



# SOCCER RULES

## ANZA Soccer League – Recreational Play Guidelines

This is a summary of the guidelines and rules of the game, modified by ANZA Soccer League (ANZA Soccer) for Recreational Play in all age groups. This summary is simplified for easier reading and better enjoyment of the game. Some accuracy is sacrificed, particularly regarding finer points of the Rules. The most accurate listing of the Rules is in the FIFA publication. The official Rules of the Game can be found at [www.fifa.com/index.html](http://www.fifa.com/index.html).

### Authority

The referee is the final authority during match time on the pitch. The ANZA Soccer Rules Committee is the final authority in all other cases. If you feel the Rules have been incorrectly applied, speak to your child's coach after the game, who will contact the appropriate coaching or referee coordinator. Dissent with the referee before, during, or after a game is not tolerated by ANZA Soccer.

### Law 1 – Field of Play

- The field must be rectangular and longer than it is wide. Size is adjusted for youth recreational soccer.

### Penalty Mark

- 7.32 meters (8 yards) from the goal line opposite the centre of the goal.

### Law 2 – The Ball

- U5 to U7: Size 3
- U8 to U12: Size 4
- U13 to U18: Size 5

### Law 3 – Number of Players

- U5, U6, U7: Fun league. Team sizes are at the discretion of the coaches. No league tables.
- U8–U12: Played on a half-size pitch. Teams have a maximum of 9 players including the goalkeeper. If one team is short, the other may reduce players to balance. Unlimited substitutions. Teams with six or fewer players forfeit the match (1-0 awarded).
- U13+: Full or three-quarter-size pitch. Teams have a maximum of 11 players including the goalkeeper. If one team is short, the other may reduce players to balance. Unlimited substitutions. Teams with eight or fewer players forfeit the match. All players must play at least half of each game.

- Age Group Coordinators may overrule player minimums in special circumstances.

## **League Table**

- For age groups U10 and above.

## **Coach on the Field**

- U5–U10: One coach may be on the pitch.
- U11+: Coaches stay on their half touchline.

## **Walkovers and Forfeits**

- Determined at the latest official starting time (Law 7). 1-0 awarded to the other team if a team fails to meet minimum attendance. 0-0 if both fail.
- Friendly games may include additional players only with agreement of both coaches.

## **Law 4 – Playing Equipment**

- Players must wear team kit and shin pads. Goalkeepers must wear distinct kits. Shin pads must be fully covered by socks.
- Dangerous items (jewellery, watches, brimmed caps for U7+) not allowed.
- Glasses are discouraged; contact lenses or sports glasses allowed. Parent/guardian assumes responsibility if glasses are worn.

## **Law 5 – Referees**

- Referee has full authority to enforce the Laws of the Game.
- League referees officiate U11+ matches. Parent/coach referees not allowed.

## **Powers and Duties**

- Enforce the Laws of the Game
- Control the match with assistants
- Ensure the ball and equipment meet regulations
- Ensure safety requirements are met
- Stop, suspend, or terminate play for infringements or outside interference
- Take disciplinary action against players or officials
- Restart play after stoppages

## **Decisions**

- Referee decisions on facts connected with play are final.

## **Law 6 – Timekeeper / Assistant Referee**

- May assist with timekeeping, stoppages, rolling substitutes, and other duties prescribed by the referee.

## **Law 7 – Duration of the Game**

- U8–U10: 2x20 mins + 5-min break (with 15-min warm-up)
- U11–U14: 2x25 mins + 5-min break (with 15-min warm-up)
- U17/TBA, U18: External leagues

### **Official Starting Time**

- Matches must start in time to complete full duration.

### **Law 8 – Start and Restart**

- Kick-off from centre at start and after goals; opponents 7 yards away in their half. Ball must be played forward.
- Half-pitch kick-offs (U12 and below) are indirect.

### **Penalty Kicks**

- Awarded for offences in the penalty area. Free kicks awarded for goalkeeper hand offences (6-second release, back pass, etc.).

### **Special Circumstances**

- Dropped ball in penalty area taken from nearest point on line.

### **Law 9 – Ball In and Out of Play**

- Out of play: wholly crosses goal or touch line or stopped by referee.
- In play: at all other times, including rebounds from posts, referee, or assistant.

### **Law 10 – Method of Scoring**

- Goal scored when entire ball passes goal line, under crossbar, and no infringements occurred.

### **Law 11 – Offside**

- None for U6–U11.
- U12+: Standard FIFA offside rule applies.

### **Law 12 – Fouls and Misconduct**

- Free kicks: Direct for U10 and below.
- Cautionable offences: Yellow card
- Sending-off offences: Red card

### **Law 13 – Free Kicks**

- Opponents 7 yards away.

### **Law 14 – Penalty Kicks**

- Position: all except kicker and defending goalkeeper outside penalty area.
- Offences: kick retaken or goal disallowed.

## **Law 15 – Throw-in**

- Cannot score directly.
- Must follow proper technique (both hands, behind head, feet on or behind line).

## **Law 16 – Goal Kick**

- From goal area; opponents 7 yards away until ball in play.

## **Law 17 – Corner Kick**

- Opponents 7 yards away. Kicker cannot touch again until another player does.

## **Guidelines – Glasses and Caps**

- Sports glasses or contacts recommended.
- Caps not recommended except for goalkeepers facing sun.

## **Rule Changes**

- FIFA rule changes mid-season applied at start of next season.

## **Addendum – SEA Cup Eligibility**

- Players must be ANZA members and registered on a team before and after tournament.

## **Lightning Cancellation**

- Age Group Coordinators decide. Matches stopped for lightning: 15-min suspension, repeat if needed. Score rules: 0-0 if cancelled in 1st half; score at cancellation stands if after half time.

## **Dissent**

- Yellow card for dissent = dismissed from game.
- Red card = suspended next game.
- Three yellow cards in season = one-game suspension.

## **League Standings – Count Back System (U10–U12)**

- Teams level on points placed alphabetically until season end.
- Ties separated by: head-to-head, most wins, most draws, penalty shoot-out if needed.

## **Final Word**

- Coaches encouraged to play in spirit of ANZA Soccer. Do not inflate scores for goal difference. Winning by one goal earns full points.