

Fallston Rec In-House Soccer Rules and Guidelines 2025

Intent of the Game:

The purpose of this organization shall be to promote, develop, and govern the game of soccer as a program within the Fallston Recreation Council, and to promote goodwill, sportsmanship, and fitness through soccer. Policies will be consistent with those of the Fallston Recreation Council.

Clinic – Ages 4 & 5

Purpose:

Four and five year olds are very, very little people. They are very egocentric. The ball represents a toy that belongs to them. They don't share well. They love to run and jump and roll around. They have wonderful imaginations! It's about PLAY! It's about FUN!

Equipment:

*Cleats

*Shin guards (must be worn at all games and practices)

*#3 size ball

*Uniforms will be provided

Games/Rules:

*Games will last (45) minutes consisting of two (20) minute halves with a (5) minute half time.

*One coach should be on the field for each team with an extra ball in hand. If a ball rolls out, throw a new ball in play. Keep the game moving.

*Five players on the field at a time – There are NO goalkeepers!

*Substitutions can be done on any stoppage in play.

*No penalty kicks or direct free kicks. Restart play by rolling the ball to a different section of the field. Can progress to kick ins for out of bounds or to restart as the season moves along.

*If there is a hand ball, stop play and explain why they can't use their hands. To begin play again, do a kick in or have a coach/ref roll the ball in.

*Coaches are the refs. Use a whistle for out of bounds, goals and fouls to teach that play stops on the whistle for many reasons.

*No offside rules

*No scores will be kept

*It is the coach's responsibility to keep kids/parents in-line with the Fallston Code of Conduct.

*Parents must stay behind dashed line during practice and games.

*Coaches should ensure all participants receive equal playing time.

*Remember they are only 4 and 5 years old, make sure they are having fun! If not, adjust games until they do!

U8 & U10 – 7 V 7

Purpose:

*To establish a love of the game!

*To learn and build on the core concepts of soccer by getting many touches on the ball.

Equipment:

*Cleats

*Shin guards (must be worn at all games and practices)

*Size 4 ball

*Uniforms will be provided

Games/Rules:

All games will follow FIFA's "Laws of the Game". A copy can be found here...

http://www.fifa.com/mm/Document/FootballDevelopment/Refereeing/02/36/01/11/LawsofthegamewebEN_Neutral.pdf

Exceptions/Highlights to the above rules:

*7 v 7 games, 6 field players and a goalie

*2 x25 min halves; 5 min halftime

*U8 can have one coach on the field during the match. Please stay out of the 18 box at all times.

- *Build-out lines will be used. See “build out line” section at the end of this section.
- *No jewelry may be worn, including hard hair clips
- *No heading of a soccer ball is permitted. If a ball is headed, it results in an indirect free kick for the opposing team if intentional. If unintentional it is a drop ball. If this happens inside the goal box it will be brought to the top of the goal box for the restart.
- *Offside rules will be called.
- *Substitutions on your own throw in. A team may piggy-back on the other team’s substitution. Anyone can substitute a player on a goal kick.
- *All players should have equal playing time in every game.
- *Teams/Coaches should be on one side of the field and parents on the other.
- *No one, parents or coaches, can stand behind the goal during a game.
- *There are no “Mercy” rules. However, if you are up by 3 or more goals please use your best judgement in keeping the game fun for the opposing team. Multiple passes, only shoot with left foot, move players around.
- *Refs for our rec leagues are young and in training. Much like the kids they are learning too. However it is not the coaches or parents job to facilitate that learning. There should be no comments directed to ref during or after a game. If there is an issue with a ref, please bring it to your age group coordinator. There is a ZERO tolerance policy towards verbally abusing refs by either parents or coaches. Coaches are responsible for their entire sideline, parents included.

Build out line rules for 7v7 soccer:

The US Soccer policy for the use of BUILD OUT LINES for U8/U9/U10 in 7 v7 play is used to promote playing the ball out of the back, in an un-pressured setting.

The opposing team must move back behind the build-out line for a goal kick or when the goalkeeper has possession. At any time, the goalkeeper may pass, throw or roll the ball to a teammate who is behind the build-out line. The goalkeeper or the player taking the goal kick does not have to wait for the opposing players to move behind the build-out line.

The play from the goalkeeper or from the goal kick must be played to a teammate behind the build-out line. After the ball is put into play, the opposing team can cross the build-out line and play may resume as normal. On a goal kick the ball is put into play when the ball is kicked. When the keeper has the ball in their hand the ball is in play when they release it.

The build-out line shall be used as the line to determine offside. Players cannot be penalized for an offside offense between the halfway line and the build-out line.

Year – End:

U8 and U10 will finish the season with a tournament. Details will be sent with league schedules.

U8 and U10 will select an all-star team to participate in the Fallston Cup versus rec council all-star teams from around the area. This will be coordinated towards the end of the season.

U12 – 9 V 9

Purpose:

- *To establish a love of the game!
- *To learn and build on the core concepts of soccer by getting many touches on the ball.

Equipment:

- *Cleats
- *Shin guards (must be worn at all games and practices)
- *Size 4 ball
- *Uniforms will be provided

Games/Rules:

All games will follow FIFA's "Laws of the Game". A copy can be found here...

http://www.fifa.com/mm/Document/FootballDevelopment/Refereeing/02/36/01/11/LawsofthegamewebEN_Neutral.pdf

Exceptions/Highlights to the above rules:

- *9 v 9 games, 8 field players and a goalie
- *2 x25 min halves; 5 min halftime
- *No jewelry may be worn, including hard hair clips
- *No heading of a soccer ball is permitted. If a ball is headed, it results in an indirect free kick for the opposing team if intentional. If unintentional it is a drop ball. If this happens inside the goal box it will be brought to the top of the goal box for the restart.

*Offside rules will be called.

*Substitutions on your own throw in. A team may piggy-back on the other team's substitution. Anyone can substitute a player on a goal kick.

*All players should have equal playing time in every game.

*Teams/Coaches should be on one side of the field and parents on the other.

*No one, parents or coaches, can stand behind the goal during a game.

*There are no "Mercy" rules. However, if you are up by 3 or more goals please use your best judgement in keeping the game fun for the opposing team. Multiple passes, only shoot with left foot, move players around.

*Refs for our rec leagues are young and in training. Much like the kids they are learning too. However, it is not the coaches or parents job to facilitate that learning. There should be no comments directed to ref during or after a game. If there is an issue with a ref, please bring it to the in-house commissioner. There is a ZERO tolerance policy towards verbally abusing refs by either parents or coaches. Coaches are responsible for their entire sideline, parents included.

Year – End:

U12 teams will play in a 2 week end of season tournament. Please see the schedule for the format.

Inclement Weather:

All weather announcements will be posted to www.fallstonsoccer.com, the Fallston Soccer Facebook Page and an email from Fallston Soccer.

If a game or practice has started and you see a lightening flash, you must clear the field immediately. You may not restart until the area has been free of a lightening flash for at least 20 minutes

Code of Conduct: Players

1) Play by the rules.

2) Play fairly and exercise good sportsmanship.

3) Work equally hard for myself and my team. My team's performance will benefit and so will I.

- 4) Cooperate with coaches, teammates, opponents and officials. Without them there would be no game.
- 5) Show respect to opponents at all times.
- 6) Be gracious in defeat and dignified in victory.
- 7) After each game, offer congratulations or say "good game" to the opposing team.
- 8) Play for the fun of soccer!

Code of Conduct: Coaches

- 1) Promote fun (on & off the field of play), friendships & learning new skills.
- 2) Referees, administrators and opponents should be treated with respect and dignity.
- 3) Only provide positive reinforcement and encouragement. Remember, it's only a game, so have fun with it.
- 4) Avoid overplaying talented players. All players deserve equal playing and training time, regardless of their ability.
- 5) Ensure that equipment and facilities meet safety standards and are appropriate to the age, maturity and ability of all players.
- 6) Keep up to date with the latest coaching practices and the principles of growth and development of young players.
- 7) Respect the rights, dignity and worth of every young person regardless of their ability, cultural background or religion.
- 8) Understand that my attitude can influence the players, coaches and spectators.
- 9) Official decisions should be accepted, no matter how unfair they seem.
- 10) Always conduct yourself for the good of the game and the good of Fallston Soccer.