



Arlington Soccer
POLICIES &
PLAYING RULES

High School Soccer
GROUPS

Edited April 2023



HIGH SCHOOL SOCCER

Eligibility

As a member of VYSA and USYS, Arlington Soccer is required to limit participation in our programs to youth players who meet the VYSA/USYS definition of U19 for the duration of the fall/spring joint season. For example, in the 2019-2020 season, a player would have to be born in 2001 or later to participate.

Philosophies & Additional Instructions

TEAM ROSTER SIZE

- Arlington Soccer recommends that teams are formed with 18-20 players. With eleven (11) players on the field, that would provide at least seven (7) substitutes for each game.
- A player may only play in an Arlington Soccer sanctioned league game if that player is registered with Arlington Soccer and is on the team's official roster.

RUNAWAY GAMES

- There is no mandatory adjustment required for games that become lopsided. However, it is recommended, in the spirit of the game, for the coach of the winning team to make some modifications to allow for a more even contest. The winning team may remove a player or two, remove the stronger players, or play with fewer players in attack to balance the game.

TEAMS AND SPECTATOR SEATING

- Teams will set up on the same side of the field, separated by the halfway line, while the parents/spectators will be on the opposite sideline from the teams. Under no circumstances will teams or spectators be allowed to be on the sidelines in the space between the top of the penalty box to the endline, as well as behind the goals.
- All instructions from team coaches must be done from inside the team's area, which extends from the halfway line, to the top of the penalty box.

SCORE REPORTING

- Coaches will report game scores using the established procedures for the Arlington Soccer recreational league. This process will be communicated prior to each season.

PROFANITY

- Under no circumstances will any coach use profanity or physically or psychologically abuse any other person.

GOOD OF SOCCER

- Opposing parent/coaches and players should shake hands after each game.
- For the purpose of fostering the good of soccer and the development of all players; all field players will play a roughly equal amount as all other field players in every scheduled game. Any disciplinary issues, for which a coach may wish to restrict playing time below what would be considered equal playing time, must be discussed and approved in advance with the Arlington Soccer Recreation Commissioner.

AREA CLEAN UP

- All teams shall be responsible for maintaining field areas in a clean and neat appearance, disposing of all trash prior to leaving the field.

The following rules of play apply to all games and scrimmages for the Arlington Soccer Recreational League. The Laws of the Game as authorized by the International Federation of Association Football (F.I.F.A.) and the United States Soccer Federation (U.S.S.F.) shall apply in all cases except as follows:

LAW 1 FIELD OF PLAY

- The field of play is rectangular, its length being no more than 120 yards or less than 100 yards and its width not more than 75 yards or less than 55 yards. The length in all cases shall exceed the width. Field size may vary.
- Goals are set in place at the center of each endline. Goals are 8 feet tall and 24 feet wide.
- The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of ten (10) yards is marked around it.
- A Goal Area is marked six (6) yards from each goal post and six (6) yards into the field of play, joined by a line drawn parallel with the endline.
- A Penalty Area is marked eighteen (18) yards from each goal post and eighteen (18) yards into the field of play, joined by a line drawn parallel with the endline. The area bounded by these lines and the endline is the penalty area. A penalty mark is made twelve (12) yards out from the midpoint between the goalposts. An arc of a circle with a radius of ten (10) yards from each penalty mark is drawn outside the penalty area.

LAW 2 THE BALL

- The HS Soccer Program uses a Size 5 ball.

LAW 3 NUMBER OF PLAYERS

- For games, each team will have eleven (11) players on the field, one (1) which must be designated as a goalkeeper.
- A minimum of seven (7) players must be on the field to start, or play, the game. A team with fewer than seven (7) players will not be allowed to begin, or continue to play, the game; unless approved by the game

referee(s).

- Unlimited substitutions are allowed at the following times, with permission of the referee:
 - At the halftime or quarter breaks
 - After a goal is scored
 - When the ball crosses the end line
 - On throw-ins.
 - When a player is injured. If the referee stops the game, both teams may make substitutions.
- The player going out must be completely off the field before a new player can enter.
- Referees will allow for a 10-minute grace period to allow a team to get up to the minimum number of players to start a game and avoid a forfeit.

LAW 4 PLAYERS' EQUIPMENT

- Shin guards are mandatory for all players. Shin guards must be covered by the sock; or be built into the sock.
- Players of teams participating in Association competition are required to wear matching shirts.
- Proper soccer shoes in conformity with the official lawful standard are the only acceptable soccer shoes. Sneakers may be worn, but no hard-soled street shoes are permitted.
- The "home team" according to the schedule must change its uniform colors if they conflict with the "away team" colors.

LAW 5 REFEREES

- All games are officiated by a three-person referee crew, unless otherwise authorized by Arlington Soccer.
- If the assigned referee(s) fails to appear within ten minutes after scheduled game time, the teams may appoint a substitute referee by mutual agreement. Such appointment of a substitute referee shall be binding for the game. Should the assigned referee appear after a substitute has been assigned, the teams should allow the referee to officiate the game.
- All Arlington Soccer coaches, players and adult spectators must recognize the referees as the sole authority over the game. As specified under the F.I.F.A. Laws, maintaining respect for the referee is of vital importance to successful youth soccer. Behavior which falls below this standard of respect and interferes with the referee's ability to officiate will not be tolerated. Any incidents will be subject to review and discipline.
- Referees are instructed to stop the game if, in the opinion of the referee, the referee feels a possible injury to a player has occurred. The player involved does not have to fall down or appear injured for the referee to stop the game. If the referee feels an injury to a player may have occurred, the referee will stop the game and call on the team coach to assist the injured player.
- If the referee stops the game and calls the coach on to the field, the coach is expected to speak with, and carefully observe, the player identified or suspected to have sustained any type of injury. The coach should focus his/her attention only to the injured player. It is recommended that the coach be very careful in allowing the player further plays as injury symptoms are often delayed.
- If a referee stops the game due to a possible head injury, that player must leave the field to be evaluated by the coach. If a concussion is suspected, the player may not reenter the game.
- If the referee stops the game due to a player being injured, that player must leave the field of play. At this time, substitutions are allowed by both teams. The injured player, after leaving the field, may return at the next allowable substitution opportunity; or if allowed to return to the field by the referee.

- The exception to the above rule is if the referee stops the game for an injured goalkeeper. After evaluating an injured goalkeeper, the coach may elect to keep the goalkeeper in the game and is not required to make a substitution. In all injury cases, coaches are recommended to err on the side of caution and take a player off the field if an injury is suspected.
- When the apparent temperature is over 90 degrees, a 1-minute running clock break will be given by the referee in the middle of each half (breaking the game into quarters) for players to get water.

LAW 6 ASSISTANT REFEREES

- All games are officiated by a three-person referee crew, unless otherwise authorized by Arlington Soccer.

LAW 7 DURATION OF GAME

- The match is divided into two (2) equal halves of thirty (30) minutes each.
- There is a half-time interval of five (5) minutes.
- Teams will switch ends of the field at half time.

LAW 8 THE START AND RE-START OF PLAY

- The winner of the coin toss gets to choose whether they want to kick off or which goal they wish to attack in the first half. If the winner of the toss chooses to kick off in the first half, the loser chooses which goal to attack, and they get to kick off to start the second half. If the winner of the coin toss chooses which goal to attack in the first half, then they will kick off to start the second half.
- The game begins with the ball being played from the center spot.
- Opposing players must be at least ten (10) yards away.
- A kick-off must move with the initial kick. A player may score directly from a kick-off. The player taking the initial kick cannot touch the ball again until another player has touched it.
- A player may score directly from a kick-off.
- A dropped ball located in the penalty area is dropped uncontested for the goalkeeper. Elsewhere, it is dropped uncontested for a player of the team that last touched the ball at the point where the ball was located when play was stopped. All other players must be at least 4 yards away.

LAW 9 BALL IN AND OUT OF PLAY

- The ball is out of play when it has completely crossed over the sideline or endline; or when the game has been stopped by the game leader.
- A ball going out of play over the side is restarted by a throw-in by the team not playing the ball out of bounds. FIFA rules governing the throw-in are in effect.
- A ball going out of play over the endline is played in either by a goal kick or a corner kick.

LAW 10 METHOD OF SCORING

- The ball must pass completely across goal line between the goal posts and under the crossbar (or the height of the goal posts).

LAW 11 OFFSIDE

- The FIFA offside rule is in effect.

LAW 12 FOULS AND MISCONDUCT

- Conform to FIFA rules, except:

- ARL prohibits slide tackling to challenge for a ball with an opponent. This infraction shall result in a direct free kick awarded to the other team. It will be treated as “kicks or attempts to kick an opponent” or “trips or attempts trip an opponent”. If the action is considered reckless, with excessive force, serious foul play or violent conduct, additional sanctions, up to and including removal from the game, may be warranted.

LAW 13 FREE KICKS

- Conform to FIFA rules

LAW 14 THE PENALTY KICK

- A penalty kick is awarded if there is a foul committed by the defending team inside their penalty area.
- The penalty kick is taken from a mark twelve (12) yards out from the endline, in the center of the goal. All players, other than the designated kicker, must be ten (10) yards away from and behind the ball.

LAW 15 THE THROW-IN

- A ball going out of play over the side is restarted by a throw-in by the team not playing the ball out of bounds. FIFA rules for throw-in are in effect.

LAW 16 THE GOAL KICK

- The defending team takes a goal kick when the attacking team touched the ball last before it went over the end line. The ball may be kicked from anywhere inside the goal area. Opponents must be outside the penalty area.
- The ball is in play when kicked and clearly moves – the ball does not have to leave the penalty area. Opponents must remain outside the penalty area until the ball is in play.
- The defending team may take the goal kick if the opposing team has not fully left the penalty area, but they do so at their own risk as the ball is in play once kicked.
- A goal may be scored directly from a goal kick.

LAW 17 THE CORNER KICK

- The attacking team takes corner kicks when the defending team touched the ball last before it went over the end line. Corner kicks are taken from either corner of the field, one (1) yard from the spot where the endline and sideline meet.
- Opponents must be ten (10) yards away from the corner arc until the ball is kicked.
- A goal may be scored directly from a corner kick.

ADDITIONAL INSTRUCTIONS & PHILOSOPHIES **FOR REC HIGH SCHOOL TEAMS**

TEAM ROSTER SIZE

- A player may only play in an Arlington Soccer sanctioned league game if that player has been registered with Arlington Soccer and has been added to the team's official roster.
- The use of unrostered players results in an immediate forfeit.

RUNAWAY GAMES

- There is no mandatory adjustment required for games that become lopsided. However, it is recommended, in the spirit of the game, for the coach of the winning team to make some modifications to allow for a more even contest. The winning team may remove a player or two, remove the stronger players, or play with

fewer players in attack to balance the game.

- After a six goal difference, the two teams can agree to leave the score 0-4 (the maximum allowable difference in Rec) and **come to ANY agreement** between them to continue the game: teams can swap players, can add extra goalies, or make any combination of moves to make the game more even and more enjoyable for all involved. (NOTE: the game must continue to be between registered ASA youth players; for insurance reasons, non-ASA players and/or adults cannot join.) The official referee may elect to continue to referee the game, or may leave the game, but the two teams will retain use of the field until the normal game end-time.

TEAMS AND SPECTATOR SEATING

- Teams will set up on the same side of the field, separated by the halfway line, while the parents/spectators will be on the opposite sideline from the teams. Under no circumstances will teams or spectators be allowed to be on the sidelines in the space between the top of the penalty box to the endline, as well as behind the goals.
- All instructions from team coaches must be done from inside the team's area, which extends from the halfway line, to the top of the penalty box.

