

Pleasure Island Soccer Association Recreation League Rules

- NO SMOKING,
- NO TOBACCO,
- NO ALCOHOL,
- NO DOGS

Are permitted within the fenced playing areas at any time. This is a county ordinance and as well as a PISA rule for the safety, comfort, and health of all during practices and games. Smoking in an adjacent area or parking lot in which the smoke is interfering with/affecting players, spectators, coaches or referees on the field is also not permitted.

Uniforms:

Shin-guards are mandatory for all matches and practices where contact with other players may be involved.

Hair clips, watches, jewelry and other articles may not be worn by any players during matches of practice.

Protective eyewear is strongly recommended in place of eye glasses.

Soft and Hard casts must be fully-wrapped with soft material and allowed only with referee approval.

Players must wear either rubber knobbed cleats or sneakers with rubber soles; no metal spikes are allowed.

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

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

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. ONLY the designated team coach may approach referees about calls. Any concerns about referees, coaches, parents or players, are asked 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, creating a hostile or unwelcome environment 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 remain on sidelines between the half-field line and the defensive box line. Coaches are allowed to select just one other asst coach to be with them on the sideline to help. Head coach is responsible for all actions of the asst coach and they are required to complete COACH OF CONDUCT FORM to be on the coach side. 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. Only the head coach may approach referee during/after games to question calls or ask for clarification.

Spectators:

Must remain on sidelines on their designated side. No spectators are allowed behind the end-line and goals due to distraction of the keepers. Spectators are subject to the same expectations/rules of conduct as coaches & players. Any actions, either physical or verbal, that create a distraction to the extent it is disrupting the players, referees, or other spectators and taking away from the enjoyment of the game will not be tolerated and will be asked to leave the field.

Players:

There is absolutely no slide tackling in any age group. Players leaving their feet which at the discretion of the referee poses 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. Shin guards are required to play in a game. There is NO "heading" of the ball in age divisions U12 and younger (6th grade). Heading is allowed age divisions U14 (7th grade) and above.

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 can result in forfeiture of that game if the coach knowingly refuses to adhere to the rule.

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. So long as the minimum number of required players are available to start/play a game, the team with the majority of players may "play-down" (but is not obligated to) at the request of the opposing coach to the extent which allows the team with the fewest number of players to have at least one player to be used as a substitution. This will ensure both teams play with the equal number of players on the field and have at least one substitution available. 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. Players must stand at half-field line and wait for referee to allow entry.

Pre-K Age 3 Division Guidelines:

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

Pre-K Age 4 Division Guidelines:

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

Kindergarten Division Guidelines:

- 5 players per team on the field. A minimum of 4 players are required to start a game.
- A "goal keeper", may NOT use hands; but any player may keep the ball from entering their own goal.
- Ball size is #3, goals are 4ft high and 8ft wide,
- Field size is 20-30yds wide by 30-40 yds long.

- No direct kicks or penalty kicks, no "off-sides".
- Game duration is four, equal 10-minute quarters (2-minute water-break between quarters, 5 minutes at half).
- One coach per team is allowed on the field of play for instruction, keep time, and help keep the game moving.
- No competitive scoring record will be kept.
- No Heading the ball

1st Grade Division Guidelines:

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

2nd Grade Division Guidelines:

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

3rd Grade Division Guidelines:

- **8** players *(**new change Spring 2020**) **Boys & Girls**. Minimum of 7 players are required to start a game.
- Ball size is #4, goals are 6ft high and 18ft wide, field size is @35yds wide by 55-60 yds long.
- No direct kicks, no penalty kicks, no "off-sides".
- Game duration shall be 2, equal 25-minute halves, with 5-minute break at half.
- NO coach is allowed behind goalkeeper
- Scoring record will be kept.
- No Heading the ball

4th Grade Division Guidelines:

- **BOYS: 8** players *(**new change for Spring 2020**). Minimum of 7 players are required to start a game.
- **GIRLS: 7** players on the field (6 plus keeper). Minimum of 6 players are required to start a game.
- Ball size is #4, goals are 6ft high and 18ft wide, field size is @35yds wide by 55-60 yds long
- DIRECT KICKS and penalty kicks are called;
- NO "off-sides".
- Game duration shall be 2, equal 25-minute halves, with 5-minute break at half.
- NO coach is allowed behind goalkeeper for instruction.
- Scoring record will be kept.
- No Heading the ball

5th Grade Division Guidelines:

- 9 players 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.
- Ball size is #4, goals are 7 feet high and 18 feet wide, field size is 40yds wide and 70yds long.
- DIRECT KICKS and penalty kicks are called.
- Off-sides will be called.
- Game duration shall be 2, equal 30-minute halves with a 5-minute break at half.
- **NO** Heading the ball

6th Grade Division Guidelines:

- 9 players on the field (unless only 9 players are present; then 8 players per team to allow for at least 1 sub). A minimum of 8 players are required to start a game.
- Ball size is #4, goals are 7 feet high and 21 feet wide, field size is @40yds wide and 70yds long.
- Game duration shall be 2, equal 30-minute halves with a 5-minute break at half.
- DIRECT KICKS and penalty kicks are called.
- Off-sides will be called.
- **NO** Heading the ball

7th-8th Grade Division Guidelines:

- 11 players on the field with minimum of 10 players are required to start a game.
- Ball size is #5, goals are 8 feet high and 24 feet wide, field size is 50 yds wide and 100 yds long.
- DIRECT KICKS and penalty kicks are called.
- Off-sides will be called.
- **Headers are allowed**
- Game duration shall be 2, equal 30-minute halves with a 5-minute break at half.

High School Division Guidelines:

- 11 players on the field with minimum of 10 players are required to start a game.
- Ball size is #5, goals are 8 feet high and 24 feet wide, field size is 50 yds wide and 100 yds long.
- DIRECT KICKS and penalty kicks are called.
- Off-sides will be called.
- **Headers are allowed**
- Game duration shall be 2, equal 30-minute halves with a 5-minute break at half.

Scores & Team Standings:

Scoring for position in standings for 1st Grade and higher.

Game Points: Win = 3Pts. Tie = 1 Pt. Loss = 0 Pt. Forfeit = 0 Pts.

Goal 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 discourage 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 begin to also lose "Game Points" as well. A 10-goal differential = subtract 1 game point, 11 goal = subtract 2, 12 goal = subtract 3 game points; resulting in a 0-0 tie. ***If scoring 14 goal differential or higher, that team will forfeit the 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 unless a goal is scored by declaring the winner (Golden Goal). If no goal is scored after the two overtime periods have been played, then proceed to shoot-out. The best of 5 goals during the shootout wins the game. If score is still tied after completion of the first round of shoot-out, continue with shoot-out with 5 different players, Golden Goal applies shooting 1 and 1 for each team.