

Specific Rules of Play
PSAA SOCCER RULES AND REGULATIONS (as of June 2025)

FAIR PLAY

- Coaches** need to make certain that their players, assistants, and players' parents also respect the decisions made by the on field umpires.
- Comments** made from the sideline should be positive, constructive, and encouraging.
- Comments** by players on the field should be positive and encouraging and relating to the play.
- **We are expecting** that everyone will use appropriate, non-threatening, cordial language, and will speak in a tone and manner that is non-confrontational nor condescending.
- **Players** are not to shout/scream in a manner to unsettle a player in order to gain an advantage.

- Referees** will address the players and coaches cordially. They will know these rules and will apply them fairly. They will attempt to maintain a good position on the field in order to make the proper call.

- Coaches** need to be supportive of the calls that the referee makes. The key is that the referee makes consistent calls. If an official needs to be corrected about a rule, both coaches of the teams playing must be in agreement that an error in the understanding of the rule needs to be corrected and may together bring this to the official's attention. This is not about whether you agree or not regarding who gets called out, or whether a foul or violation should have been called or not.
- Following the game**, this information should be directed to the tournament convenor to make certain the correction made was accurate.

Remember, we should model the behaviour we expect.



1. EQUIPMENT

1.1 Uniforms

- a) Brings bibs/pinnies in case of duplication in shirt/jersey color.
- b) Standard numbered shirt is a necessity.
- c) Players **MUST** wear shin guards with socks.

1.2 Players

- a) Cleats are allowed, but must be rubber, molded soles. No screw in cleats. Inspections must be made prior to the game.

1.3 Balls

- a) U-12 to use size 4 soccer balls
- b) U-14 to use size 5 soccer balls

1.4 Dimensions

- a) Length of field is as follows: 35 – 50 Yards
- b) Goal crease is as follows: 18– 9 Yards
- c) Penalty mark is as follows: 8 Yard
- d) Nets are as follows: 12 – 6.6 Feet

2. ROUND ROBIN PLAY

2.1 Time:

- a) Game length is 25 minutes running time

***NOTE:** there will be an official clock for all the games to start and end. This is different from regular soccer matches where the ref may add on 1, 3, or 5 minutes to a match or not call the game as the play is developing. Due to our time constraints, **ALL MATCHES** are to start and end based on the official score clock.

2.2 Positions:

- a) A maximum of 7 players are on the field at a time.

***NOTE:** this would mean 1 goal- keeper and 6 position players.

- b) Substitution is unlimited. You **CAN CHANGE ON THE FLY/RUN**. [Amd June 2019]

2.3 Calls: Offside

- a) There are **NO** offside. The only time that players need to be on-side is during the kickoff @ half at the start of the game and after every goal scored.

2.4 Calls: Kickoff

- a) Players may either start the kickoff with a forward, side, or back pass. **[cannot shoot ball directly into net - must begin with a pass.]**

2.5 Calls: Slide tackling

- a) Slide tackles are **NOT** permitted.

2.6 Calls: Handball

- a) If the arm/hand of the player moves intentionally and makes contact with the ball, a handball is called, and a direct free kick is given. Even if the handball is not considered intentional, if it results in a player gaining an advantage as a result of the act, the play should be called and a direct free kick awarded.
- b) If the handball is in the crease, a penalty shot will be called.

***NOTE:** In the girls' division, girls may use their arms pressed up against the front of their upper body to protect themselves without being called for a hand ball.

2.7 Calls: Free kicks

- a) Should the goalkeeper play the ball with his/her hands, he/she will have approximately 5 seconds to play the ball. If this is not respected, an indirect free kick is called.
- b) Should the goalkeeper reach outside the box to pick up the ball despite having their feet inside the crease. A free kick from the spot the ball was touched – which is outside the box.

***NOTE:** any indirect free kick must touch any other player prior to entering the net to be declared a goal.]

- c) Foot passes played back to the keeper may not be played by the keeper's hands. If so, an indirect free kick results. **[a ball that deflects off a defender's foot is not to be considered a foot pass to the keeper.]**
- d) Balls that are out of play on the sideline result in an indirect free kick **[kick-in instead of a throw-in with a 5m distance by the opposing team from the spot of the ball.]**

2.8 Calls: Penalty shot

- a) Any irregularities **[obstruction, holding, dangerous play, tripping, hand ball]** committed by a member of the defensive team in the crease area will result in a penalty shot from the marked area

3. PLAYOFF QUALIFIERS

- 3 points for a win; 1 point for a tie
- Always keep track of scores for tie-breaking purposes.

*** Should a team demonstrate superior play, it is not necessary to convey that**

information on the scoreboard (at the convenor's discretion).

a) Tie breaking procedure for playoff seeding:

Should teams tie in the round robin standings and this has an impact on which teams are to advance to the playoff round,

Tie Breaking Format:

- i. result of head to head competition between the tied teams.
- ii. if still tied, fewest goals against in head to head competition between tied teams.
- iii. if still tied, goal differential in head to head competition between tied teams.
- iv. if still tied, fewest goals against in all games
- v. if still tied, goal differential using all games in that tournament

4. PLAYOFFS

If there is a tie at the end of regulation, the following will be used to break the tie:

- a) Immediately play an additional 3 minutes of golden goal time of 5 on 5 soccer - playing with 4 players out and a keeper **[2 less than during the regular time]**.

***NOTE:** Teams need to be prepared to get their starting players on the field of play immediately at the conclusion of the regulation time. **[there is no time provided for motivational speeches, discuss tactics, or delaying time to allow your players to rest. Pull off two players/ make line-up changes within 30 seconds of the end of regulation time.]**

- b) No goal in extra 3 minutes: teams will use the shootout format outlined. Shootout Playoff shootout: Any 3 players from a team's roster may be used for the shootout. **[Max of 6 shots]**.

COMMITMENT

- Teams are expected to remain on site for all scheduled matches.
- Each Coach is asked to bring his/her own First Aid Kit.

We are all responsible for leaving Pine Glen clean. Please make certain that garbage is disposed of in the appropriate receptacles throughout the day and not left to the end of day clean-up. Make certain your team picks up after itself.