



SOCCER RULES AND REGULATIONS

The current issue of the **National Federation of High Schools Rule Book** will prevail other than the exceptions listed in this publication. FCPR as needed may issue Addendums and Clarifications to these rules. No other local league rule exceptions will be allowed. These are the sport specific rules – you must also obtain a copy of the Basic Rules For All Youth Sports for complete information.

1:00 AGE GROUPS / ROSTERS

1:01 For boys and girls in the following age groups:

- 6U
- 8U
- 10U
- 12U
- 14U
- 17U

1:02 League age is the age the player will be prior to December 1.

1:03 Each team will have the following number of players on the roster:

- 6U (8 minimum / 10 maximum)
- 8U, 10U & 12U (12 minimum / 14 maximum)
- 14U & 17U (13 minimum / 15 maximum)

1:04 Each team is allowed 3 coaches on the roster.

2:00 EQUIPMENT

2:01 Players are not permitted to wear padded equipment or special protective devices other than shin guards. Exception: A cast must be covered with ½ inch closed cell slow recovery foam and remain in accordance with NFHS rules.

2:02 Shoes must be either rubber molded cleats or tennis shoes. Detachable fiberglass or steel-tipped cleats are not legal.

2:03 Mouthpieces are not required.

2:04 Jewelry, which includes hair beads, will not be permitted.

3:00 PLAYING RULES

3:01 All age groups - the official time and *score will be kept on the field by the referee.
*No score is kept for the 5/6 year old league.

3:02 Timing rule for 6U, 8U, 10U, & 12U:
4 quarters;
10 minutes per quarter;
2 minutes between quarters;
5 minute halftime.
Teams will switch goals only at the start of the second half.

Timing rule for 14U & 17U:
2 halves 20 minutes each
5 minute halftime
Teams will switch goals at the start of the second half.

3:03 **Ball size:**
6U - size 3.
8U & 10U – size 4.
12U, 14U, & 17U – size 5.

3:04 6U league - there are no scores or won/loss records kept for this league.

3:05 6U league - 1 coach per team will be allowed on the field for instructional purposes. 1 coach must remain with the players on the bench for supervision and safety.

3:06 **Number of players on the field :**

6U league: A team will play with 5 players on the field

NOTE: THERE IS NO GOALKEEPER - a defensive player may not be in the goal area unless he/she is making a play on the ball or on a player with the ball. The defensive player may not occupy this area prior to making a play on the ball or on a player with the ball. **PENALTY:** Offensive team will be awarded an indirect free kick.

8U, 10U & 12U league: A team will play with 7 players on the field.

14U & 17U leagues: A team will play with 11 players on the field but no fewer than 7 players.
(Will follow NFHS rule)

3:07 **Penalty for not enough players:** a team will forfeit the game if it does not have the minimum # of players on the field within ten 10 minutes after the scheduled starting time for the first game of the day. All other games will begin (or be forfeited) at the scheduled starting time or immediately after the 10-minute warm-up period if the preceding game exceeds the starting time of the following game.

3:08 **Offsides** will not be enforced in the 6U, 8U, & 10U leagues

3:09 **PARTICIPATION REQUIREMENT: (6U, 8U, 10U, 12U leagues)**

Each player will play a minimum of one-half of each game. The game will be divided into 4 quarters, with each quarter lasting 10 minutes. Players will play the entire quarter, with no substitution allowed during the quarter. After every quarter, all bench players must enter the game and play that entire quarter. The only time a substitution would be allowed during the quarter would be due to injury, sickness, or ejection – the opposing coach will select the player to take the place of the injured/sick/ejected player. An injured or sick player may return to the game at a later time, if able. Please note: the intent of this rule is to insure that everyone plays the minimum amount; some players will play more than the minimum depending on roster size.

3:10 **PARTICIPATION REQUIREMENT: (14U, 17U leagues)**
ALL PLAYERS MUST PLAY IN EACH HALF

If a team violates the minimum play requirement, the head coach shall be suspended in accordance with the Code of Conduct.

Coaches are not obligated to play an individual the minimum time under the following conditions:

- Player late for start of game or a no-show.
- Player with unexcused absence from practice in the week before the game.
- Player who has been a discipline problem.
- Injured player who could have played the minimum time if uninjured.

A coach who suspends a player according to this rule must notify the opposing coach and field supervisor. Coaches who use the exceptions to the all play rule to gain an advantage over another team will be removed from the coaching staff.

3:11 **SUBSTITUTION (6U, 8U, 10U, 12U leagues)**

Will be allowed substitution BETWEEN QUARTERS ONLY. There will be no substitution during the quarters. Exception: injury, illness, ejection.

3:12 **SUBSTITUTION (14U & 17U leagues)**

Either team may substitute an unlimited number of players:

- a) throw-ins when team has possession or other team is substituting
- b) on a goal kick;
- c) when a goal is scored;
- d) when an injured player is attended to on the field;
- e) when a player is cautioned;
- f) when a player is disqualified (ejected);
- g) corner kick for team with possession, opposing team can also sub if possessing team subs.

3:13 All spectators must be at least 3 yards off of the sidelines to allow players room to throw balls in.

4:00 LEAGUE STANDINGS/POST SEASON TOURNAMENT

4:01 League standings will be determined by the following formula.

1. Win = 2 points
2. Tie = 1 point (there is no overtime period)
3. Loss = 0 points

- 4:02 6U – Scores and league standings are not kept.
- 4:03 FCPR will neither schedule nor recognize post-season play for 6U & 8U leagues
- 4:04 All teams in the 10U, 12U, 14U and 17U leagues will be eligible for the single elimination post-season tournament.

LIGHTNING & THUNDER POLICY

All athletic activities conducted on Fayetteville - Cumberland Parks and Recreation facilities or any of its affiliated facilities or programs will follow the lightning policy as written below.

- 1. It shall be the responsibility of the umpire to suspend the game once lightning or thunder is noticed.**
- 2. However, if in the opinion of the field supervisor and/or center staff the umpire is not using good judgment they have the authority and the responsibility to suspend the game and clear the area.**
- 3. Once lightning or thunder is noticed the game shall stop immediately and the area cleared.**
- 4. The activity shall be suspended immediately for a minimum of 15 minutes and a maximum of 20 minutes.**
- 5. This delay will only be allowed if safe cover for all of the participants and players is available**
- 6. Once the game has reached the delay time limit the field supervisor and the umpires shall confer to make a decision to continue the game or to cancel the remainder of the game. If the 1st game of the day is cancelled, all remaining games for that site will also be cancelled.**
- 7. Under no circumstances will players be allowed to remain in the dugout during this delay.**
- 8. All participants must have a safe and protected area available for their use.**
- 9. Examples of safe and protected areas include permanent enclosed structures and automobiles.**
- 10. If one participant does not have a safe and protected area available for their use the event is to be cancelled.**
- 11. If a permanent site does not exist automobiles may be used.**
- 12. Do not let pressure from the coaches influence your judgment.**
- 13. Remember, Safety First. A game can always be rescheduled.**