

# Recreational Services Soccer Rules

## Goalkeeper:

1. Only allowed to use hands in penalty box.
2. Not allowed to kick ball across mid-court when restarting a dead ball
3. Dead Ball: Ball went out of play behind the goal
4. Not allowed to drop kick or punt ball after holding onto ball
5. Will be protected in the red zone
6. Goalkeeper must throw ball to one player before the ball crosses mid-court. (One player must touch it).
7. If goalkeeper catches the ball and falls against the cushion, a goal is awarded.

## Players:

1. Are allowed to use all parts of the body to control ball except hands
2. Not allowed to enter the red zone of the attacking goal
3. Allow max of 7 players, minimum of 5 players.

## General Rules:

1. No pushing of players into the wall
2. No setting of block is allowed (this is like setting a pick in BB).
3. No high-kicking when player (s) is/are near.
4. No sliding tackle, pushing, pulling of shirt.
5. Game consists of 2-20 minute halves
6. Halftime will be three minutes
7. Free substitution. (Only on dead ball).
8. Time is kept by referee
9. Teams are not allowed timeouts
10. Any ball hitting ceiling or basketball rim is out and will be awarded to the other team.
11. Any ball that contacts the curtain above the third line is out. Ball awarded to the other team on a throw in.
12. The red zone and the goalies box will be the same. The dimensions are 6' deep x 5' wide.
13. If a defender commits a foul in his/her own red box a penalty kick is awarded to the other team
14. If a player enters the opposing teams goal/red box a free kick is awarded to the opponents
15. For flagrant, unsportsmanlike conduct a player will be ejected from the game. No substitute may be put in for that player.
16. 5 minute overtime. If that doesn't do it, penalty kicks until we have a winner.

Updated: 7/05/2011 AK