

## Pleasure Island Soccer Association Recreation League Rules

**SMOKING, TOBACCO, ALCOHOL, DOGS** are ***strictly prohibited*** on the playing fields at any time. This is a county ordinance and PISA rule for the safety and environmentally clean field.

**Uniforms:** Players are required to wear uniforms as provided by PISA with the following exceptions:

A. They may wear long pants and long-sleeved shorts under jersey in cold weather,  
B. Goalkeepers must wear designated shirts or other distinguishing shirt to show they are the goalkeeper.

- 1) Shin-guards are mandatory for all matches and practices where contact with other players may be involved.
- 2) Hair clips, watches, jewelry and other articles may not be worn by any players during matches of practice.
- 3) Protective eyewear is strongly recommended in place of eye glasses.
- 4) Players must wear rubber knobbed cleats or other shoes with rubber soles; no metal spikes.

**Officiating:** Games shall be officiated according to the rules of the International de Football Association (FIFA), providing there is no PISA rule to the contrary. PISA & Age Group specific rules will supersede rules by any other organization or publication.

**Referee judgments** on the field will not be reversed and are not subject to appeal. However, concerns about coaches, referees, parents or players, are encouraged to contact ([PISA](#)).

**Improper conduct** (foul language, intimidating/aggressive behavior) on the part of any player, parent, spectator, or coach will not be tolerated and can result in action being taken against the entire team; including forfeiture of the game and/or suspension/ dismissal of players, parents, spectators, and/or coaches. Any person confronting a referee, other parent, spectator, coach, or player that can be deemed to pose aggression or threat will not be tolerated, and will result in dismissal of that person from the field. Repeat offenses can result in dismissal of that person from the next scheduled game or the remainder of the season. Any player, coach, parent, or spectator receiving a red card must leave the field complex immediately, and will be suspended for the next scheduled game; any subsequent cards will result in suspension from the field for the remainder of the season. Any player, coach, parent, or spectator receiving 2 yellow cards during the regular season will be suspended from the next scheduled game, including tournament play, as it is the same as 1 red card.

**Coaches:** Are responsible for the conduct of their team (players & parents) while on the sideline during the game. Coaches must be present at all times during practice and games, making sure all players have left the practice & games prior to departing the fields. Do not leave players at the field alone at any time. Coaches must remain on sidelines between the half-field line and the 18 yard line.

**Spectators:** Are not allowed behind the end-line and goals due to distraction. Must remain on sidelines between the half-field line and the 18 yard line. Are subject to the same expectations/rules of conduct as coaches & players.

**Players:** **There is no slide tackling in any age group.** Players leaving their feet posing a dangerous condition to other players will receive a Yellow card (first offense), second is Red. Players may not hang-on, or play on the goals or nets. Players violating this rule may be dismissed from the next scheduled game, similar to a red card.

**Play Time:** All players making at least one practice per week are required to play a minimum period of time equal to one half of each game. Players not making at least one practice per week are required to play a minimum period of time equal to one quarter of each game. At no time shall a player play less than one quarter of each game, unless: 1) At the request of the player, parent or guardian, 2) The coach notifies and gives reasonable justification to the player, the parent/guardian, 3) The player receives an injury or becomes sick, 4) The player receives a red card in the previous game.

Failure to comply with minimum Play Time rule will result in forfeiture of that game.

**Required Number of Players:** The minimum number of players required to be present for the match to start must be on the field no later than ten (10) minutes past the scheduled game time or start time for that match. Otherwise, that game will be recorded as a forfeit. A team starting a game with less than the normal number of players, may add players at any time during the game provided they are called onto the field by the referee. The opposing team is not required to "play-down" to less than the normal number of players, however it is considered a courtesy. Unlimited number of substitutions are allowed during goal kicks, during half-time, after a goal is scored, and when the team requesting the substitution has a throw-in.

#### **U4 Division Guidelines:**

- 1) 4 players per team on the field. A minimum of 3 players are required to start a game.
- 2) A "goal keeper", may NOT use hands; and any player may keep the ball from entering their own goal.
- 3) Ball size is #3, goals are 3ft high and 6ft wide, field size is 10-15yds wide by 20-25 yds long.
- 4) No direct kicks or penalty kicks, no "off-sides".
- 5) Game duration is four equal 8 minute quarters, a 2 minute water-break between quarters, 5 minutes at half.
- 6) One coach per team is allowed on the field of play for instruction, keep time, and help keep the game moving.
- 7) No competitive scoring record will be kept.

#### **U5 Division Guidelines:**

1. 4 players on the field. Minimum of 3 players are required to start a game.
2. A "goal keeper", may NOT use hands; and any player may keep the ball from entering their own goal.
3. Ball size is #3, goals are 3ft high and 6ft wide, field size is 20-30yds wide by 30-40 yds long.
4. No direct kicks or penalty kicks, no "off-sides".
5. Game duration is four equal 10 minute quarters, a 2 minute water-break between quarters, 5 minutes at half.
6. One coach per team is allowed on the field for instruction, keep time, and help keep game moving.

#### **U6 Division Guidelines:**

1. 5 players on the field. Minimum of 3 players are required to start a game.
2. A "goal keeper", may use hands; and any player may keep the ball from entering their own goal.
3. Ball size is #3, goals are 4ft high and 8ft wide, field size is 20-30yds wide by 30-40 yds long.
4. No direct kicks or penalty kicks, no "off-sides".
5. Game duration is four equal 10 minute quarters, a 2 minute water-break between quarters, 5 minutes at half.
6. One coach per team is allowed behind their own goalkeeper for instruction; NOT on the field.

#### **U7 Division Guidelines:**

1. **GIRLS:** 6 players on the field (5 plus keeper). Minimum of 4 players are required to start a game.
2. **BOYS:** 7 players on the field (6 plus keeper). Minimum 4 players are required to start the game.
3. There is a designated goalkeeper, keeper may use hands.
4. Ball size is #4, goals are 6ft high and 12ft wide, field size is 20-30yds wide by 30-40 yds long.
5. No direct kicks or penalty kicks, no "off-sides".
6. Game duration is four equal 12 minute quarters, 1 minute water-break between quarters, 5 minutes at half.
7. One coach per team is allowed behind their own goalkeeper for instruction; NOT on the field.

#### **U8 Division Guidelines:**

1. 7 players on the field (6 plus keeper). Minimum of 4 players are required to start a game.
2. There is a designated goalkeeper, keeper may use hands.
3. Ball size is #4, goals are 6ft high and 12ft wide, field size is 30yds wide by 40 yds long.
4. No direct kicks or penalty kicks, no "off-sides".
5. Game duration shall be 2 equal 25 minute halves, with 5 minute break at half.
6. NO coach is allowed behind goalkeeper for instruction.

### **U9 Division Guidelines:**

1. 7 players on the field (6 plus keeper). Unless one team only has 7 players; then format is 6v6 to allow for minimum 1 sub. Minimum of 4 players are required to start a game.
2. There is a designated goalkeeper, keeper may use hands.
3. Ball size is #4, goals are 6ft high and 18ft wide, field size is 35yds wide by 50 yds long.
4. No direct kicks or penalty kicks, no "off-sides".
5. Game duration shall be 2 equal 25 minute halves, with 5 minute break at half.
6. NO coach is allowed behind goalkeeper for instruction.

### **U10 Division Guidelines:**

1. 7 players on the field (6 plus keeper). Unless one team only has 7 players; then format is 6v6 to allow for minimum 1 sub. Minimum of 4 players are required to start a game.
2. There is a designated goalkeeper, keeper may use hands.
3. Ball size is #4, goals are 6ft high and 18ft wide, field size is 35yds wide by 50 yds long.
4. DIRECT KICKS and penalty kicks are called; however still no "off-sides".
5. Game duration shall be 2 equal 25 minute halves, with 5 minute break at half.
6. NO coach is allowed behind goalkeeper for instruction.

### **U12 Division Guidelines:**

1. 9 players per team on the field, unless only 9 players are present; then 8 players per team to allow for minimum 1 sub. A minimum of 5 players are required to start a game.
2. Ball size is #4, goals are 7 feet high and 18 feet wide, field size is 40yds wide and 70yds long.
3. Off-sides will be called. There are direct and penalty kicks allowed.
4. Game duration shall be two equal 30 minute halves with a 5 minute break at half.

### **U14 Division Guidelines:**

1. 11v11 players per team on the field. A minimum of 8 players are required to start a game.
2. Ball size is #5, goals are 8 feet high and 24 feet wide, field size is 50 yds wide and 100 yds long.
3. Off-sides will be called. There are direct and penalty kicks allowed.
4. Game duration shall be two equal 30 minute halves with a 5 minute break at half.

### **U15–U18 Division Guidelines:**

5. 11v11 players per team on the field. A minimum of 8 players are required to start a game.
6. Ball size is #5, goals are 8 feet high and 24 feet wide, field size is 50 yds wide and 100 yds long.
7. Off-sides will be called. There are direct and penalty kicks allowed.
8. Game duration shall be two equal 30 minute halves with a 5 minute break at half.

**Scores & Team Standings:** Scoring for position in standings for Age group 5 and above: Win = 3Pts. Tie = 1 Pt. Loss = 0 Pt. Forfeit = 0 Pts. Bonus points: Max of 3 pts per game for goals. Teams with the same number of Game Points, using the scoring method above, shall determine their place by head-to-head. In the event of a tie, then Total Points, then goal scoring differential (points scored minus points allowed) for each game. If still tied, then goals for, then least goals allowed, then # total shut-outs. The maximum goal differential allowed for each game is 3 pts, regardless of actual number of goals. (*Example: A victory of 6-1 will give a team 3 bonus points*). Therefore, "Running-up" the score will NOT increase points and is strongly discouraged whenever avoidable. Passing, shifting players around, pulling players out are some alternatives.

**Good-Sportsmanship Rule:** The purpose of this rule is to encourage good sportsmanship and to keep one team from out-scoring their opponent to the extent it is considered unsportsmanlike. The maximum goal differential allowed for each team before a penalty is imposed is 5 goals. For each goal scored beyond a 5 goal differential, a "Goal Point" will be subtracted from the winning team's goal points. Example: a score of 6-0 will result in 1 Goal Point being taken away from the maximum of 3 points they would have obtained if the score was 5-0. A score of 8-0 will give the winning team 3 Game Points and 0 Goal Points. **\*A team that scores a differential of 10 or more goals in one game will result in Forfeiture of that game due to unsportsmanlike conduct, and full game points will be awarded instead to the opposing team.**

**Tournament Overtime & Tie-break Rules-** If a tournament game is tied after regulation time, two equal 5 minute halves will be played until a goal is scored declaring the winner (Golden Goal). If the score remains tied after the two overtime periods, proceed to shoot-out. Best of 5 goals wins the game. If still tied, continue with shoot-out with 5 different players, Golden Goal applies shooting 1 and 1 for each team.