



Welcome to
North Lauderdale, Florida

NORTH LAUDERDALE SOCCER RULES

All Fields and Divisions

- All Coaches MUST wear City Coaches Shirt
- Keep Bench/Player Area clear of Spectators
- Keep Sidelines Clear of Spectators (Minimum of (3) Yards)
- Keep Area behind Goal Line Clear of Spectators
- No Sideline Coaching
- Shirts must be tucked in at all times
- Keep Sidelines Safe

NO Heading the Ball (intentionally) > Penalty = Indirect Free Kick

| U-6 | 6 VS 6 |
|---------------|--|
| Game Times | (8) Minute Quarters (5) Minute Half Time (2) Minute Water Break between Quarters |
| Substitutions | Quarters & Injuries ONLY Every Player must play 50% of game |
| Offsides | NO |
| Throw-Ins | (2) Tries - Always Explain Proper Procedure |
| Free Kicks | All Indirect Opponents must be (3) yards away from ball for Kick Offs & Kicks |
| Penalty Kicks | NONE - All Indirect Indirect Free Kick from point of foul (If in the Goal Box, place ball on Goal Box Line, nearest the point of foul) |
| Coaches | 1 Allowed on field 1 in Coaches Box 1 Behind Goal to instruct Goalkeeper |

No Overtime in Regular Season Games



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|---------------|--|
| U-8 | 7 VS 7 |
| Game Times | (12) Minute Quarters (5) Minute Half Time (2) Minute Water Break between Quarters |
| Substitutions | Quarters & Injuries ONLY Every Player must play 50% of game |
| Offsides | NO |
| Throw-Ins | (2) Tries - Always Explain Proper Procedure |
| Free Kicks | All Indirect Opponents must be (5) yards away from ball for Kick Offs & Kicks |
| Penalty Kicks | NONE - All Indirect - from point of foul (If in the Goal Box, place ball on Goal Box Line, nearest the point of foul) |
| Coaches | 2 (In Coaches Box ONLY) Plus Team Parent. |

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| U-10 | 10 VS 10 |
|---------------|---|
| Game Times | (25) Minute Halves (5) Minute Half Time (2) Minute Water Break Each Half |
| Substitutions | Free Substitution (**Every Player must play 50% of game**) |
| Offsides | Yes |
| Throw-Ins | FIFA |
| Free Kicks | All Indirect Opponents must be (8) yards away from ball for Kick Offs & Kicks. |
| Penalty Kicks | FIFA |
| Coaches | 2 Coaches = 1 Up 1 Down (In Coaches Box ONLY) |

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| U-12 | 11 VS 11 |
|---------------|---|
| Game Times | (30) Minute Halves (5) Minute Half Time (1) Minute Water Break Each Half |
| Substitutions | Free Substitution (**Every Player must play 50% of game**) |
| Offsides | FIFA |
| Throw-Ins | FIFA |
| Free Kicks | FIFA Opponents must be (8) Yards away from ball for Kick Offs & Kicks |
| Penalty Kicks | FIFA From Designated/Painted Penalty Mark |
| Coaches | 2 Coaches = 1 Up 1Down (In Coaches Box ONLY) |

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| 14-U | 11 VS 11 |
|---------------|---|
| Game Times | (30) Minute Halves (5) Minute Half Time (1) Minute Water Break Each Half |
| Substitutions | Free Substitution (**Every Player must play 50% of game**) |
| Offsides | FIFA |
| Throw-Ins | FIFA |
| Free Kicks | FIFA Opponents must be (8) yards away from ball for Kick Offs & Kicks |
| Penalty Kicks | FIFA From designated/Penalty Mark |
| Coaches | 2 Coaches = 1 Up 1Down (In Coaches Box ONLY) |

No Overtime in Regular Season Games



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Overtime Procedure for Playoffs and Championship Games

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|---------------------------|--|
| Winner MUST be Determined | If Playoff and Championship games are tied at the end of regulation time, the following Overtime procedure(s) will be implemented: |
| Overtime Periods | Overtime Periods <i>No Golden Goal or Sudden Death</i> <i>MUST Play BOTH Periods - Full 5 Minutes</i> |
| Number of OT Periods | U8 Only (1) 5 minute Overtime Period If Still Tied Then got to 5 on 5 / 1 on 1 Procedure(s) |
| | U10/U12/U14 (2) 5 Minute Overtime Periods If Still Tied Then got to 5 on 5 / 1 on 1 Procedure(s) |
| Number of Players | Normal- Except - Teams must have an equal number of players during overtime. Should one team have more players, they must "reduce to equate" matching the number of players on the opposing team. |
| Substitutions | Free Substitution throughout all periods of play PK's Shooters MUST be Players that were on the Field at the Final Whistle of OT |
| Coin Toss OT Periods | Loser gets ball – Winner chooses sides. |
| Switch sides | Winner of beginning OT Coin Toss Kicks Off - play second full overtime Period. |
| PK's or NO PK's | If either team has more goals at the end of second Overtime Period, game is over. |

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| PK's Stage 1 | 5 on 5 PK's |
| PK Fair Play | In an effort to allow Players to participate, without "warming the bench", all Player's may be on the field as follows; (5) Kickers stand in line in the forward half of the center circle, while all other Non Kicking players sit in the back half of the center circle. An Official monitors and ensures that; every player kicks once, before any player kicks a second time. |
| Coin Toss For PK's | Winners Choice = Shoot First or Second |
| Goal Choice | Referee chooses which goal will be used to take PK's. |
| Coaches/Kickers | Coach's can choose any players they wish for PK's. (Whether they were on the field or not) |
| Goal Keeper(s) | Coach's can change Goalkeepers for PK's at any time. Goal Keepers can kick PK's |
| Kickers | No kicker shall kick a second time, until the entire Roster has kicked |
| Kicks | Implement (5) Penalty Kicks for each team, alternating between teams, until the team that's behind cannot score enough to change the outcome of the game. |
| PK's Stage 2 | 1 on 1 PK's |
| Additional PK's | If the score is still tied after 5 PK's; (Remember, ALL players MUST shoot BEFORE ANY PLAYER can shoot a second time.) |
| Kicks | Proceed to a "One On One shootout", Alternate Kicks allowing each team equal opportunity to shoot. If one scores and the other does not, the game is over. Add the total scores and make sure the game sheet is correct before signing. |
| Scoring | Referee keeps score. Team with most points, is the winner. Add the total scores and make sure the game sheet is correct before signing. |
| Game Sheet | BEFORE Signing Make Sure the Game Sheet Scores are Accurate |