



L.E.A.P. SOCCER RULES

Effective as of March 1, 2022

The following rules govern play in LEAP youth soccer league. All leagues are managed as LEAP programs with LEAP values, philosophy and expectations.

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OVERVIEW

- All rules apply to both Boys AND Girls LEAP soccer
- Games are played 11 v 11
- Teams must begin a game with at **least** seven (7) players or else it is a forfeit.
- Field Dimensions. 160' wide x 250' long
- Coaches are responsible for all field set up, including properly anchored goals with nets.
- Home teams are responsible of scoreboard and keeping score. (should be visible at all times)
- At the start of every game coach is to hand the referee a "team roster" sheet.
- At the end of each game, teams will line up, coach at the end of the line and thank the other team.
- No headers allowed. (if goal is scored by header, it will not count as a goal)

GAME TIME & SUBSTITUTIONS

- **25-minute** halves with running time; no time added for injuries.
- Five (5) minute halftime.
- No timeouts.
- Free substitutions. Substitutions can be made with prior referee approval during the following stoppages of play: Own throw-ins and

corner kicks (other team can substitute then also), Goal kicks (either team), Kick offs (either team).

- Coaches are not entitled to any explanations during play. Coaches may respectfully discuss issues or questions with the referee before the game, at half time or after the game has ended. Coaches are responsible for their own sideline behavior and shall assist the referee as needed.
- Team captains may talk to referee if there is a concern.

EQUIPMENT

- Games played with a Size 5 ball for boys and a Size 4 ball for girls; each team should be prepared to provide 2 game ball for each game.
- Coaches will be responsible for setting up goals.
- Soccer cleats and tennis shoes are permitted, metal cleats, baseball cleats and football cleats may not be worn.
- No jewelry is permitted other than medical bracelets or necklaces. Jewelry may not be taped over or covered with band aids.
- Shin guards must be worn by all players at all times (**Referee will check that all players have shin guards**)
- All players must have a complete matching uniform. (we recommend home team wears a dark color and away team a light color or one team must bring and use pennies if there is a jersey color conflict)
- **Complete uniform includes: socks, shorts, shin guards and jersey.** Long sleeved shirts may be worn under uniform jerseys.

TIES AND OVERTIME

- During regular season, there is no overtime or penalty kicks, a game may end in a tie.
- In playoffs, if a game is tied after regulation there will be **NO OVERTIME** period. **Game will be resolved by five (5) penalty kicks for each team.**

MERCY RULE

- If a team leads by more than 4 goals with ten (10) minutes or less remaining in the second half, the game is ruled a mercy. The game may continue for the rest of the time permitted but no further goals will be counted and recorded.

PENALTIES

- No slide tackling.
- Offside is in effect at all times.
- A red card results in an ejection. Two (2) yellow cards in one game equal a red card.
- **Coaches may be shown yellow cards for their own irresponsible behavior or unacceptable sideline behavior.**

Cautionable Offences (Yellow card) - A player is cautioned and shown the yellow card if he commits any of the following seven offences:

1. Unsporting behavior
2. Dissent by word or action
3. Persistent infringement of the laws of the Game
4. Delaying the restart of play
5. Failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in
6. Entering or re-entering the field of play without the referee's permission
7. Deliberately leaving the field of play without the referee's permission

Sending-off Offences (Red Card) - A player, substitute or substituted player is sent off if he commits any of the following seven offences:

1. Serious foul play
2. Violent conduct
3. Spitting at an opponent or any other person
4. Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
5. Denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
6. Using offensive, insulting or abusive language and/or gestures.
7. Receiving a second caution in the same match

STANDINGS & PLAYOFFS

- Season standings are determined by points. A win is worth three (3) points, a tie one (1) point, a loss zero (0) points, and a forfeit (-3) points. League standings will be updated throughout the regular season.

WE LOOK FORWARD TO THIS YEAR'S SOCCER SEASON!

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