



Wantagh Seaford PAL
Second and Third Grade
Intramural Soccer Rules



1- Field of Play- Length-55 yards, Width-35 yards. Goal Area- 12 yards, Center Circle has radius of 8 yards.

2- Ball Size: #4

3- Players on field- Games will be played 7v7 with a goalkeeper. Substitutions will be unlimited during any stoppage of play. Each substitute shall go to the halfway line and will come onto the field after being waved on by the referee. Playing time at this level shall be evenly distributed with players playing at least 50% of a game. A total of five (5) players are needed to start and play a game.

4- Player's Equipment- Shin guards are mandatory. Cleats shall not be metal. All players are to wear a PAL uniform. Players may wear other clothing under the uniform jersey based upon weather conditions.

5- The referee is the only official allowed on the field. No coaches or parents are to be on the field of play during playing action unless requested to come on by the referee.

6- Duration of the Game- All games will consist of 2 halves. Games will have 2 halves of 25 minutes each. There will be a five minute halftime. There is no added time.

7- Start and Re-Start of Play- Will commence at the halfway line in the center circle after a goal or on a designated spot as per the referee's placement. Players are to give eight (8) yards distance from the ball.

8- Scoring- A goal is scored when the entire ball crosses over the goal line and is ruled as a goal by the referee.

9- Offside violations will be called at this level. The build out line will be used to denote where the offside offense will be called. Players can't be penalized for offside between the halfway line and the build out line.

10- Fouls and Misconduct- All fouls and misconducts shall be called as per FIFA Laws. All infringements shall result in an indirect or direct free kick depending upon the offense. All opposing players shall be at least eight (8) yards from the ball on the indirect free kick. There shall NO SLIDE TACKLING.

11- Penalty Kicks will be taken at a spot ten (10) yards from the goal.

12- Balls out of play-

Sideline- All balls shall be played in with a throw in. No goals can be scored directly from a throw in without touching a player. Throw in should be a teachable moment unless constant infringement by a player occurs and then it should be called.

Endline - Goal Kick- All balls shall be played in with a kick anywhere from in front of the goal and within the goal box. All opposing players will retreat behind the build out line. The referee will direct players to a proper location. First pass will not be opposed by opponent until it is touched by a non-kicking player or is kicked past the build out line.

Endline - Corner Kick- All balls shall be played with a kick from the corner location closest to where the ball went out of play. Opposing players shall stand no closer than eight (8) yards from the ball.



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- 13- **Build out Line**- Shall be a line that crosses the field from touchline to touchline and is placed approximately midway from halfway line and goal area line. During a goal kick all opposing players must stand behind this line until the ball is kicked AND crosses the build out line OR goal kick pass touches a teammate of the kicker.
- 14- There will be NO Punting of the ball by the Goalkeeper. If the Goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If it occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- 15- Deliberate heading is not allowed. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- 16- The game shall begin with an introduction of “captain” (children are rotated) and ends with a handshake and “good game team”. Goalies should lead the end of the game salute.
- 17- Should a major injury be brought to the Referee’s attention; he/she will stop the clock. All children should sit down where they are so the Coaching Staff can care for the player. PARENTS ARE NOT PERMITTED ON THE FIELD. During minor injuries the clock will run.
- 18- All spectators are requested to remain five (5) feet from the sidelines. No parents are permitted behind or near the goal areas during play.
- 19- **Absolutely no jewelry (bracelets, necklaces, earrings, etc.) or casts are allowed.** Medical alert bracelets or necklaces are allowed but must be taped over or down underneath clothing.
- 20- Teams and spectators shall be on opposite sides of the field from each other.
- 21- **No Blowouts- (6 goal maximum differential)**
- 22- Winning team notifies the league age group coordinator of the score. Both teams will notify the league age group coordinator for draws.
- 23- **All coaches, players and parents shall be aware of Wantagh Seaford PAL’s NO Tolerance policy** and should be there to enjoy and encourage the activity of the players.