



NEWTOWN RECREATION

Youth Soccer League Rules

Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Soccer League will be those of FIFA.

I. LEAGUE PHILOSOPHY

The Newtown Recreation Youth Soccer League exists to fully develop the physical and social attributes of individual players in a positive athletic environment. Newtown Recreation believes that all players should have fun, develop skills, and learn to appreciate the game.

Newtown Recreation endorses and promotes positive coaching that offers praise and encouragement towards players. We believe that playing the game is the most important reason for the contest and not who wins or loses.

To further promote sportsmanship amongst our players, coaches, and parents, Newtown Recreation has adopted a “Code of Sportsmanship” that all players and coaches will recite before each game:

“I will: Keep the Rules. Keep faith with my teammates. Keep my temper. Keep a strong heart in defeat. Keep my pride under in victory. Keep a sound soul, a clean mind, and a healthy body.”

II. TEAM ORGANIZATION

1. All participants of the Youth Soccer League must be registered through Newtown Recreation. A registration form must be on file for each participant.
2. A child that is a registered player with another soccer league (other than Newtown Recreation) is not eligible to play on a Newtown Recreation soccer team.
3. Age divisions for the Youth Soccer League will be as follows:
 - U4 Coed
 - U5 Coed
 - U6 Boys
 - U8 Boys
 - U10 Boys
 - U12 Boys
 - U6 Girls
 - U8 Girls
 - U10 Girls
 - U12 Girls

NOTE: All ages will be determined by the child’s birth year.

Newtown Recreation reserves the right to alter the age divisions as deemed necessary.

4. Once a team is established, each player will remain on that team. Brothers or sisters who are in the same age division may be placed on the same team for family convenience. Player additions or deletions can only be made through Newtown Recreation.

III. UNIFORMS

1. Each player will be issued a jersey top uniform, and soccer socks. All participants during the game must wear the jersey.
2. **Names placed on the player's jersey are limited to the player's first and/or last name. Nicknames are not allowed!**
3. All players must wear shin guards.
4. All players must wear soccer shoes or tennis shoes. No baseball or metal cleats!

IV. PLAYING REQUIREMENTS

1. Each player who is eligible must participate in each game according to the following rules:
 - No player will sit out two quarters until all other players have sat out at least one quarter.
 - Each player will play in an offensive position (if desired) for at least one quarter of each game he/she participates in.
 - No player shall sit out consecutive quarters.
2. Every effort should be made to play your game as scheduled. If you cannot field the minimum of players on game day, please notify the other team's coach before your game starts. Playing options include borrowing a player, both teams playing with fewer players. NOTE: In these situations, teams are limited to fielding no more than two players more than their opponent. (Maximum of two-man advantage)

V. PLAYER/TEAM CONDUCT

1. Any person acting in a discourteous way toward an official or another player shall be subject to disciplinary action set forth by the Newtown Recreation Disciplinary Committee.
2. Profanity of any kind will result in ejection from the game, regardless of where or whom it is directed to. This rule applies to players, spectators, assistant coaches, and coaches.
3. Any player, spectator, coach, or parent displaying behavior that is detrimental to the league and its participants will be asked to leave a game by a game or league official.

VI. OTHER

1. It is required that all players remove all jewelry (rings, necklaces, earrings, etc.) before participating in any game. Referees have the authority to require that such jewelry be removed before a player can participate.
2. **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**
3. Please do not litter. If there are no trash cans, or if they are full, please take your trash with you.
4. Newtown Recreation Youth Soccer will be governed by the National Federation of State High School Association "Blood Rule", details of which are as follows:
 - A. If a player is bleeding, the referee will call an official's time-out. A substitute must replace the affected player.
 - B. The bleeding must be stopped and the wound covered before the player is allowed to return to the field.
 - C. If any part of the player's uniform is saturated with blood, that uniform part must be changed before the player can return to the game.
 - D. Referee's discretion will determine if a "bleeding situation" has been sufficiently managed to allow a player's return to the court.
5. Newtown Recreation reserves the right to edit, remove and/or change any of the aforementioned rules.



Newtown Recreation YOUTH SOCCER RULES



U4 Coed

U5 Coed

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Soccer League will be those of FIFA.
- Seven-minute quarters. Play will restart at the center circle to start each quarter. (Alternate possessions) Coin Flip winner will kick off first. Referee will keep the official time
- Five-minute half time and one minute between quarters.
- Teams will NOT switch sides of the field at halftime.
The 3 year old age group will play “six-on-six”. There are no goalies in the 3 year old soccer league.
The 4 year old age group will play “six-on-six” (includes goalies). The 4 year old soccer league has goalies all season.
- Size 3 soccer ball.
- No slide tackling.
- No offsides will be called.
- No overtime. Games will end in a tie.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions will be made at the end of each quarter, in the event of an injury, and/or at the discretion of the referee.
- No player will sit out two quarters until all other players have sat out at least one quarter.
- Each player should play at least one quarter in an offensive position.
- Coaches should actively rotate players to different positions on the field.

COACHES

- Two coaches may be on the field directing players during the game.
- One coach on the offensive half of the field and one coach on the defensive half of the field.
- **All coaches must stay out of the penalty box.**

MISCELLANEOUS

- Illegal throw-ins, throwing in or Free Kicks to Self will result in a warning and second try. If the second try is executed improperly, the ball will be given to the opposing team.
- All fouls will result in an indirect free kick. If a foul occurs inside penalty line, the kick will be taken from outside the penalty line.
- All goal kicks shall be taken from the penalty line. All defending players must be 5 yards away from the ball.
- There will be no penalty kicks.
- The Referee will stop play if a player appears to be injured and in danger.
- League standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**



Newtown Recreation YOUTH SOCCER RULES



U6 Girls

U6 Boys

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Soccer League will be those of FIFA.
- Nine-minute quarters. Play will restart at the center circle to start each quarter. (Alternate possessions) (Coin Toss Winner will kick off first) (Referee will keep the official time)
- Five-minute half time and one minute between quarters. Teams WILL switch sides of field at halftime.
- **U6 Girls – 4 vs. 4 (includes goalie)**
- **U6 Boys – 6 vs. 6 (includes goalie)**
- Size 3 soccer ball.
- No slide tackling. Players shall not intentionally leave their feet near other players.
- No offsides will be called.
- No penalty kicks.
- No overtime. Games will end in a tie.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions will be made at the end of each quarter, in the event of an injury, and/or at the discretion of the referee.
- No player will sit out two quarters until all other players have sat out at least one quarter.
- Each player should play at least one quarter in an offensive position.
- Coaches should actively rotate players to different positions on the field.

COACHES

- One (1) coach may be on the field to direct players during the game. Coaches MUST stay out of the penalty box!
- One (1) coach or parent may assist the goalie and full backs from behind the goal, OFF the field.

MISCELLANIOUS

- Illegal throw-ins, throwing in or Free Kicks to Self will result in a warning and second try **for the first game only**. If the second try is executed improperly, the ball will be given to the opposing team.
- All fouls will result in an indirect free kick. If a foul occurs inside penalty line, the kick will be taken from outside the penalty line.
- All goal kicks shall be taken from the penalty line. All defenders must be at least ten (10) yards away from the ball.
- The Referee will stop play if a player appears to be injured and in danger.
- League standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**



Newtown Recreation YOUTH SOCCER RULES



U8 year old Boys U8 year old Girls

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Soccer League will be those of FIFA.
- Ten-minute quarters. Play will restart at the center circle to start each quarter. (Alternate possessions) (Referee will keep the official time)
- Five-minute half time and one minute between quarters
- Teams will switch sides of field at halftime.
- **U8 Boys – 7v7 (includes goalie)**
- **U8 Girls – 7v7 (includes goalie)**
- No slide tackling. Players shall not intentionally leave their feet near other players.
- Size 3 Soccer Ball
- Offsides will NOT be called.
- All fouls will result in an INDIRECT Free Kick.
- If a foul occurs inside penalty line, the kick will be taken from outside the penalty line.
- All goal kicks shall be taken from the penalty line. All defenders must be at least ten (10) yards away from the ball.
- No overtime. Games will end in a tie.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions will be made at the end of each quarter, in the event of an injury, and/or at the discretion of the referee.
- No player will sit out two quarters until all other players have sat out at least one quarter.
- No player shall play all 4 quarters unless all other players have played in 3 quarters.
- Each player should play at least one quarter in an offensive position.
- Coaches should actively rotate players to different positions on the field.

COACHES/SPECTATORS

- Opposing teams must occupy the same sideline. Parents must be on the opposite sideline.
- Head coaches, assistant coaches, and other team officials shall occupy the same sideline.
- Coaches may roam their half of the sideline their team bench is located on. Coaches may not move past the mid-field line.
- Coaches and parents are not allowed on the field or behind the goal while the game is in progress.

MISCELLANIOUS

- The Referee will stop play if a player appears to be injured and in danger.

- League Standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**



Newtown Recreation YOUTH SOCCER RULES



U10 Boys U10 Girls

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Soccer League will be those of FIFA.
- During the regular season, no overtime period will be played. Games will end in a tie.
- 20 minute halves. Play will restart at the center circle to start each half. (Alternate possession after half) (Referee will keep the official time)
- Teams will switch sides of field at halftime.
- Five-minute half time.
- **U10 Boys:** 9v9 on the field including the goalie.
- **U10 Girls:** 9v9 on the field including the goalie.
- No slide tackling. Players shall not intentionally leave their feet near other players.
- Size 4 Soccer Ball
- Offsides WILL be called.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- There is no limit to the number of player substitutions a team can make.
- Free Substitution- An individual player can sub in and out an unlimited number of times throughout the game.
- Coaches are still responsible for maintaining the equitable play amongst all players.
- All substitutions must first be approved by the Referee.
- A team may request a substitution at the following times:
 - A. On a Team's own throw-in.
 - B. On a Team's own goal-kick.
 - C. When the opposing team is allowed to substitute.
 - D. After any goal is scored.
 - E. At Halftime
 - F. At the Referee's Discretion (injury, yellow/red card, etc.)
- Coaches should actively rotate players to different positions on the field.

COACHES/SPECTATORS

- Opposing teams must occupy the same sideline. Parents must be on the opposite sideline.
- Head coaches, assistant coaches, and other team officials shall occupy the same sideline.
- Coaches may roam their half of the sideline their team bench is located on. Coaches may not move past the mid-field line.
- Coaches and parents are not allowed on the field or behind the goal while the game is in progress.

PLAYER/TEAM CONDUCT

- Any player, coach, parent, etc. acting in a discourteous way toward an official, opposing player, opposing coach, or a parent is subject to possible suspension by the league director of the department he/she is registered in.
- Each department is responsible for keeping track of yellow cards and red cards issued to players during games played on their field(s).

MISCELLANEOUS

- The Referee will stop play if a player appears to be injured and in danger.
- League Standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**
- It is required that all players remove all jewelry (rings, necklaces, earrings, bracelets, etc.) before participating in any game. Referees have the authority to require that such jewelry be removed before a player can participate.
- Soccer games will be governed by the National Federation of High School Association “Blood Rule”, details of which are as follows:
 1. If a player is bleeding, the referee will call an officials time-out. A substitute must replace the affected player.
 2. The bleeding must be stopped and the wound covered before the player is allowed to return to the court.
 3. If any part of the player’s uniform is saturated with blood, that uniform part must be changed before the player can return to the game.
- Newtown Recreation reserves the right to edit, remove and/or change any of the aforementioned rules.