

Lakewood Upward Soccer

Rules/Regulations

Edited and arranged by Andrew Hartfield 2022

K4; K5-1st(D5, D4, D3):

Games will be played 4v4 for D5, D4, and D3 teams.

Players are expected to play a minimum of one half of the game.

Field Size

- D5, D4, D3: 30 yds long x 20 yds wide
 - 3 yard x 3 yard square for shooting square; 5 yard radius for center circle
 - Shooting square does not apply for any age group but will be used as a means to avoid anyone playing goalkeeper which are not used for these leagues.

Goals Size

- 4 ft tall x 6 ft wide

Ball Size

- D5, D4, D3: Size 3

Match Length

- D5; D4: 2, 15 minute halves; split into 6 total, 5 minute periods
- D3: 2, 18 minute halves; split into 6 total, 6 minute periods

Officiating

- D5; D4; D3: One Lakewood Recreation employee will “officiate” as a means to maintain the organization of the game along with a coach from both teams that are allowed on the field.

Start/restart of play

- For the start of each half and after goals scored, the ball will start in the center circle. The ball is in play once the initial offensive player has kicked the ball. The ball can move in any direction on the first kick. The initial offensive player who first touched the ball cannot play the ball until another player on either team has touched the ball.

Ball in/out of play

- The entire ball has to be across the line entirely to be out of play. If any portion of the ball is on the line, play will resume.
 - This rule applies to goals scored as well.

Scoring

- Scoring is not kept.

Shooting Square (formally known as shooting arc)

- The shooting square will exist to encourage players to shoot outside the square.
- However, the shooting square rule will not be enforced for any of the age groups.
- The key part of the shooting square will be that none of the players can stand in the shooting arc while play is going on.

Restarting following substitution periods

- After the first, second, fourth, and fifth periods, play will resume with the team who had possession at the end of the previous period.
- The first and fourth period will start with kickoffs from the center circle. One team will kickoff in the first half. The other team will kickoff in the second half.

Slide Tackling

- Slide tackling will NOT be allowed to ensure safety for all players.

Headers

- Headers will NOT be allowed. This is a rule for all organizations involved in youth soccer. Heading is allowed for kids 12 and older, but that will not apply to anyone in our league.

Offside

- No Offside at this level.

Fouls/Misconduct

- D5; D4; D3: Fouls will result in direct or indirect free kicks. *It will be the responsibility of the referee and coaches to explain the infraction.* Any players that commit 2 fouls resulting in direct free kicks will have to sit out of the rest of the segment where both fouls occurred. That player can return for his/her next scheduled segment.

Indirect/Direct Free Kick

- Indirect Free Kicks result when the following fouls occur:
 - Plays in a dangerous manner.
 - Impedes the progress of an opponent without any contact being made.
 - A player touches the ball a second time before a teammate or opponent has touched the ball on goal kicks, free kicks, and kickoffs.
 - Is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offenses.
 - Commits any other offense, not mentioned in the rules/regulations handbook.

- The procedure for taking an indirect free kick is that the official (if the game has one) will raise an arm to indicate it is an indirect free kick. The official will hold that arm up until a second player has touched the ball. The indirect free kick cannot go into the goal after only being touched once. A second player (offensive or defensive) must touch the ball for a goal to count if the ball does completely cross the goal line inside the goal posts.
 - If the ball does cross the line into the goal without touching a second player, a goal kick will be awarded to the opposing team.
- Direct Free Kicks result when the following fouls occur:
 - Jumping at an opponent.
 - Kicking or attempts to kick an opponent.
 - Pushing an opponent.
 - Striking or attempting to strike (including head-butt) an opponent.
 - Tackling an opponent.
 - Tripping or attempting to trip an opponent.
 - Holding an opponent.
 - *Direct free kicks normally occur when a foul is called due to illegal contact with an opposing player.*
- The procedure for taking a direct free kick is the official (if the game has one) will call the foul and explain the infraction. The official will not raise an arm as an indication it is a direct free kick. The direct free kick can go into the goal after only being touched once.

Penalty Kicks

- No Penalty Kicks at this level.

Kick-Ins (results when the entire ball crosses the sideline; the throw-in is awarded to the opposite team from which the ball last touched)

- *No more throw-ins for these age groups.*
- D5; D4: There are no kick-ins since the ball will be rolled in by a parent/coach after the ball exits the playing field.
- D3: We will no longer do throw-ins for these age groups. They will resume play by a kick-in. Same concept as a throw-in, but the ball will remain on the ground and be played from there.

Goal Kicks (results when the entire ball crosses the goal line (not between the goal posts) and was last touched by the offensive team)

- D5; D4: There are no goal kicks since the ball will be rolled in by a parent/coach after the ball exits the playing field.
- D3: Goal Kicks will be taken on the edge of the shooting square. The opposing team must retreat behind the midfield line until the ball has been played.
 - The opposing team on goal kicks will be required to retreat beyond the midfield line and will not be allowed to cross the line until after the ball has been kicked by the team taking the goal kick.
 - The referee will be responsible for moving the opposing team behind the midfield line and for holding the kick until the opposing team has been backed up.

Corner Kicks (results when the entire ball crosses the goal line (not between the goal posts) and was last touched by the defensive team)

- D5; D4: There are no corner kicks since the ball will be rolled in by a parent/coach after the ball exits the playing field.
- D3: Corner kicks will be taken on the one yard arc in the attacking corner. Opposing team must be at least 5 yards away from the ball.

Goal Switch at Halftime

- D5; D4: No
- D3: Yes

Equipment

- Players on the same team are required to wear the same color jersey.
- Players must have closed-toed shoes. *Cleats are not required, though they are recommended.*
- Players must have shin guards, and they must be covered by the socks.
 - No homemade shin guards with paper cups, newspapers, etc.
- Players will not be allowed to play without proper equipment.

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2nd-3rd (D2):

Games will be played 5v5 including goalkeepers.

Players are expected to play a minimum of one half of the game.

Field Size

- 35 yds long x 25 yds wide

Inside Dimensions

- Penalty Area: 12 yds wide x 6 yds long
- Goal Area: 6 yds wide x 3 yds long
- Penalty Mark: 8 yds from goal
- Center Circle: 8 yd radius

Goals Size

- 6 ft tall x 12 ft wide

Ball Size

- Size 4

Match Length

- 2, 18 minute halves; split into 6 total, 6 minute periods

Officiating

- One official will be responsible for managing the game.

Start/restart of play

- For the start of each half and after goals scored, the ball will start in the center circle. The ball is in play once the initial offensive player has kicked the ball. The ball can move in any direction on the first kick. The initial offensive player who first touched the ball cannot play the ball until another player on either team has touched the ball.

Ball in/out of play

- The entire ball has to be across the line entirely to be out of play. If any portion of the ball is on the line, play will resume.
 - This rule applies to goals scored as well.

Scoring

- Scoring is kept by the official, but will not be used for any playoffs.

Restarting following substitution periods

- After the first, second, fourth, and fifth periods, play will resume with the team who had possession at the end of the previous period.
- The first and fourth period will start with kickoffs from the center circle. One team will kickoff in the first half. The other team will kickoff in the second half.

Slide Tackling

- Slide tackling will NOT be allowed to ensure safety for all players.

Headers

- Headers will NOT be allowed. This is a rule for all organizations involved in youth soccer. Heading is allowed for kids 12 and older, but that will not apply to anyone in our league.

Offside

- No Offside at this level.

Fouls/Misconduct

- Fouls will result in direct or indirect free kicks. *There is a referee for this age group. Therefore, the referee will be responsible to explain the infraction.* Any players that commit 2 fouls resulting in direct free kicks will have to sit out of the rest of the segment both fouls occurred. The player can return for his/her next scheduled segment.

Indirect/Direct Free Kick

- Indirect Free Kicks result when the following fouls occur:
 - Plays in a dangerous manner.
 - Impedes the progress of an opponent without any contact being made.
 - A player touches the ball a second time before a teammate or opponent has touched the ball on goal kicks, free kicks, and kickoffs.
 - Is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offences.
 - Commits any other offence, not mentioned in the rules/regulations handbook.
- The procedure for taking an indirect free kick is that the official (if the game has one) will raise an arm to indicate it is an indirect free kick. The official will hold that arm up until a second player has touched the ball. The indirect free kick cannot go into the goal after only being touched once. A second player (offensive or defensive) must touch the ball for a goal to count if the ball does completely cross the goal line inside the goal posts.
 - If the ball does cross the line into the goal without touching a second player, a goal kick will be awarded to the opposing team.

- Direct Free Kicks result when the following fouls occur:
 - Jumping at an opponent.
 - Kicking or attempts to kick an opponent.
 - Pushing an opponent.
 - Striking or attempting to strike (including head-butt) an opponent.
 - Tackling an opponent.
 - Tripping or attempting to trip an opponent.
 - Holding an opponent.
 - *Direct free kicks normally occur when a foul is called due to illegal contact with an opposing player.*
- The procedure for taking a direct free kick is the official (if the game has one) will call the foul and explain the infraction. The official will not raise an arm as an indication it is a direct free kick. The direct free kick can go into the goal after only being touched once.

Penalty Kicks

- Penalty kicks are awarded when a foul that would result in a direct free kick occurs inside the penalty area.
- The penalty kick will take place 10 yards from goal.
- The ball must move forward when taking the penalty kick. Failure to do so results in an indirect free kick awarded to the other team.
- Any player on the field can take the penalty kick for the team whom's player was fouled.
- All other players must be outside the penalty area and semi circle at the top of the penalty area and be behind the penalty taker.
- No player is allowed to enter the penalty area until the ball is touched.
 - If a teammate of the penalty kick taker enters the penalty area before the ball is kicked, and (1) the penalty kick taker scores, the penalty kick will be retaken. (2) If the penalty kick taker does not score, play will be stopped and an indirect free kick will be awarded to the other team.
 - If an opponent of the penalty kick taker enters the penalty area before the ball is kicked, and (1) the penalty kick taker scores, the goal is awarded. (2) If the penalty kick taker does not score, the penalty kick is retaken.
- The goalkeeper must remain on the goal line until the penalty kick taker touches the ball.
 - If the goalkeeper leaves the line before the penalty is taken, and if (1) the penalty taker scores, a goal is awarded. (2) If the penalty taker does not score, the kick will be retaken.
- The identified penalty kick taker, in his/her run-up is not allowed to stop his/her movement before kicking the ball.
 - Doing so would result in no goal and an indirect free kick for the opposing team.
- If the penalty kick taker scores, play will be restarted from the center circle like normal after goals scored.

- If the penalty kick taker does not score and the ball remains in play, the ball is live and play resumes.
 - If the penalty kick taker shoots and hits the post, everyone except the penalty kick taker can touch the ball. If the penalty kick taker touches the ball first after the ball has hit the post, play will be stopped, and the result will be an indirect free kick for the opposing team.
 - If the penalty kick taker shoots and the goalkeeper stops the shot and the ball remains in play, everyone, including the penalty kick taker, is eligible to play the ball.
- If the penalty kick taker does not score and the ball exits the playing field, it will result in a goal kick or corner kick depending on the last player to touch the ball before it went out.

Throw-Ins (results when the entire ball crosses the sideline; the throw-in is awarded to the opposite team from which the ball last touched)

- For throw-ins, both feet must be on the ground, and the ball has to start from behind the head with both hands on the ball. If a player makes an illegal throw-in, he/she will be allowed to try again after being corrected. If the player makes an illegal throw-in twice, the other team will be awarded the throw-in. Opposing players will be expected to be at least three yards away from the player throwing the ball in.

Goal Kicks (results when the entire ball crosses the goal line and was last touched by the offensive team)

- Goal Kicks will be taken on the line of the goal area. The opposing team must retreat behind the 'build-out' line until the ball has been played.
 - The opposing team on goal kicks will be required to retreat beyond the midfield line and will not be allowed to cross the line until after the ball has been kicked by the team taking the goal kick.
 - The referee will be responsible for moving the opposing team behind the midfield line.

Corner Kicks (results when the entire ball crosses the goal line and was last touched by the defensive team)

- Corner kicks will be taken on the one yard arc in the attacking corner. Opposing team must be at least 7 yards away from the ball.

Goal Switch at Halftime

- Yes

Equipment

- Players on the same team are required to wear the same color jersey.
- Players must have closed-toed shoes. *Cleats are not required, though they are recommended.*
- Players must have shin guards, and they must be covered by the socks.

- No homemade shin guards with paper cups, newspapers, etc.
- Players will not be allowed to play without proper equipment.

'Build-out' Line

- The 'build-out' line for this age group will use the midfield line as the frame of reference.
- The 'build-out' line will be used to encourage players to play the ball out of the back.
- Once the goalkeeper has possession of the ball, the opposing team must retreat behind the 'build-out' line.
- Once the opposing team is behind the line, the goalkeeper can pass, throw, or roll the ball to a teammate. **No punts or drop kicks are allowed.**
 - If the goalkeeper does punt or drop kick the ball, an indirect free kick will be awarded to the opposing team.
- After the ball has been put into play by the goalkeeper, the opposing team can cross the 'build-out' line and play will resume as normal.
- The 'build-out' line will also be used for goal kicks and all procedures apply the same.
- The goalkeeper is not required to wait for the opposing team to retreat behind the 'build-out' line.
- If the goalkeeper does decide to play the ball before the opposing team retreats, play will resume as normal, and the goalkeeper must accept whatever results from doing so.

Lakewood Upward Soccer

Rules/Regulations

Edited and arranged by Andrew Hartfield 2022

4th-6th (D1):

Games will be played 8v8.

Players are expected to play a minimum of one half of the game.

Field Size

- 55 yds long x 32 yds wide

Inside Dimensions

- Penalty Area: 24 yds wide x 12 yds long
- Goal Area: 12 yds wide x 4 yds long
- Penalty Mark: 10 yds from goal
- Center Circle: 8 yd radius

Goal Size

- 6 ft tall x 18 ft wide

Ball Size

- Size 4

Match Length

- 2, 25 minute halves

Officiating

- There will be at least 2 officials per match; 3 if enough are available.

Start/restart of play

- For the start of each half and after goals scored, the ball will start in the center circle. The ball is in play once the initial offensive player has kicked the ball. The ball can move in any direction on the first kick. The initial offensive player who first touched the ball cannot play the ball until another player on either team has touched the ball.

Ball in/out of play

- The entire ball has to be across the line entirely to be out of play. If any portion of the ball is on the line, play will resume.
 - This rule applies to goals scored as well.

Scoring

- Scoring is kept.

Substitutions

- Substitutions are unlimited and can occur at any stoppage with the consent of the official.

Slide Tackling

- Slide tackling will NOT be allowed to ensure safety for all players.

Headers

- Headers will NOT be allowed. This is a rule for all organizations involved in youth soccer. Heading is allowed for kids 12 and older, but that will not apply to the majority of players in our league. Those that are at least 12 years old will still be prohibited from heading.

Offside

- A player is in an offside position if any part of the head, body or feet is in the opponents' half (excluding the halfway line) and any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent. It is not an offense to be in an offside position.
- Offside is called when the player in the offside position plays or attempts to play the ball after a teammate has played the ball or clearly prevents or challenges the opponent from playing the ball.
- Offside is also called if a player in an offside position plays the ball after it has rebounded/deflected off the goalpost, crossbar, or match official. And if there has been a deliberate save by an opponent.
- There is no offside on goal kicks, corner kicks, and throw-ins.
- An offside call results in an indirect free kick closest to where the offside infraction occurred.

Fouls/Misconduct

- Fouls will result in direct or indirect free kicks. *There is a referee for this age group. Therefore, the referee will be responsible to explain the infraction to the player.*

Indirect/Direct Free Kick

- Indirect Free Kicks result when the following fouls occur:
 - Plays in a dangerous manner.
 - Impedes the progress of an opponent without any contact being made.
 - A player touches the ball a second time before a teammate or opponent has touched the ball.
 - Is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offences.
 - Commits any other offence, not mentioned in the rules/regulations handbook.
 - The goalkeeper uses his/her hands to touch the ball after
 - Releasing it and picking it up before the ball has touched another player.
 - It has been deliberately kicked to the goalkeeper by a teammate.
 - Receiving it directly from a throw-in taken by a teammate.
 - The goalkeeper punts or drop-kicks the ball.

- The procedure for taking an indirect free kick is the official will raise an arm to indicate it is an indirect free kick. The official will hold that arm up until a second player has touched the ball. The indirect free kick cannot go into the goal after only being touched once. A second player (offensive or defensive) must touch the ball for a goal to count if the ball does completely cross the goal line.
 - If the ball does cross the line into the goal without touching a second player, a goal kick will be awarded to the opposing team.
- Indirect Free Kicks cannot be taken inside the goal area. The ball will be moved to the edge of the goal area closest to the infraction. The closest the opposing team can be from an indirect free kick on the edge of the goal area is the goal line.
- Direct Free Kicks result when the following fouls occur:
 - Jumping at an opponent.
 - Kicking or attempts to kick an opponent.
 - Pushing an opponent.
 - Striking or attempting to strike (including head-butt) an opponent.
 - Tackling an opponent.
 - Tripping or attempting to trip an opponent.
 - Holding an opponent.
 - *Direct free kicks normally occur when a foul is called due to illegal contact with an opposing player.*
- The procedure for taking a direct free kick is the official will call the foul and explain the infraction. The official will not raise an arm as an indication it is a direct free kick. The direct free kick can go into the goal after only being touched once.

Penalty Kicks

- Penalty kicks are awarded when a foul that would result in a direct free kick occurs inside the penalty area.
- The penalty kick will take place 10 yards from goal.
- The ball must move forward when taking the penalty kick. Failure to do so results in an indirect free kick awarded to the other team.
- Any player on the field can take the penalty kick for the team whom's player was fouled.
- All other players must be outside the penalty area and semi circle at the top of the penalty area and be behind the penalty taker.
- No player is allowed to enter the penalty area until the ball is touched.
 - If a teammate of the penalty kick taker enters the penalty area before the ball is kicked, and (1) the penalty kick taker scores, the penalty kick will be retaken. (2) If the penalty kick taker does not score, play will be stopped and an indirect free kick will be awarded to the other team.

- If an opponent of the penalty kick taker enters the penalty area before the ball is kicked, and (1) the penalty kick taker scores, the goal is awarded. (2) If the penalty kick taker does not score, the penalty kick is retaken.
- The goalkeeper must remain on the goal line until the penalty kick taker touches the ball.
 - If the goalkeeper leaves the line before the penalty is taken, and if (1) the penalty taker scores, a goal is awarded. (2) If the penalty taker does not score, the kick will be retaken.
- The identified penalty kick taker, in his/her run-up is not allowed to stop his/her movement before kicking the ball.
 - Doing so would result in no goal and an indirect free kick for the opposing team.
- If the penalty kick taker scores, play will be restarted from the center circle like normal after goals scored.
- If the penalty kick taker does not score and the ball remains in play, the ball is live and play resumes.
 - If the penalty kick taker shoots and hits the post, everyone except the penalty kick taker can touch the ball. If the penalty kick taker touches the ball first after the ball has hit the post, play will be stopped, and the result will be an indirect free kick for the opposing team.
 - If the penalty kick taker shoots and the goalkeeper stops the shot and the ball remains in play, everyone, including the penalty kick taker, is eligible to play the ball.
- If the penalty kick taker does not score and the ball exits the playing field, it will result in a goal kick or corner kick depending on the last player to touch the ball before it went out.

Throw-Ins (results when the entire ball crosses the sideline; the throw-in is awarded to the opposite team from which the ball last touched)

- For throw-ins, both feet must be on the ground, and the ball has to start from behind the head with both hands on the ball. Opposing players will be expected to be at least three yards away from the player throwing the ball in.

Goal Kicks (results when the entire ball crosses the goal line and was last touched by the offensive team)

- Goal Kicks will be taken on the line of the goal area. The opposing team must retreat behind the 'build-out' line until the ball has been played.
 - The opposing team on goal kicks will be required to retreat beyond the 'build-out' line and will not be allowed to cross the line until after the ball has been kicked by the team taking the goal kick.
 - The referee will be responsible for moving the opposing team behind the 'build-out' line.

- But the team taking the goal kick does not have to wait for the opposing team to retreat behind the 'build-out' line.

Corner Kicks (results when the entire ball crosses the goal line and was last touched by the defensive team)

- Corner kicks will be taken on the one yard arc in the attacking corner. Opposing team must be at least 7 yards away from the ball.

Goal Switch at Halftime

- Yes

Equipment

- Players on the same team are required to wear the same color jersey.
- Goalkeepers must wear a different color jersey or pinnie than all other players on the field.
- Players must have closed-toed shoes. *Cleats are not required, though they are recommended.*
- Players must have shin guards, and they must be covered by the socks.
 - No homemade shin guards with paper cups, newspapers, etc.
- Players will not be allowed to play without proper equipment.

'Build-out' Line

- The 'build-out' line will be used to encourage players to play the ball out of the back.
- Once the goalkeeper has possession of the ball, the opposing team must retreat behind the 'build-out' line.
- Once the opposing team is behind the line, the goalkeeper can pass, throw, or roll the ball to a teammate. **No punts or drop kicks are allowed.**
 - If the goalkeeper does punt or drop kick the ball, an indirect free kick will be awarded to the opposing team.
- After the ball has been put into play by the goalkeeper, the opposing team can cross the 'build-out' line and play will resume as normal.
- The 'build-out' line will also be used for goal kicks and all procedures apply the same.
- The goalkeeper is not required to wait for the opposing team to retreat behind the 'build-out' line.
- If the goalkeeper does decide to play the ball before the opposing team retreats, play will resume as normal, and the goalkeeper must accept whatever results from doing so.

<i>Division (age group)</i>	<i>D5 (U4)</i>	<i>D4 (U6)</i>	<i>D3 (K-1st)</i>	<i>D2 (2nd-3rd)</i>	<i>D1 (4th-6th)</i>
Field Size	30 yards long x 20 yards wide	30 yards long x 20 yards wide	30 yards long x 20 yards wide	35 yards long x 25 yards wide	55 yards long x 32 yards wide
Goal Size	4'x6'	4'x6'	4'x6'	6'x12'	6.5'x18.5'
Ball Size	3	3	3	4	4
Game time	6 periods, 5 minutes	6 periods, 5 minutes	6 periods, 5 minutes	6 periods, 6 minutes	2 halves, 25 minutes
Players on the field	4v4	4v4	4v4	5v5 (including goalkeepers)	7v7 or 8v8 (including goalkeepers for both)
Clock	Doesn't stop	Doesn't stop	Doesn't stop	Doesn't stop	Doesn't stop
Starting off with ball	Away team, alternates each period	Away team, alternates each period	Away team, alternates each period	Away team, alternates each period	Away team in first half; Home team in second half
Score keeping	No	No	No	Yes (no way to display)	Yes used for playoffs
Coaches allowed on the field	Yes, one coach	Yes, one coach	Yes, one coach	No	No
Defending team on goals kicks	Not applied as ball is rolled back in	Not applied as ball is rolled back in	Must retreat behind midfield	Must retreat behind midfield	Must retreat behind buildup line
Defending team when the opposing goalkeeper has the ball in his/her hands	not applied as there are no goalkeepers	not applied as there are no goalkeepers	not applied as there are no goalkeepers	Must retreat behind buildup line	Must retreat behind buildup line
Headers	No	No	No	No	No
Slide tackling	No	No	No	No	No
Offside called	No	No	No	No	No
Kick-ins OR Throw-ins	Neither, ball is rolled back in	Neither, ball is rolled back in	Kick-ins	Throw-ins	Yes
Goal kicks & Corner kicks	Neither, ball is rolled back in	Neither, ball is rolled back in	Yes	Yes	Yes
Penalty Kicks	No	No	No	Yes, 6 yards out	Yes, 8 yards out
Notes					