

Juniors (U 11) -Rules

CHANGES 2021 #3, #9, #10, #11, #21, #25, #27, #28

1. **FIELD OF PLAY:** Dimensions: 40 x 60 (subject to change each season)
2. **THE BALL:** Size 4
3. **THE PLAYER:** Player must be 8 years of age, and no older than 10 years of age by start of season
 - a. Age up rule- If the player is 6 months away from the starting age of the next division at the start of the season, they may choose to age up into the next division. Ex: a 5 and a half years old Pee-Wee player could play in the Intermediate division (U8) if their 6th birthday falls 6 months before the start of the season
 - b. Recommendation by coach and parent will be based on skill set of the player and what is best for that player
 - c. There is an age-down rule within this league. Special considerations will be reviewed by the league director on an as needed basis and must be presented to league director at time of registration.
4. **NUMBER OF PLAYERS:**
 - a. 7 v 7 counting the goalie (subject to change each season)
5. **LACK OF PLAYERS:**
 - a. Teams are allowed to borrow 2 players if
 - i. The team does not have enough players to start a game
 - b. **SUBSTITUTE PLAYERS**
 - i. Cannot be a goal keeper
 - ii. Can be another registered player from the same division
 - iii. Cannot score more than three goals combined
6. **GENTLEMENS RULE**
 - a. If a team is down 2 players at the start of a game and 2 subs are used to play, it is asked that the opposing team play an equal number of players on the field
 - b. Keep in mind the short-sided team has no substitutions during the game and the opposing team has a small advantage with an extra substitute to give their teammates a breather
7. **PLAYER EQUIPMENT:**
 - a. Proper uniform, required for all games, is as follows: team shirt, black shorts or pants, shin guards, socks that completely cover the shin guards, soccer shoes or gym shoes.
 - b. Cold weather gear may be worn under uniform as players shirts must be visible at all times
8. **THE OFFICIAL**
 - a. Referees maintain jurisdiction over the game at all times.
 - b. Questioned call can only be addressed in a non-confrontational manner by the coaches during breaks. This applies to the Laws of the game only. Judgment calls cannot be questions.
 - c. Any and all calls by the referee stand for the game
 - d. Please review Yellow/Red Card procedure and protocols
9. **LINESMEN** Note: Not used in this division
10. **DURATION OF THE GAME**

- a. Game shall be played for two twenty-minute halves
 - b. Game times may be shortened by the referee due to weather conditions or field conditions
 - i. If lightning is present, everyone will leave the fields on a 30-minute delay
 - ii. If conditions are safe to play, play will resume after the 30-minute delay
 - c. Teams will change ends after the first half
 - d. There will be 5-minute break at half time
 - e. Referee will be responsible for keeping time
 - f. Coach must attempt to play every player in attendance (even if practice attendance is poor) for a minimum of 50 % of the game
 - g. Coach must allow all players the opportunity to play offensive and defensive positions during the game and instruct players on these positions during practice.
 - h. Time outs are not allowed, except in the case of injury, at which time everyone is to follow the direction of the referee
 - i. Coaches will instruct their players on the field to take a knee in the case of an injury
11. **START OF PLAY** Before play begins, a representative of each team participates in the coin toss. The team that wins the coin toss chooses which side to defend in the first half and has the right to kick off in the second half.
12. **BALL IN AND OUT OF PLAY**
- a. Ball is in play until it ENTIRELY crosses the touchline, goal line or the referee stops the game
13. **SCORING-OFFICIAL SCORE AND STANDINGS ARE NOT KEPT IN THIS DIVISION**
- a. A goal is scored when the WHOLE ball passes over the goal line, between the goal posts and under the crossbar, provided that no infringement of the laws of the game has been committed previously by the team scoring the goal
 - b. Score and standings are not kept in this age division
14. **OFFSIDES** – Will be enforced in the second half of the season at games 4, 5 and 6. If coaches are refereeing these games due to lack of referees, they will not have to enforce offsides during those games.
15. **FOULS AND MISCONDUCT**
- a. Kicks or attempts to kick an opponent
 - b. Trips or attempts to kick an opponent
 - c. Jumps at or on an opponent
 - d. Charges an opponent
 - e. Strikes or attempts to strike an opponent
 - f. Pushes an opponent
 - g. Tackles an opponent (including slide tackle)
 - h. Holds an opponent
 - i. Spits at an opponent
 - j. Any play that is deemed dangerous by the referee not listed here
 - k. Handles the ball deliberately (except goal keeper in penalty area)
 - l. The referee, coach, parent must explain all infringements to the offending player
 - m. No slide tackling
 - n. No heading of the ball
16. **FREE KICKS**
- a. All free kicks are indirect
 - b. Indirect kicks must be touched by another player before a goal is counted
17. **PENALTY KICKS** – Not enforced at this division

18. THROW-IN

- a. A throw in is a method of restarting play and is awarded to the opponents of the player who last touched the ball when it completely crosses the touch line either on the ground or in the air
- b. Throw in will be a 2 handed, over the head, with part of each foot either on or behind the touchline
- c. A second attempt is allowed if a failed execution of the throw-in is committed
- d. Referee will explain the proper method before the second attempt is made
- e. Players must remain a minimal of 2 yards away from the player making the throw in

19. GOAL KICK

- a. A goal kick is a method of restarting play and is awarded when the WHOLE ball passes over the goal line, in the air or on the ground last touched by the attacking team and a goal is not scored
- b. Goal kicks can be taken anywhere inside the Goal Area
- c. Opponents must be outside the penalty area

20. CORNER KICK

- a. A corner kick is a method of restarting play and is awarded when the WHOLE ball passes over the goal line, in the air or on the ground last touched by the defending team and a goal is not scored

21. MERCY RULE

-There is no score keeping in this division but coaches need to be courteous of this rule in all divisions

- a. A goal differential of greater than 5 is generally viewed as “running up the score” and is not acceptable.
- b. During a game both teams should take the following steps before this happens.
 - i. Recognize early
 - ii. Stop your scorers from scoring
 - iii. Rotate your offensive and defensive players
 - iv. Switch your goalie
 - v. Set a number of passes before they shoot
 - vi. Anticipate that last second goal
- c. If the score between the team is 5 goals apart the referee will take action and apply the mercy rule, a player will be added from the losing team when the score between teams is a 5-goal difference. The referee is in charge of letting players on and off the field and will notify the coaches when the mercy rule is in effect and will wave on for a player to be added.
- d. In the event that the leading team scores again, now a 6-goal differential, the losing team will add a player.
- e. If another goal is scored with an additional player on the field, another player will be added to the losing team
- f. In the event another goal is scored with 2 additional players added to the losing team, the winning team will remove a player.
- g. If another goal is scored with the removal of a player from the winning team, the winning team will remove an additional player.
- h. Once the score has been reduced between the teams to a 3-goal difference the mercy rule will not be in effect and the teams will return to full strength
- i. Player scoring more than 3 goals should be placed in a non-scoring position for the remainder of the game. If 4 goals are scored, the player should remain in a non-scoring position and will be required to 3 passes before scoring again.

22. YELLOW AND RED CARD DISCIPLINARY ACTIONS

Player

Yellow Card - CAUTION

- a. First yellow card in a game will result in that player being substituted and cannot return to the game until the next substitution opportunity, with permission of the referee
- b. Two yellow cards issued in the same game will result in ejection from game. That player will not be substituted for, and their team will have to play one (1) player short

- c. Three yellow cards in a SEASON, the player will be suspended for the next scheduled game but will be able to finish the game in progress
- d. Four yellow cards issued in a SEASON, the player will be suspended for one (1) additional game

Red Card - GAME EJECTION

- a. A player receiving a Red Card will be ejected from the game
- b. Two (2) Red Cards in a SEASON, will result in a suspension in the next three (3) games
- c. Any card after two (2) Red Cards in a Season will be determined after review of the incident by the League Director and Park Director

24. YELLOW AND RED CARD DISCIPLINARY ACTIONS (Continued)

Coaches

Yellow Card - CAUTION

- a. First yellow card on a coach will result in probation.
 - Probation: two next scheduled games to uphold their coaching agreement without infraction of that agreement.
 - b. Infraction of Probation: One game suspension and probation extend one (1) more scheduled game
 - c. Three infractions in two consecutive SEASONS will result in probation of one season.
- 2. Two yellow cards in a GAME will result in ejection of game

Red Card - GAME EJECTION

- a. Coach will be asked to calmly leave the soccer fields.
 - i. If you are not compliant and/ or disrespectful: Two next scheduled game suspension and four game probation periods. (Can include the upcoming season)
- b. Any card after two Red Cards the course of action will be determined will be determined after review of the incident by the League Director and Park Superintendent

Spectator

- a. No cards will be shown to spectator(s)
- b. A Yellow Card related infraction: The referee will verbally notify ALL spectators, at that game field, that any continuance of those actions will result in cancelation of game. Game clock does not stop
- c. A second Yellow Card related infraction: Game is canceled. Referee will stop the game, collect game ball, and report to the League Director. Course of action will be determined after review of the incident by the League Director and Park Superintendent

25. CONCUSSION

- a. An athlete who is believed to have a concussion or head injury is to be removed from play right away. They will not be able to return to play for 24 hours, if suspicion of a concussion or head injury is warranted. Player must seek medical help immediately.
- b. If concussion is confirmed, player must follow medical protocol provided by medical doctor.
- c. A concussion medical release will need to be provided to return for the season.
- d. Parents are to review and follow the CDC guidelines on youth athlete's concussion found online at **[www.lowell.net-parks soccer league](http://www.lowell.net-parks-soccer-league)**

26. SUDDEN CARDIAC ARREST

- a. Review Sudden Cardiac Arrest information located online under soccer rules and league information

27. REFUND POLICY

Registration fees are refundable prior to the close of registration for the season. (this will be 7 days from our last day of advertised public registration at Town Hall) minus- a \$3 administration fee. Registration fees will be refunded at 50% with a \$3 administration fee between the close of registration (see above) and the first league practice for any reason. No refunds will be made after the first practice with the exception to medical issues that prevent the player from participating in the remainder of the season. Refund amount will be pro-rated in this circumstance by the league director. Medical documentation may be requested in order to process this refund. If Lowell Parks Department has to cancel the season for any reason, the league director will provide to the Town Manager a cost break down of items/services purchased at the time of cancelation and agree to a fair refund amount. No administration fees will be charged for a season cancelation on the Parks Department's behalf.

28. LEAGUE POLICY

- a. No pets allowed in the park-this is an ordinance enforceable by law enforcement
- b. No smoking/vaping on soccer fields
- c. All non-town motor vehicles, golf carts or the like will NOT be allowed on the soccer fields.
- d. All spectators with the exception of coaching staff will sit opposite side of the field of teams. These rules will be enforced by the referee and spectators will be asked to move.

d. All posted park rules will be enforced