ball placed inside the penalty box arc. Opposing team can defend the kick by using a "wall" so the kicker doesn't have a straight shot on goal.
- The **referee can call a penalty kick if a player is intentionally fouled in the box** by an opponent to prevent an obvious goal scoring opportunity (e.g., pushing or holding a player to stop a breakaway, aggressive play, intentional tripping, tackled with the opponent not making a play on the ball).
- A ball kicked back to the goalie by a teammate, deliberate or not, should not be considered a penalty and play should continue.

## 10. MATCH / GAME DURATION

2/3 GRADES – 12 minute quarters with 3 minute breaks.

4/5 GRADES – 15 minute quarters with 3 minute breaks.

SENIORS – 30 minute halves/periods with 8 minute break.

### QUARTERS – How each quarter should start:

- 1st Quarter – Team "A" – Kickoff
- 2nd Quarter – Spot of the Ball at the end of 1st Quarter – Team with Ball retains Possession
- 3rd Quarter – Team "B" – Kickoff
- 4th Quarter – Spot of the Ball at the end of 3rd Quarter – Team with Ball retains Possession