LFC United Rec season rules

General rules:

* HOSA LFC Recreational Soccer Program is geared towards young players and the enjoyment of the game. This program is for the kids, not for the adults. This program includes a soccer season with non-competitive games which are used for development and learning. The season is ended with a semi-competitive tournament (ONLY to give players and parents a sample of competitive (travel) soccer. Equal playing time still applies in the tournament). Season game results DO NOT determine tournament seeding.
* No yelling at referees, coaches, parents, or players. We want to keep a positive learning atmosphere for the players. Do not ruin that.
* Spectators (anyone who is not registered as a coach or player) need to sit on the opposite side of the field from the coaches and players during games. NO SPECTATORS should be sitting on the goallines, unless there is no space left on the sidelines. Any spectators sitting behind the goal line MUST move back at least 15 feet. Spectators MUST ALSO avoid sitting too close to the corners. Sitting too close to the corners will inhibit the players’ experience with corner kicks.
* ANY adult that prevents players from enjoying the recreational experience (such as screaming obscenities, becoming too aggressive or negative, yelling at kids or referees) will be met with consequences including but not limited to: expulsion from the game, expulsion from the complex, or banishment from the HOSA rec program entirely.
* ALL fouls and misconduct will be called by referees and made at the referee's discretion.

Basic Soccer rules:

* 5/6U
  + Games consist of four, 8-minute quarters.
  + Players should have equal (or close to equal) playing time during every game – sub as much as you feel necessary (to keep it simple, sub every quarter)
  + When the ball leaves the field on the sidelines, the player uses a throw-in to bring the ball back in.
    - Players have unlimited redos on throw-ins.
  + When the ball leaves the field over the goal line, a corner or goal kick will take place
    - For goal kicks, have two or three players of the kicking team near the kicker. Have the opposing team stand in the middle circle on the field. Once the ball is kicked, the players in the circle can go and try to get the ball.
      * This will allow the kicking team to work on passing to teammates and prevent the opposing team from stealing the ball and scoring immediately.
    - For corners, make sure the opposing team (the team not taking the kick) scoots back near the goal.
    - Players can redo goal kicks and corner kicks.
  + NO GOALKEEPERS
  + NO HEADING
  + NO OFFSIDE
* 7U
  + Games consist of four, 10-minute quarters.
  + Players should have equal (or close to equal) playing time during every game.
  + When the ball leaves the field on the sidelines, the player uses a throw-in to bring the ball back in.
    - Players have unlimited redos on throw-ins.
  + When the ball leaves the field over the goal line, a corner or goal kick will take place
    - For goal kicks, have two or three players of the kicking team near the kicker. Have the opposing team stand in the middle circle on the field. Once the ball is kicked, the players in the circle can go and try to get the ball.
      * This will allow the kicking team to work on passing to teammates and prevent the opposing team from stealing the ball and scoring immediately.
    - For corners, make sure the opposing team (the team not taking the kick) scoots back near the goal.
    - Players can redo goal kicks and corner kicks.
  + NO GOALKEEPERS
  + NO HEADING
  + NO OFFSIDE
* 8/9U
  + These players play 4, 12-minute, quarters.
  + 1st year playing with goalies and referees.
  + Players should have equal (or close to equal) playing time during every game.
  + Players should play different positions each game.
  + During games, subbing can ONLY happen between quarters (unless an injury occurs).
  + Coaches are allowed on the field during games for the first two weeks of the season. However, coaches may only spend 1 minute doing minor alterations so that the game does not run over time. This must be done during a natural stoppage (goal kicks, corners, and kickoffs ONLY)
  + NO PUNTING by the goalkeeper.
  + Players are not allowed to intentionally “head” the ball.
  + Players get 1 redo on an illegal throw-in. After that, the throw goes to the other team if the player does a second illegal throw-in. (illegal just means that the player uses improper throw-in technique. Player should keep feet on the ground and the ball is thrown with two hands. The ball should be thrown over the head, side-throws are not allowed)
  + These players use the build-out line.
    - The buildout line is the dotted line that is located between the top of the penalty box and half field.
    - Whenever the goalie has possession of the ball (either the ball is in the goalie’s hands OR there is a goal kick), the opposing team MUST retreat behind the buildout line. That team cannot encroach until the second player touches the ball.
      * FOR EXAMPLE: Team A shot on goal and the keeper for Team B saved it.  Team A must back up behind the buildout line immediately. Team B keeper tosses the ball to a defender. Once the ball touches the defender, Team A can now go for the ball again.
    - IF the ball is in the keeper’s hands, the keeper is allowed to play the ball out to a defender before the opposing team retreats behind the buildout line, however, if the goalkeeper decides to play early, then the opposing team can encroach over the buildout line without penalty.
  + Offside can only be called in the final 4th of the field (between the buildout line and the goal line).
* 10/11U
  + This age group plays two, 20-minute halves.
  + Subbing is allowed anytime during a natural stoppage (or after a goal being scored), and at the referee’s discretion.
  + Players should have equal (or close to equal) playing time during every game.
  + Players should play different positions each game.
  + Players are not allowed to intentionally head the ball.
  + Goalkeepers are NOT allowed to punt.
  + This age group DOES NOT use the buildout line rules, even though they are painted on the fields.
  + Offside is called as normal.
* 12/13U
  + This age group plays two, 25-minute halves.
  + Subbing is allowed anytime during a natural stoppage (or after a goal being scored), and at the referee’s discretion.
  + Players should have equal (or close to equal) playing time during every game.
  + Players should play different positions each game.
  + Goalkeepers are allowed to punt
  + Players are allowed to head the ball.
  + Offside is called as normal.