

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:

- *5 v 5 games; 5 field players with no goalies for each team
- *(2) 20 minute halves; 5 minute halftime
- *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.
- *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. This process 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. (This means no throw ins)
- *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 the painted "parent line" offset from the field 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

Rules specific to Fallston Soccer In-House League for 7v7 play: (These may be different from other leagues)

- *U8 may have one coach on the field during the game
 - *Coaches should not enter the 18 yard box (penalty area)
- *The play from the goalkeeper must touch the ground on or before the build out line. Should the goalie throw the ball over the build out line, an indirect free kick is awarded to the opposing team at the point the ball crossed the build out line.
- *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.

Games/Rules:

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

<https://www.theifab.com/laws-of-the-game-documents/?language=all&year=2025%2F26>

- *7 v 7 games, 6 field players and a goalie for each team
- *(2) 25 min halves; 5 min halftime
- *No jewelry may be worn, including hard hair clips

*Heading is not allowed in 7v7 games

*If a player heads the ball in a game, whether deliberately or accidentally, an indirect free kick should be awarded to the opposing team from the spot of the offense

*If a header occurs within the goal area by the defending team, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

Build out line rules for 7v7 soccer: (From US Soccer)

*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 a less pressured setting.

* When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play.

*The goalkeeper does not have to wait for the opposing players to move behind the build-out line. Should the ball be put into play before the opposing team has crossed behind the build out line, the opposing team may play the ball.

*Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play. (PUNTING AND DROP KICKS ARE NOT ALLOWED)

*If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense

*If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

*If, after making a save, a goalie puts the ball down to kick it, the ball is live and the opposing team may play the ball. The goalie may not pick the ball back up after putting it down until it is touched by another player.

*After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal

*Goal Kicks

*The opposing team may cross the build out line on a goal kick once the ball is kicked

*Teams can choose to play the ball before the opposing team is behind the build out line

*Off-Sides

*The build out line will be used to denote where offside offenses can be called

*Players cannot be penalized for an offside offense between the two build out lines

*Players can be penalized for an offside offense between the build out line and goal line

U8 & U10 End of Season:

*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 area rec council all-star teams. This will be coordinated towards the end of the season.

U12-9v9

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 IFAB's "Laws of the Game". A copy can be found here...

<https://www.theifab.com/laws-of-the-game-documents/?language=all&year=2025%2F26>

- *9 v 9 games, 8 field players and a goalie for each team
- *(2) 25 min halves; 5 min halftime
- *No jewelry may be worn, including hard hair clips
- *Goalies are allowed to punt and/or drop kick the ball for 9v9 play
- *Heading is not allowed in 9v9 games
 - *If a player heads the ball in a game, whether deliberately or accidentally, an indirect free kick should be awarded to the opposing team from the spot of the offense
 - *If a header occurs within the goal area by the defending team, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
- *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.

U12 End of Season:

- *U12 teams will play in a 2-week tournament. Please see the schedule for the format.

Inclement Weather:

All weather announcements will be emailed through our TeamSnap System. We will also post to the Fallston Soccer Facebook Page.

Field closure calls during the week are typically made near to 4 pm

Field closure calls for games will be made on the morning of games

Coaches may always choose to cancel practices prior to a program field closure based on their best judgement

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.