RAHLL ACTIVITY CENTER

3rd - 6th Grade
YOUTH INDOOR SOCCER RULES

PLAYER ELIGIBILITY

- Players must be 3rd- 6th grade for the current school year.
- At any time during the season, Rahll Activity Center may request proof of eligibility.

EQUIPMENT

- Rahll Activity Center will furnish practice/games balls to each coach.
    - 3rd- 6th Grade: Size 4 Ball
- Please return all equipment immediately following the season.
- Players must wear their assigned Rahll Activity Center t-shirt.
- Tennis shoes or indoor soccer shoes are recommended. Soccer shoes/cleats with rubber spikes are not allowed, unless the shoe has more than 30 rubber knobs.
- Shin guards are mandatory.
- Jewelry or hair accessories of any kind are not permitted, with the exception of plain bobby pins. Small stud style earrings may be covered with a band-aid or athletic tape.
- Hard or plaster casts are not permitted.

GAME RULES

- 3rd- 6th grade is 7v7, including goalie.
- Each player must play one full quarter in each half. Players will not be allowed to sit out one entire half.
- Each game will consist of two 20-minute halves with a running clock.
- Halftime will be 5-minutes.
- Teams may sub freely on dead-ball situations.
- Players coming out of the game must be on the field before the sub enters the field.
- The ball is out of play when:
    - The entire ball crosses over the barriers.
    - The referee stops play.
- The ball is in play at all other times, including when:
    - The ball continues to bounce within the playing field after striking the goal posts or crossbar.
    - The ball continues within the playing field after touching the referee who is inside the playing field.
- Offsides will not be enforced.
- No food or drink allowed on the field.

SCORING

- Goals are worth one point.
- The ball must pass completely beyond the goal line, between the goal posts, and under the crossbar.

START OF PLAY

- The game officially starts at mid-field on the referee's whistle.
- The home team will kick first in the first half. The visiting team will kick first in the second half.
- For the second half, the teams change sides.
- After the kickoff, any player except the one who kicked off may play the ball.
- After a goal, play is resumed with the team being scored upon kicking off at mid field.

THROW INS

- A throw in is awarded to the non-kicking team when the ball passes over the barriers.
- During a throw in, the player must have both feet on the ground, use both hands, and deliver the ball from behind and over their head.
- The throwing player cannot play the ball a second time until it is touched by another player.
- If the throwing player plays the ball before it has been touched by another player, the opposing team will be awarded an indirect kick at the point of the infraction.
- If the throw in is in any way incorrect, the opposing team will be awarded a throw in.

DROP BALL

- Used when play has been stopped for some reason outside of the rules, when the ball goes over the barrier, when the ball has not gone out of bounds, or when the referee cannot determine which team forced the ball out of bounds.
- The ball is dropped where play has stopped, and it is in play as soon as the ball touches the ground.
- No one may touch the ball before it hits the ground.

FREE KICKS

- Direct free kick:
    - A goal may be scored directly by one player.
    - The referee should signal by an arm extended towards the opponent's goal.
- Indirect free kick:

    - A goal cannot be scored unless the ball is touched by another player other than the kicker.
    - The referee should signal by placing their hand and arm overhead.
- For a legal free kick:
    - The ball must be in a stationary position.
    - The player taking the free kick cannot play the ball again before it has been touched by another player.

GOALIE BOX

- The goalie box is a large rectangle that surrounds the goal area.
- No offensive player is allowed inside the goalie box.
- No defensive player, except the goalie, is allowed inside the goalie box.
- If the offense commits a foul, the defense is awarded a goal kick.
- If the defense commits a foul, the offense is awarded a corner kick.

PENALTY KICKS

- All kicks are made from the area halfway between the front of the goalie box and midfield. The only two players involved are the kicker and the goalie.
- The referee signals the kicker to kick towards the goal. The ball is in play as soon as it is kicked.
- If the above rules are broken by the defending team, the penalty shot must be repeated if a goal was not scored.
- If the above rules are broken by the offensive team, the defensive team is awarded an indirect kick just outside of the goalie box.
- The opposing goalkeeper must stand, without moving his feet, on his own goal line. The goalie may move once the ball is kicked.
- If the goalie moves before the ball is kicked, and the goal is missed, another kick will be awarded.
- The goalie may not do anything to distract the kicker.

PROHIBITED ACTS

- A direct free kick will be awarded to the opposing team at the point of infraction:
    - Slide tackling
    - Excessive Kicking
    - Tripping
    - Headers
    - Jumping on or charging an opponent
    - Slugging
    - Holding
    - Pushing
    - Handling the ball with the hands or arms

        - The goalkeeper may touch the ball with their hands or arms within the penalty area.
- Indirect free kicks will be awarded to the opposing team at the point of the infraction:
    - Playing dangerously
    - Shoulder to shoulder blocking off the action.
    - Obstruction
    - Attacking the goalkeeper when they have both hands on the ball
    - Unsportsmanlike conduct
- If anyone enters the field to argue a call made by the official, the result will be a penalty kick for the opposing team.
    - After two offenses, the individual will be asked to leave the playing area and will be suspended for the next two games.
    - Accumulation of two unsportsmanlike penalties during a season will result in suspension from the program for the remainder of that season.

REFEREE

- One referee will be provided.
- The referee controls all soccer activity, and their decision is final.
- The referee is empowered to call a 2-minute injury time out for an injured player. A drop ball will resume play.

COACHES

- The head coach is responsible for:
    - The physical and mental well-being of all children while entrusted to their care.
    - Maintaining an adequate level of discipline on his or her team.
    - The conduct and control of their team's fans and spectators.
    - Ensuring minimum playing time is met for all players.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the individual will be removed from the sideline.
- Should head coaches and/or their assistant coaches violate any Rahll Activity Center playing rules or directives, they may be subject to disciplinary actions.
- In the age 4 – 2nd grade divisions, one coach may be on the field, but may not enter the goal area. Please stay out of the way of play.

CODE OF CONDUCT

- The code of conduct applies to participants, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Rahll Activity Center event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Rahll Activity Center event.
- No firearms or weapons will be permitted at any Rahll Activity Center event.

AT ANY TIME, AT THE SOLE DISCRETION OF RAHLL ACTIVITY CENTER, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.

CONCUSSION PROTOCOL

- In the event that an injury occurs during a Rahll Activity Center sponsored activity, and where a possible head injury is involved, the Rahll Activity Center office should be notified immediately.
- Generally, our paid officials will contact our General Manager, should an event of
- this nature occurs.
- Rahll Activity Center will require a "Permission To Return" document from a licensed, medically-trained professional, before allowing the player to participate in future scheduled activities.
- If you have any questions about this policy, please contact our office at 806-244-3722.