

OFFICIAL RULES FOR 8v8 AT THE PLEX SOUTH
USSF/FIFA Rules will be used with the following modifications
All guidelines are subject to change at the discretion of the Plex.
As of January 2021

Rule 1 – The Field

- 1) A rectangular field that is approximately half the size of a normal soccer field. As a result, the penalty area and goals have reduced dimensions.
- 2) A penalty area with a penalty mark 10 yards from the goal line and an arc.

Rule 2 – The Ball

- 1) U12 and under divisions – size 4
- 2) U13 and older divisions – size 5

Rule 3– The Players

1) **Division Guidelines/Rostered Players**

- a) A player must be rostered and age appropriate to be eligible to play for any team at The Plex. Players in their respective league must be at that age or younger on the first day of play. Birth certificates may be required upon request. Players in adult leagues must be a minimum of 15 years of age.
- b) A player is not considered rostered until he/she has filled out and signed the roster waiver form (or a parent/guardian if under the age of 18). A player may not be rostered for more than one team in any age division. **Exception:** A player may play in two different divisions within a specific age group (i.e. U16 Boys A and U16 Boys B). Any player who plays for a team on which he/she is not rostered will be suspended for a minimum of two weeks. The Plex reserves the right to move players and/or teams between divisions at any time in the best interest of the league.
- c) It is the team's responsibility to make sure all players are rostered before the fourth game. If a player is found to be playing that is not rostered on that team or not rostered with The Plex (illegal player), the team will automatically forfeit all games the illegal players participated in and may be subject to suspension from the league.
- d) If a team is going to challenge an opponent for having an illegal player, that must be done before the game ends. Plex management will make the final decision.

2) **Numbers**

- a) Teams shall have no fewer than six players on the field including the goalkeeper.

3) **Substitutions**

- a) Each team may substitute players from the centerline at any stoppage.
- b) Any teammate may change places with their goalkeeper at any time as per these substitution rules provided that the goalkeeper wears a jersey that distinguishes him/her from other players.
- c) If a team has more than the number of players allowed on the field at that point in the match a yellow card may be assessed if the referee feels it has affected fair play. The restart shall be given to the opposing team at the point where play was stopped.

Rule 4 – The Players' Equipment

- 1) All players must wear their team's uniform consisting of
 - a) Same color jersey.

- i) Goalkeepers must wear jersey colors distinguished from all other field players.
- b) Shin guards – All players must wear shin guards covered by socks.
- c) Indoor soccer shoes or athletic shoes. Cleats are not allowed.
- 2) If there is a color conflict the home team will be required to wear pinnies. **Exception:** If the home team has met the requirements of #1 above and the visiting team has not met the requirements; then the visiting team may be required to wear pinnies. The referee will make the final decision.
- 3) Any casts or braces must be padded with slow recovery foam rubber. The referee will make the final decision for approval.
- 4) Hair restraints are allowed as long as they are soft and will not injure the player or other players.

Rule 5 – The Referee

- 1) The decisions of the referee regarding facts connected with play and interpretations of the rules are final.
- 2) The Referee has jurisdiction over the clock. It may be stopped or reset, at his/her discretion, to maintain the fairness of competition.

Rule 6 – The Duration of the Match

- 1) Each match consists of two 25-minute halves with a two-minute half time. **Exception:** End of season tournament consists of one 25-minute match and may include two minute overtime periods and penalty kicks as needed to determine a winner.
- 2) There are no time outs.
- 3) The clock continuously runs. There are no time outs. **Exception:** The referee, at their discretion, may stop the clock for an unusual delay – injury requiring EMS.
- 4) A team has seven minutes (eighteen minutes left on the running clock) to field a team with the minimum number of players as defined in Rule 3-2. A failure to field a team will result in a forfeit. **Exception:** If a team shows up after the allotted time, the opposing team may agree to play the game as an official game but the clock will not be reset.

Rule 7 – Start and Restart of Play

- 1) All restarts are Direct Kicks.
 - a) The ball must be stationary.
 - b) Opposing players must be at least 10 feet from the spot of the kick.
 - c) The restart will occur within three feet from the spot of the infraction or determined by the reason for the stoppage of play (corner kick, out of bounds).
 - d) Once the ball is set the ball must be put into play within five (5) seconds of its placement or within five seconds after the referee has whistled to restart play.
- 2) Kickoff
 - a) A Kickoff from the center starts play:
 - i) At the beginning of each half.
 - ii) After every goal.
 - b) At a Kickoff a player may:
 - i) Kick the ball in any direction. Play starts when the ball moves.
 - ii) Only touch the ball once.
 - c) The home team takes the Kickoff for the first half and the visiting team takes the Kickoff in the second half.
- 3) Penalty Kick
 - a) The ball is placed on the penalty spot in the penalty area.

- b) The Goalkeeper must have at least one foot on his goal line until the ball is in play.
- c) The player taking the Penalty Kick may not touch the ball again until it is touched by another player on either team.
- d) All players must be outside the penalty area and behind the ball until the ball is kicked.
- 4) “Indirect” Infractions
 - a) Examples:
 - i) Pass back from a teammate using their feet to the goalkeeper who uses their hands to control the ball.
 - ii) Obstruction (Impeding)
 - iii) Dangerous Play
 - b) Restart:
 - i) If the defensive team has incurred this infraction within their penalty area the restart will be at the top of the penalty area arc.
 - ii) All other instances will restart within three feet of the point of the infraction.
- 5) Offside – There will be no offside called in the indoor game.
- 6) Drop Ball
 - a) If neither team has clear possession at a stoppage the Referee restarts play with a Dropped Ball.

Rule 8 – The Ball In and Out of Play

- 1) Goal Kick
 - a) A ball played by the attacking team that crosses the defensive team’s goal line will be ruled a Goal Kick.
 - b) The ball must be thrown or rolled from anywhere within the goal area.
- 2) Corner Kick
 - a) A ball last touched by the defensive team and crosses their goal line will be ruled a Corner Kick.
 - b) The ball must be placed within one yard of the corner.
- 3) Ceiling
 - i) A ball played by one team into the ceiling will be restarted by the opposing team at a point directly below. If the location is within the penalty area of the defending team the restart will be at the top of the penalty area arc.

Rule 9 – Determining the Outcome of a Match

- 1) A team scores a goal when the whole of the ball legally passes over the goal line.
- 2) A goal may be scored directly from a Kickoff or any restart.
- 3) Regular season games may end in a tie.

Rule 10 – Fouls and Misconduct

- 1) A Foul occurs if a player:
 - a) Holds an opponent.
 - b) Handles the ball (except by the Goalkeeper with his penalty area).
 - c) Plays in a dangerous manner.
 - d) Sliding within three feet of an opposing player with the ball and/or making any contact with an opposing player is prohibited. Sliding tackling is prohibited. Goalkeepers may slide (not in a dangerous manner) in order to make a save within their own penalty area.
 - e) Impedes the progress of an opponent.
 - f) Prevents the Goalkeeper from releasing the ball from his/her hands.
 - g) Touching the ball twice after a restart.
 - h) Kicks an opponent.

- i) Trips an opponent.
 - j) Elbowing.
 - k) Fighting.
 - l) Jumps at an opponent.
 - m) Illegally charges an opponent.
 - n) Strikes an opponent.
 - o) Pushes an opponent.
 - p) Too many players on the field.
 - q) Spitting.
- 2) Unsporting Behavior
- a) Leverage: Using the body of a teammate or any part of the field to gain an advantage.
 - b) Encroachment: Entering the area that is within ten feet from the point of the opposing team's restart.
 - c) Dissent by word or action either on or off the field.
 - d) Persistent Infringement.
 - e) Excessive celebration.
 - f) Taunting an opponent.
 - g) Foul language.
 - h) Delay of game.
 - i) Bodily contact with a Referee in dissent.
 - j) Behavior that, in the Referee's discretion, does not fit another category but brings dishonor to the game.
- 3) Goalkeeper Violations
- a) The Goalkeeper cannot punt or drop kick a ball after a save. The ball must be thrown or put on the ground. An infraction will result in a restart for the opposing team at the top of the penalty area directly in front of the goal.
 - b) The Goalkeeper cannot handle the ball having been passed deliberately and directly to him/her by a teammate. Except that he/she may handle a ball that a teammate passes to him/her by the head, chest or knee and without "trickery". An infraction will result in a restart for the opposing team at the top of the penalty area directly in front of the goal.
 - c) Illegal Handling - The Goalkeeper cannot bring the ball from outside the penalty box, unless it has been kicked by the opposing team, to his/her hands within the penalty box. Nor can the goalkeeper use their hands after a ball distribution without the ball having touched an opposing player.
 - i) Under no circumstances may a Goalkeeper bring the ball into the penalty area and pick it up with his/her hands if it has been kicked to him/her by a teammate.
 - d) Five Second Rule
 - i) On a Goal Kick the ball must be put into play within five seconds after the Goalkeeper gains possession within their penalty area.
 - ii) On a Goalkeeper save he/she has five seconds to release the ball from their hands.
 - iii) An infraction will result in a restart by the opposing team at the top of the penalty area arc.
- 4) Team Violations
- a) The Referee issues a team penalty for the following violations by a team or unidentified individual:
 - i) Leaving Team Bench: Players leave the team bench to join in a fight or argument with the opposing team or Referee.
 - ii) Bench Dissent: Dissent by word or action.
 - iii) Other: Any other unsporting behavior that, in the Referee's discretion, does not fit another category but brings dishonor to the game.
- 5) Advantage Rule

- a) The Referee may allow play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from play not being stopped.
- 6) Cards
 - a) A Yellow Card (Caution) may be shown to a player(s) or coach(es) for any of the violations outlined in 10-1, 10-2, 10-3 or 10-4 listed above which are reckless in nature.
 - b) A Red Card may be shown to a player(s) or coach(es) when the Referee considers the fouls listed in 10-1, 10-2, 10-3 or 10-4 listed above to be violent, uses excessive force, unsporting behavior or serious foul play.

END OF SESSION TOURNAMENT

All of the above rules apply except for the following changes for the tournament only.

Tournament Format:

- 1) All games shall consist of one (1) 25 minute game.
- 2) Winner shall advance to the next round.
- 3) There will be NO time outs.
- 4) Top seed has kick off.
- 5) Tie games – winner will be determined by the following tie breaker format.
 - a) All overtime periods start with a drop ball.
 - b) If a penalty kick is awarded during the overtime period, the defensive team may have a player act as a goalkeeper. The goalkeeper may not use their hands.
 - c) Substitutions may be made during the overtime period.
 - d) A two (2) minute sudden victory period will be held. Each team will remove the goalkeeper and one (1) field player (6v6).
 - e) If, after the first overtime period, the score remains tied another two (2) minute sudden victory period will be held. There will be no goalkeeper and three (3) less field players (4v4).
 - f) If the score remains tied after the second overtime period, a third two (2) minute overtime period will be held. There will be no goalkeeper and four (4) less field players (2v2).
 - g) If score remains tied after third overtime period, teams will compete in a penalty shootout in a sudden victory format. Each team will pick (1) shooter at a time.
- 6) All overtime periods will start with a drop ball.
- 7) Substitutions may be made during the overtime periods.