



TORONTO RECREATIONAL SPORTS LEAGUE

SOCCKER RULES (REVISED MAY 8, 2010)



Quick Summary (This is what you need to know to get going. For a full listing of all the rules, with detailed descriptions and definitions, see Full Rules below.)

1. Sportsmanship, camaraderie and having fun are the 3 most important things in all TRSL activities. Please keep these in mind when playing. RELAX! It's just a game!
2. Except for the changes noted, all Official FIFA soccer rules apply.
3. Teams play 7-a-side (6 plus goalie). You must have at least 5 on the field to start/continue playing (min. 2 of each gender – not including goalie).
4. The game is two 40 minute halves with a 5 minute half-time break. Agree on 1 official watch.
5. The field is approx. 70 x 45 yards. If it's not marked, pace out the field (1 pace = 1 yard). Use the 14 provided cones to mark the field.
6. The game is self-officiated; the person who commits the foul is responsible for calling it. The person fouled may also call foul if a clear foul is not called.
7. No contact or slide tackles are allowed whatsoever. Goalie may slide in his/her crease but must always be aware of safety first.
8. Substitutions can be made "on the fly", but a TAG must be made at the sideline/goal line.
9. Offside will NOT be called.
10. All free kicks are INDIRECT. (In the TRSL, an indirect free kick cannot go in off of the opposing goaltender).
11. "Kick-ins" (a free kick from the sideline) will replace throw-ins.
12. Reminder: Goalies can NOT use their hands when the ball has been kicked to them by a team-mate.
13. Reminder: "Handball" occurs any time a player plays the ball with any part of their arm (from the shoulder down) unless their arm is against their body in an attempt to protect his/herself.

Full Rules

Unless otherwise stated, all rules and regulations are in accordance with FIFA's Official Laws of the Game (<http://www.fifa.com/worldfootball/lawsofthegame.html>).

Changes specific to TRSL Recreational Soccer and other important highlights are listed below:

Start-up

1. Each team must have a minimum of 2 of each gender on the field (not including goalie) at any one time, with a maximum of 7 players in total (6 PLUS a goalie). The 2 woman / 2 men rule does NOT include the goalie (i.e. you CANNOT have 1 woman in goal and only 1 woman and 5 guys out). A team may not start or continue playing with less than 5 players.
2. If a team cannot field the minimum number of players by 15 minutes past game time, they will have defaulted. A score of 2-0 will be recorded. Not having your goal ready on time is also grounds for forfeit.
3. The captains should have a coin toss to determine who kicks-off first and who defends which goal. In the 2nd half, teams should switch ends and the other team should kick-off.
4. The game will consist of two 40 minute halves, with a 5 minute half-time break.
5. Players must wear shirt colours that are the same/similar to their teammates and different from the opponents. If both teams are wearing the same colour, the HOME team is required to change colours.
6. At the beginning of each half, and after a goal is scored, play will be restarted by a kickoff from centre (ball can go forward or backward).

Field of Play

7. The field is approximately 70 yards long by 45 yards wide. If the lines are not marked, the captains should pace out the field (1 pace = 1 yard). Marker cones should be placed at all 4 corners, on either side of the mid-field line, on both sidelines between mid-field and the goal-line, and at either end of the penalty area.
8. The penalty area (area where goaltender may handle the ball) should extend approximately 5 yards from the goal-line and 5 yards to either side of the posts. If the penalty area is not marked, goaltenders should use reasonable judgement in estimating it during play.

Officiating

9. As there are no referees, all fouls and other calls are to be made by the **player(s) involved**. If you handle the ball, call yourself for “handball”. If you trip someone, call “foul”. Only players on the field of play may be involved in rulings and the calling of fouls (i.e. no shouting from the sidelines!)
10. The player that commits a foul is to make the call. However, if you are clearly fouled by someone and they do not call it, you are allowed to call the foul. If the opponent contests the call and no agreement can be quickly reached, the ball will go to the goalie of the team that last had clear possession of the ball.
11. **PLEASE FOLLOW THE COMMON SENSE GUIDELINES OF SPORTSMANSHIP AND SHOW COURTESY AND RESPECT TO YOUR FELLOW PARTICIPANTS. THIS IS CRUCIAL TO EVERYONE ENJOYING THE GAME. DO NOT TAKE THINGS TOO SERIOUSLY! YOU’RE SUPPOSED TO BE HAVING FUN!!**
12. If a decision regarding the ruling on a play cannot be made, the ball will go to the goalie of the team that last had clear possession of the ball.

Substitutions

13. Substitutions may be made “on the fly”. This means at any time, including while the ball is in play.
14. The new player must not enter the field of play until the player leaving has reached the sideline or goal line AND a tag is made. There MUST be a tag. The spirit of this rule is that no positional advantage should be gained through substitution.
15. The substitution of goaltenders must only be done during a stoppage in play. The play will not restart until the substitution is completed (i.e. the new goaltender has indicated that he/she is ready to play).

Fouls/Miscellaneous

16. All fouls will result in an **indirect** free kick. In TRSL, **indirect** means that after the ball is kicked it must touch another player before entering the goal (**NOT** including the opposing goaltender).
17. “Kick-ins” will replace throw-ins. A kick-in is a free kick taken from the sideline at the point the ball crossed it. All rules pertaining to free kicks apply to the taking of kick-ins.
18. If a player (other than a goaltender) is guilty of a foul inside his/her team’s penalty area, a penalty shot will be awarded. A penalty shot is a direct free kick (with goalie!) taken from 10 yards in front of the goal, by any player. There are no rebounds – the play is dead after the kick has been taken (either kick-off or goal-kick will restart the play).
19. When free kicks are being taken, opposing players must be at least 5 yards from the ball.
20. There are to be NO SLIDE TACKLES whatsoever. The goaltender may slide while in his/her penalty area, but must always be aware of safety first. Sliding to play the ball is allowed IF there is absolutely no chance of any contact with another player. If there are any other players near enough to the sliding player to be concerned about contact then that slide was illegal.
21. You are responsible to AVOID CONTACT and minimize the severity of contact at all times. The refrain of “I was playing the ball” or “I played the ball first” is NOT a valid excuse. If you can’t make a play safely, then don’t make it! This is not a rough, physical game. No one should get hurt.
22. You are responsible for being in control of your body at all times. If there is significant contact with another player because you lacked control of your body – then you have committed a foul.
23. The “offside” rule will **not** be enforced. This will make self-officiating much easier. However, this is not a license to be a “cherry-picker”. Please do not abuse this rule and be a goal-suck. Doing so will take away from the friendly nature of all TRSL games.