



Longplex Youth Soccer Rules

All basic rules stated by FIFA will be used by Longplex unless otherwise noted below.

Field of Play

Ages U11-U19: Turf 1&2: 200'x100'
Game Play: 7v7 - 6 field players and a goalie

Ages U9/U10: Turf 1&2: 200'x100'
Game Play: 7v7 - 6 field players and a goalie

Ages U5-U8: 100'x66'
Game Play: 4v4 - 4 field players, no goalie

The Ball

The home team is responsible for supplying a properly inflated game ball.

Ages U5-U8: Size 3
Ages U9-U12: Size 4
Ages U13-U19: Size 5

Players

- All players must have a valid Longplex digital waiver / players card.
 - Only players listed on the roster can play in a game, be on the field, or in the bench area.
 - Players who are not on the field of play, must be seated on their team bench.
 - Age eligibility is determined in the calendar provided by the USSF Age Group Matrix.
 - Younger players are allowed to play "up" in older age groups, but players can't play "down" in younger age groups.
 - No jewelry is permitted (*with the exception of medical bracelets / chains*)
 - NO gum is permitted in the facility.
 - NO spitting.
- **No player can play for 2 teams in the same division during the same session.**
- **No sliding or slide tackling.**

Teams

- The first team listed on the schedule is the home team.
- Minimum of 3 players required to start 4v4 games.
- Minimum of 5 players required to start 7v7 games.

- We ask that all teams exit the field as soon as possible at the conclusion of a game. (*Teams coming on, please give the exiting team time to gather their gear & exit the field, but also be prepared to start the game immediately.*)
- Teams may use the hallway area for team meetings pre-game and/or post-game. However, we must ensure the safety of all spectators and participants and **KICKING SOCCER BALLS IS NOT PERMITTED IN THE HALLWAYS!**

Rosters

- All rosters will be locked at the start of a teams 4th game. (*No changes can be made for the duration of the session.*)
- A team may challenge a roster BEFORE the start of a game, but if a roster is challenged any time after the start of the game the result of the game will stand.
- 7v7 Maximum Roster Size: 16 players
- 4v4 Maximum Roster Size: 10 players

Equipment

- **All team equipment & bags must be placed neatly under the team bench or against the wall. Bags may NOT be near the field line.**
- Each team must have matching colored jerseys with numbers.
- If teams are matching colors the AWAY team will wear pinnies.
- Each goaltender must wear a color different from both teams.
- All players must wear shinguards covered by socks.
- Appropriate footwear includes sneakers, indoor turf shoes or cleats with rubber spikes. (*NO metal spikes are permitted.*)

The Referee

- As stated by FIFA with the following information:
- The referee's decision connected with the game shall be final and extend to players, coaches, and/or spectators. This includes all league, weekend and tournament games. Referees may stop, suspend and/or terminate a game when he/she deems it necessary (ex. Elements, spectator interference, etc.) The referee will refrain from penalizing in cases where he/she is satisfied that, by doing so, he/she would be giving an "advantage" to the offending team.
- Confronting referees is strictly prohibited. Threatening/making contact with a referee will result in a minimum suspension of one year.
- Any complaints of referees must be in writing on a form provided by management.
- Management will review all formal complaints

Duration of the game

- All games will consist of two 25-minute "running time" halves and a 2 minute half time.
- NO Timeouts.
- A referee may stop the clock in the last minute of the game for deliberate game-delaying incidents (i.e. kicking the ball away, standing in front of the ball, etc.) The clock will restart when the ball is kicked.

Start & Restart of Play

- The home team will kick off the ball first.
- The ball may be kicked forward or backward. Each player shall be on their own side of the field and at least 5 yards from the ball or outside the center circle. The kicker may not play the ball again until it has been touched by another player.
- Kick-offs are Direct Kicks (*A goal can be scored directly off the kick-off****See notation for U5-U8)
- Teams will switch sides at half-time.

Ball in and out of Play

- The ball is out of play when it crosses the line completely. The team that did not kick the ball out of play will throw the ball back in play.
- Balls that touch the ceiling will be restarted by an indirect free kick by the team that did not kick the ball into the ceiling.
- The defending team must stand at least 5 yards from the ball for all free kicks.
- The offensive team, including the goalkeeper, will have 6 seconds to put the ball back in play once they are in possession of the ball. Failure to do so will result in the ball being turned over to the opposing team with an indirect kick. If the goalkeeper doesn't play the ball within 6 seconds the ball will be turned over to the opposing team with an indirect kick outside the penalty area.
- After a save, the goalkeeper must put the ball back into play by a goalie throw to another player or by playing it to his/hers feet. There will be NO punting of the ball by a goalkeeper. If this occurs, the result will be an indirect kick for the opposing team outside the penalty area. *Drop-kicks are okay.*
- A goalie throw **MUST hit the ground or be touched by a player** from either team before reaching the midfield line. Failure to do so will result in an indirect kick by the opposing team at the midfield line.

Buildout Line

U10 & Under - When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must retreat behind the build out line until the ball is put into play.

Scoring

We encourage competitive & fair play within our youth leagues and we expect coaches to make every attempt to control the score of their games from getting out of hand.

All scores, results and standings will be posted here: <https://longplex.ezleagues.ezfacility.com/default.aspx>

- A goal is scored when the ball completely crosses the goal line between the goal posts and under the cross bar.
- The team with the highest number of goals at the end of the game shall be considered the winner. If the teams have the same number of goals the game will be considered a tie.
- If a team forfeits a game, the opposing team will be awarded with a win, one goal scored and zero goals against.
- The scoreboard & standings will not show more than a 6 goal differential for any game.

Offside

There is NO offside rule

Fouls & Misconduct

As stated by FIFA a Direct kick shall be awarded if a player:

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent.
- Jumps at an opponent.
- Charges an opponent in a violent or dangerous manner.
- Charges an opponent from behind.
- Strikes or attempts to strike an opponent.
- Pushes, tackles or holds an opponent.
- Slides or slide tackles.

If any of the above are committed by a defending player inside the penalty area, a penalty kick should be awarded to that team.

An Indirect Free Kick shall be awarded to the opposing team if a player, in the opinion of the referee:

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from his/her hands.
- Commits any other offense not previously mentioned for which play is stopped to caution or send off a player.

The indirect free kick is taken from the place where the offense occurred.

An Indirect Free Kick shall be awarded to the opposing team if a goalkeeper, inside their own penalty area:

- Controls the ball with their hands for more than 6 seconds before releasing it from their possession.
- Touches the ball again with their hands after releasing it from their possession before it touches another player.
- Touches the ball with their hands after it has been deliberately kicked to him/her by a team-mate.
- Touches the ball with their hands after he/she has received it directly from a throw-in taken by a team-mate.

Yellow Card: Will be awarded to a player if:

- He/she persistently infringes the laws of the game
- Unsportsmanlike behavior, or shows, by word or action, dissent with any referee decision.

Red Card: Player will be sent off the field if he/she:

- Commits a serious foul.
- Is violent and/or offensive in conduct.
- Spits on another player or field.
- Uses foul or abusive language.
- Receives a 2nd caution.
- Denies the opposing team an obvious goal-scoring opportunity by deliberately handling the ball or denies the opposing team an obvious goal-scoring opportunity by committing an offense punishable by a free kick.

The red card must be shown to the player/coach, the player/coach must leave the field and the bench area and their team will play short-handed for the duration of the game. The player/coach may also be asked to leave the building at the discretion of the facility management. The expelled player will automatically be suspended for one week and may receive additional suspension depending on the severity of the incident. After a red card offense, play will resume with a direct free kick. Any player who has been shown a red card before the match begins may be replaced by another player.

Players/coaches may not sit on the team's bench area when they are serving a suspension. During the players/coaches suspension, they may not play in any other Longplex League until the suspension duration has been served.

Free Kick

As stated by FIFA with the following conditions:

- All players must stand at least 5 yards away from the ball for all free kicks.
- The team taking the kick has 6 seconds to touch the ball. Failure to do so will result in an indirect kick for the opposing team.
- Inside the defending team's goalie box, if a foul is called that results in an indirect free kick, the ball shall be placed at the closest point on the goalie box.

Penalty Kick

- Penalty kicks must be taken from the penalty spot marked on each field.
- The Goalkeeper may move his/her feet while remaining on the goal line, but may not come off the line until the ball has been kicked or moves forward.

Throw-Ins

- There will be throw-ins.
- The team that did not kick the ball out of bounds will throw the ball in.
- A goal cannot be scored directly from a throw-in.
- Opponents must stand 2 yards away from the spot the ball is being thrown in.
- After throwing the ball into play, the player throwing the ball cannot touch the ball again until another player touches the ball.
- Upon throw-in violations all U5-U8 teams will be given a second chance to make a correct throw.

Goal Kicks

- A goal kick will be taken by the defending team when the ball crosses the end line by the attacking team.
- The goal kick may be taken anywhere within the goal area
- A goal kick ***MUST hit the ground or be touched by a player from either team*** before reaching the midfield line. Failure to do so will result in an indirect kick by the opposing team at the midfield line. *(This applies to goalie throws as well.)*
- ***U10 & Under - The opposing team must move behind the build out line during a goal kick until the ball is put into play.***

Corner Kicks

- A corner kick will be taken by the attacking team when the ball crosses the goal line by the defending team.
- Corner kicks are direct kicks; a goal may be scored directly off a corner kick

Substitutions

- Unlimited substitutions are allowed on the fly.
- The player exiting the field should exit the same spot as the entering player within 3 yards.
- If Goaltenders need to switch gloves or jerseys, those substitutions must be done at a stoppage of play and the referee must be informed.

Heading Rule

- Players in U11 and younger are not allowed to head the ball. If it occurs a foul will be called and will result in an indirect kick by the opposing team.

Sliding

- There is NO sliding or slide tackling allowed.

Standings

- Standings are determined by Total Points: 3 points for a win, 1 point for a tie, 0 points for a loss.
- Game results & standings will not reflect more than a 6 goal differential in any 1 game.
- Tie breakers are determined in the following order: goal differential, head-to-head record, least goals against, & coin flip.

Playoff Rules:

- All games must have a winner.
- Playoff games will be 20 minutes played straight through, no halftime.
- Finals will consist of two 20 minute halves.
- In the instance of a tie during a semi-final or final, there will be a 5 minute “golden goal” period followed by penalty kicks to determine a winner.
- Penalty kick procedures will be followed as stated by FIFA. Three players from each team will take penalty kicks. If the game is tied following the top-5 penalty kicks, teams will continue to choose 1 player for head-to-head penalty kicks. No player may shoot twice until each player from that team has taken a penalty kick.

Spectator Rules:

- NO foul language or vulgar chanting from spectators
- Continuous verbal abuse to referee or league official from the coach will result in a Yellow Card. If behavior does not end, a red card will be issued to the team coach and will be removed from the game.
- Spectators are responsible for their child at all times

Inclement Weather:

- Longplex will remain open unless a state of emergency is declared or there is loss of power to the facility.
- Any changes to the facility schedule will be posted on our website, www.longplex.com as well as our Facebook page. This will be the primary method of communication of any changes. We ask that you and your team please continually check this site in the event of any inclement weather.
- If a team feels it is unsafe to attend a scheduled game due to inclement weather the coach must call Longplex a minimum of 2 hours before your scheduled game time.
- If a team forfeits a game we will notify the opposing team as early as possible. The opposing team has the option of using the facility for training during their scheduled game time.

LONGPLEX'S ZERO TOLERANCE POLICY

- Any fight while on the field, building or parking lot will result in being suspended from the building and premises.
- Verbal abuse/bullying to Refs or workers will result in a suspension. The suspension length will be determined by Longplex Management.
- If ejected from a game that player must exit the building immediately.
- Longplex reserves the right to remove any players or teams from the leagues in the event of a physical confrontation, excessive red cards or excessive unsportsmanlike conduct behavior.