



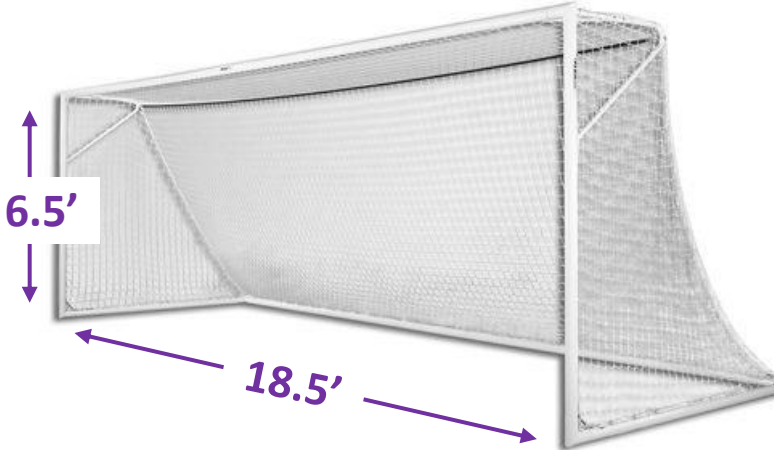
**Rec 15U-19U Coed**  
Modified Laws of the Game  
**Fall 2020**

# Northshore Recreational Soccer League



- 15U-19U teams compete in NRSL.
- Some guidance in this doc applies specifically to Coquille and it may be slightly different at other parks.
- Coaches must contact opposing coaches prior to each game to confirm team attendance, uniform colors, etc.

# Law 1 – The Field



# Law 2 – The Ball



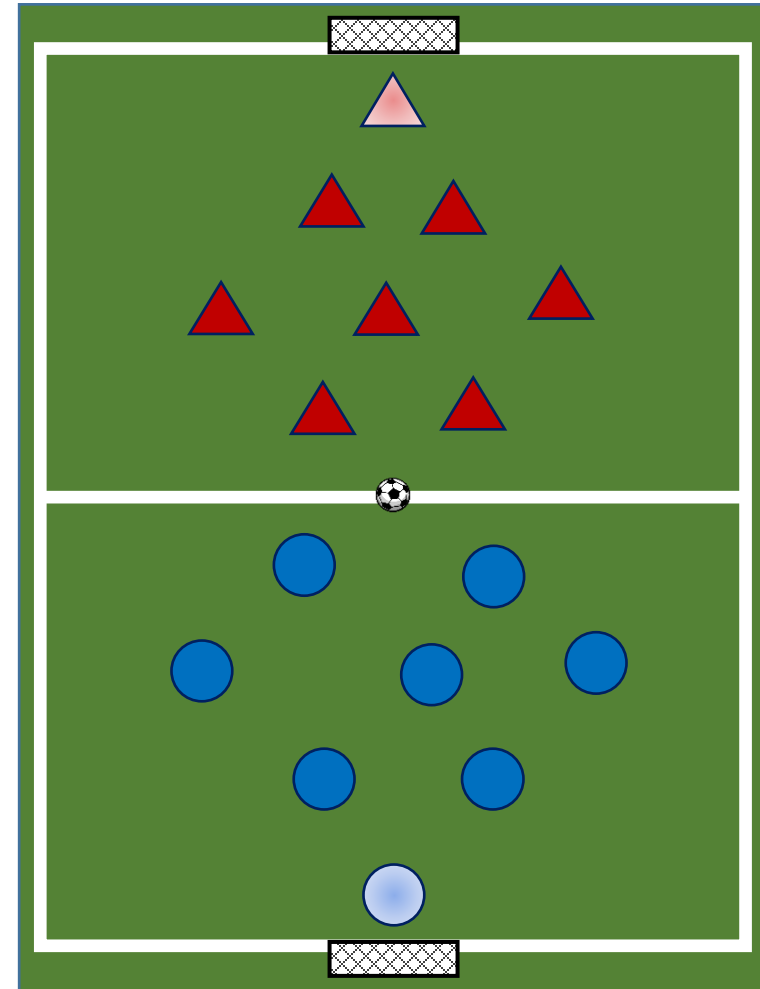
- Size 5
- Properly inflated (8.5lbs)
- Home Team Supplies



# Law 3 – The Players



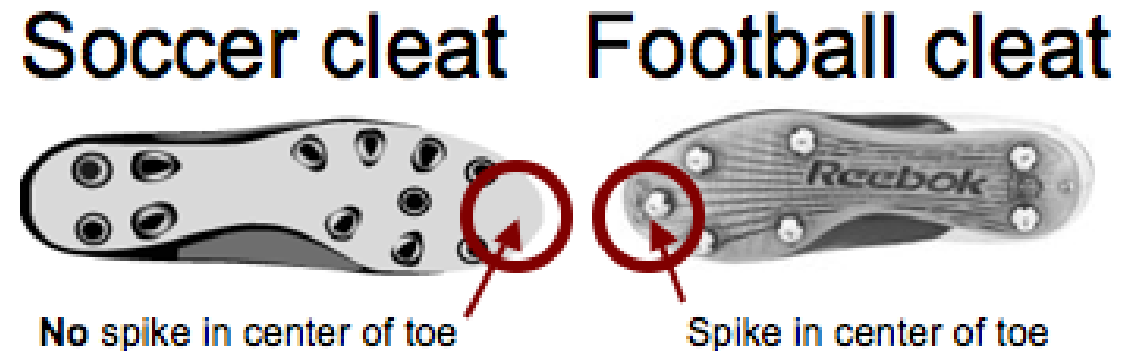
- 8v8
- Max # on Field: 8
- Min # to Start Game: 5
- Includes Goal Keeper
- Substitutions
  - Only when the referee allows (stoppages in play – Ref's discretion)
  - Notify ref you want to sub
  - Subbing player must be standing outside the touch line at the half line.



# Law 4 – The Players Equipment



- Home Games – Green Jersey
- Away Games – Grey Jersey
  - Always bring both to change for a color conflict.
- Shin Guards (fully covered by socks)
- Soccer Cleats
  - No Metal Cleats
  - No Football or Baseball Cleats
- No Jewelry
  - Including earrings



# Law 5 – The Referee



- The club will try to assign a full crew of referees.
  - Be patient and don't hound referees.
- If a referee is not available, team Coaches or parents act as Referees
  - 1<sup>st</sup> Half – Home Team Coach is Ref
  - 2<sup>nd</sup> Half – Away Team Coach is Ref
  - If both teams agree, one team coach may act as ref for entire game
- Required Items:
  - A whistle
  - A watch
  - A good sense of humor
- Player Safety #1 Job
  - Field Safety & Player Equipment Checks



# Law 7 – The Duration of the Game



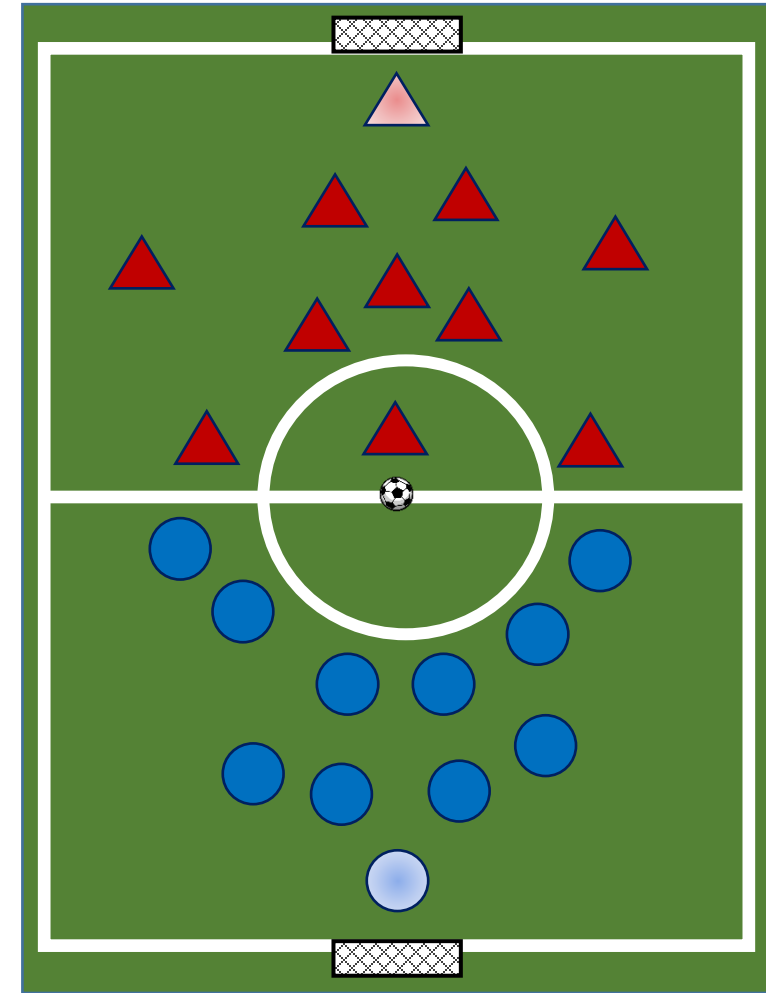
<p><b>1<sup>st</sup> Half</b> 35:00</p>	<p>Half Time 10:00</p>	<p><b>2<sup>nd</sup> Half</b> 35:00</p>
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# Law 8 – The Start & Restart of Play



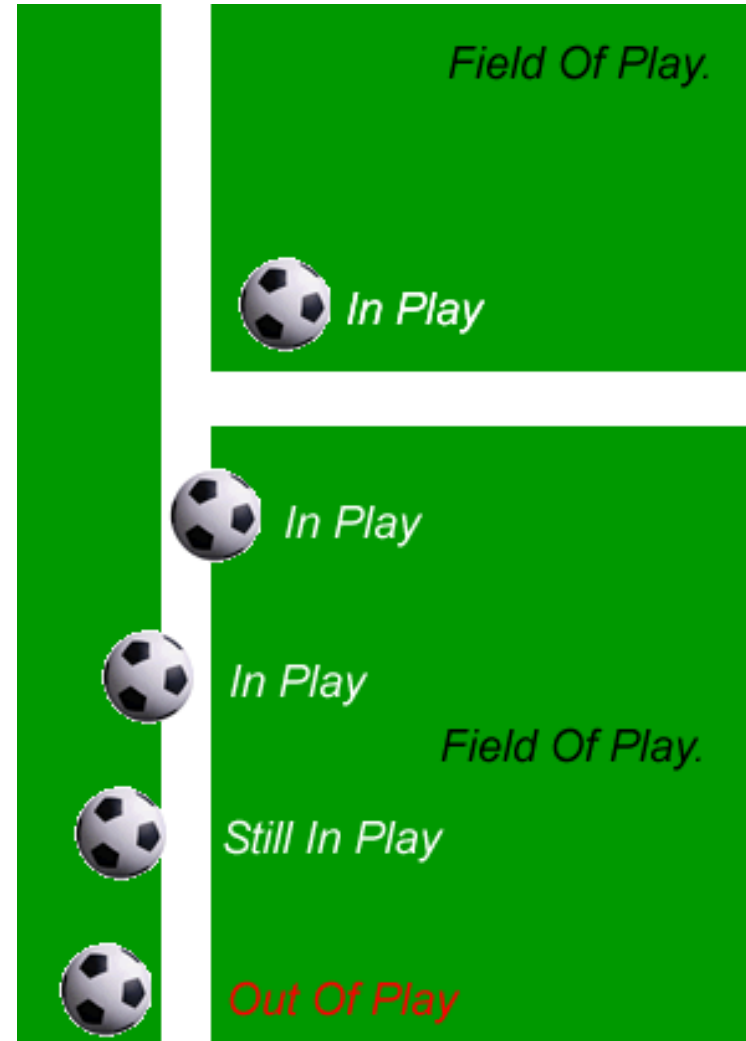
- Kickoff
  - Start the game with a kickoff from the half line (mid-field)
  - Attacking team may line up on (or behind) the half line.
  - Defending team must be behind half line, outside center circle.
  - Ref sounds whistle to start play.
  - Ball can be played in any direction from kickoff.
  - Kickoffs are 1-touch only.
    - The player taking kickoff can not touch the ball a 2<sup>nd</sup> time until another play has touched the ball.
  - Can score a goal directly from a kickoff.
  - After a goal is scored, use a kickoff to restart play.
    - The team that surrendered the goal takes the kickoff.



# Law 9 – Ball In and Out of Play



- Ball is out of play when:
  - It has entirely crossed the goal line or touch line
    - on the ground or in the air
  - When the referee stops the game (e.g. for a foul)



# Law 11 – Offside

- For an explanation of offside, watch [this video](#)



# Law 12 – Fouls & Misconduct

- Follow FIFA law at this age





# US. Soccer's Concussion Initiative

- If a player is suspected to have a head injury, the referee must stop play to allow for treatment/evaluation.
- The player with the suspected head injury may not return to the game until cleared by:
  - a Health Care Professional
  - or a Certified Athletic Trainer
- The referee can end the game if any coach or parent insists on returning the player without approved clearance.

# Law 13 – Free Kicks



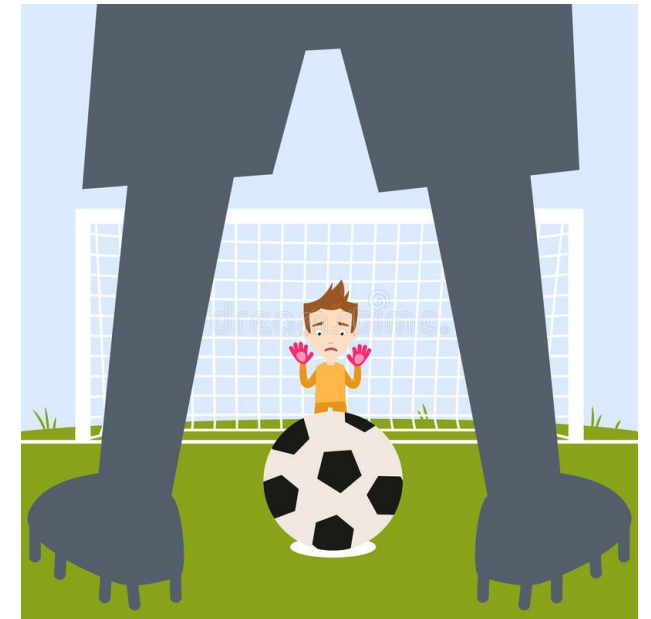
- Defenders must be at least 10 yards from the ball.
- Ball must be at least 8 yards from goal.
- Can not score a goal directly from an IFK
  - 2<sup>nd</sup> player must touch the ball before scoring.
- 1-touch rule – like the Kickoff



# Law 14 – The Penalty Kick



- A foul committed in the penalty box, by the defending team, results in a Penalty Kick for the attacking team.





# Law 15 – Throw-Ins



- If ball goes out of play over the touchline (side line), restart with a throw-in
- At the moment of delivering the ball, the thrower:
  - faces the field
  - has part of each foot on the touchline or on the ground outside the touchline
  - uses both hands
  - delivers the ball from behind and over his head
- Opponents must stand at least 3 yds from ball
- Can't score a goal directly from a throw-in
  - Ball in the net results in a goal kick for the opposing team.

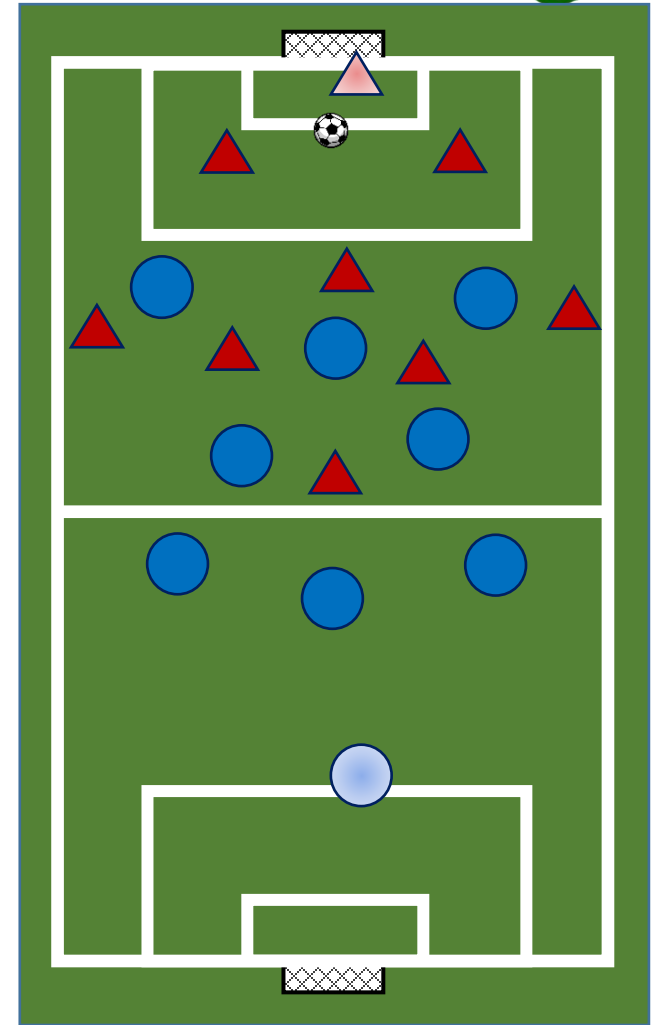




# Law 16 – The Goal Kick



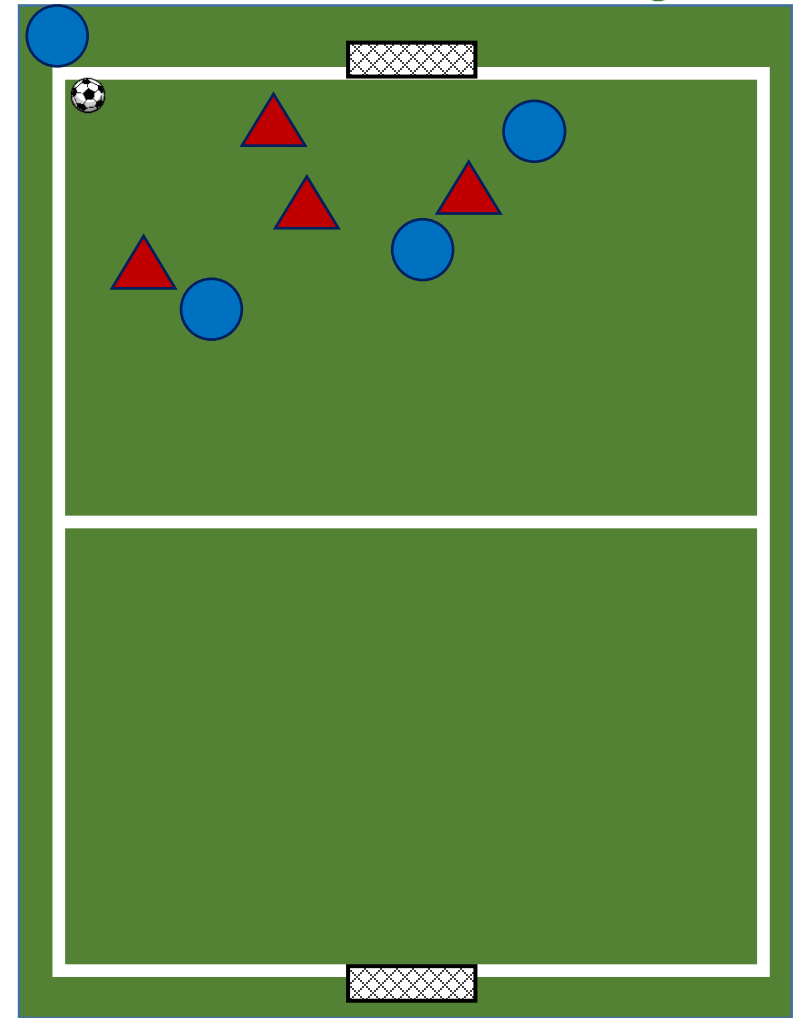
- Goal Kick awarded if:
  - Ball goes out of play over the goal line
  - and was last touched by the *attacking* team
- Goal Kick taken from anywhere in the goal box
- All opposing team players must move outside the penalty area and can not enter the penalty area until ball is put in play by the keeper.



# Law 17 – The Corner Kick



- Corner Kick awarded if:
  - Ball goes out of play over the goal line
  - and was last touched by the *defending* team
- Kick taken from the corner of the field nearest where ball crossed the goal line.
  - 1-touch rule like the Kickoff
- Opposing players:
  - must be 3 yards from the ball



# Ending the Game

- Coach/Ref sounds the whistle 3x
- Teams line up and shake hands

