



Official Soccer Rules

Revised 3/1/17

I. The Rules –

Our referees have been trained and are well-versed in the rules. Their calls on the fields should be followed and respected.

II. Number of Players –

1. Each team on the field shall consist of the appropriate amount of players:

- 5 vs 5 = Must have at least *one player* of each gender
- 6 vs 6 = Must have at least *two players* of each gender
- 7 vs 7 = Must have at least *two players* of each gender
- 8 vs 8 = Must have at least *two players* of each gender
- 11 vs 11 = Must have at least *three players* of each gender
- One player will be the *goalkeeper*

2. All players must:

- Play during the regular season to be playoff eligible.
- Read and sign the SBS waiver form before stepping onto the field.

3. A team may borrow another player from another team in the league if they do not reach the minimum number of players for that league.

- A team may **not** borrow players if their team size is to exceed this set minimum number of players.
- When borrowing a player from another team, the original team must have *a certain number of players from the original team also playing:*
 - 5 vs 5 = *Three Players* from original team

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- 6 vs 6 = *Three Players* from original team
- 7 vs 7 = *Four Players* from original team
- 8 vs 8 = *Four Players* from original team
- 11 vs 11 = *Seven Players* from original team

4. A team must have a minimum number of players to start a game:

- 5 vs 5 = *Four players* needed to start
- 6 vs 6 = *Four players* needed to start
- 7 vs 7 = *Five player* needed to start
- 8 vs 8 = *Six players* needed to start
- 11 vs 11 = *Eight players* needed to start

III. Duration of Games –

1. **Games will last for 50 minutes each and will consist of two 23-minute halves, with a running clock and a 4-minute half time (approx).**
 - The half may be shortened if the referee deems it necessary.
2. **In the case of a tie during championships both teams will play sudden death rules if time permits.**
3. **If time runs out, the champion will be determined by a shoot-out.**
 - **6 vs 6 5 vs 5 7 vs 7 8 vs 8** and **11 vs 11** = 5 shots will be taken by each team.
 - Two of the first four shooters must be female
 - If a 6th shooter is required, they must be the opposite sex of the 5th shooter. So on and so forth until no players remain or until the M/F changing cannot happen anymore. At that point, the order starts back where it started.
4. **During the regular season games may end in a tie.**

IV. Ball In and Out of Play –

1. For Indoor Soccer:

- Since there are walls, the ball will hardly go out of play.
- If the ball hits the netting, ceiling, or other non-field structures, then:

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- The ball will be *placed at the spot of the kick* AND
 - An indirect kick will be awarded to the team that did not kick the ball.
- Subs must be made on play stoppages since the location has walls.

2. For Outdoor Soccer:

- A *Throw-in* will be used if a ball travels beyond the sidelines and is deemed out of bounds, which will then be rewarded to the team that did not put the ball out of bounds
- *Corner kicks* will be used when the ball travels beyond the goal line by a defensive player in their field half
- The ball is in play *until the referee blows the whistle*.
- Substitutions can only be made on dead ball situations (either a goal or out of bounds).
- There is *no limit on the number of substitutions* that can be made.
 - Players may reenter the game after they have subbed out.

V. Methods of Scoring –

- 1. A goal may be scored while in play and as long as there are no infringements of any soccer rules.**
- 2. A goal is considered when the ball crosses the goal line with its entire circumference.**
 - The referee will determine a goal with a long sounding whistle.

V. Fouls and Misconduct –

- 1. Safety and fun are the primary concerns of all SBS leagues. Players must play under control at all times.**
- 2. If a player intentionally or unintentional(referee’s decision) kicks, pushes, trips, or does anything that causes harm to another player, then he/she has committed a foul.**
 - Any form of misconduct will result in a penalty kick.
- 3. The referee will decide if a penalty kick is “direct” or “indirect”.**
 - Direct kicks = can result in a goal scored without another player besides the kick taker touching the ball. Direct kicks must be taken after a restart whistle.

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- *Indirect kicks* = are given for lesser offenses and must be touched by any additional player besides the kick taker before entering the goal. Indirect kicks do not need a whistle before being taken.
- **11 vs 11** = The referee will talk defending players 10 feet from the point of the free kick at the kick takers request.
- **All other formats** - The defending player must be five feet away from the point of the free kick

4. Fouls to be penalized with a Yellow Card consist of:

- slide tackling of any kind,
- kicking or attempting to kick a ball while the ball is held by the goalie
- malicious pushing/tripping
- intentional hand balls
- foul or abusive language
- Playing in any manner that is deemed to be dangerous by the referee.

5. Fouls to be penalized with a Red Card consist of:

- intentional aggressive bodily contact with another player.
 - i. For example, don't get up from a challenge that you think was a foul and shove another player.
- Receiving two Yellow Cards will result in a Red Card.

VI. Serving Penalties –

1. If you receive a Yellow Card, the player must :

- Immediately leave the field and
- The offending team must play one player down for ten minutes *OR* until the offending team is scored upon.
- *The same gender ratio is still required.*

2. The player receiving a Red Card may be suspended for an additional game depending on the nature of incident.

3. If the same player receives two Red Cards over the length of the season, he or she will be asked to leave the league.

4. If a team receives three Red Cards over the length of the season, they will not be able to play in the playoffs regardless of record.

5. **If a team receives four Red Cards over the length of the season they will be removed from the league and possibly face further disciplinary action if deemed necessary by the League Manager.**
6. **Remember, this is a social league**
 - ideally we never need to enforce any of the red card repercussions, so keep it clean and keep it fun.
 - No one likes "that guy" (or girl).

VII. Penalty Kicks –

1. **Penalty Kicks are conceded when a defending player fouls or commits a handball *inside the penalty box*.**
2. **During a penalty kick the only two players inside the penalty box are the penalty taker and the goalkeeper.**

VIII. Throw-ins (Outdoor Soccer Only)–

1. **When a ball goes out of play on the sidelines, the opponent of the player who last touched the ball will take a throw in.**
2. **The player taking the throw in must:**
 - keep his/her feet outside the side line
 - both feet on the ground and
 - the throw must be executed with the ball over the thrower's head with two hands.

IX. Goalkeeper –

1. **Goalkeepers have 10 seconds to put the ball back into play after gaining control.**
2. **A goalie may only touch the ball with their hands within the box.**
3. **If the ball is intentionally passed back to the goalie from a teammate's feet, the goalie may NOT use their hands.**
 - The goalie may use their hands on intentional passes back from *other body parts (head, chest, thigh, etc.)*

- On a pass back, the goalie can play the ball without restriction, as at this point they are just another player.

4. Indoor Soccer = Goalie throws and kicks must:

- *hit the ground or touch a player* prior to crossing midfield.
- In the event of a goal kick, the ball is put back into play with a throw/roll from the goalie.
- Non-marking shoes only
- Cleats can be worn at Marina Bay Sports Complex. All other facilities are no cleat facilities.

5. Outdoor Soccer = Goalie throws and kicks must:

- leave the goalie box before being touched by a teammate.

X. Other –

1. ***Off-sides calls*** are only present in the **11 vs 11 league**.
2. A player is in an “offside position” when they are ahead of the ball and closer to the goal line than the last defender.
3. A player is penalized for being in an “offside position” only if they are interfering with play or an opponent, or seeking to gain advantage at the moment the ball is played by a teammate.
4. An indirect kick is awarded for an offside penalty, at the spot of infraction.
 - There are no off sides on a throw in or on a goal kick.
5. All players must wear the SBS official team shirt given to you at the start of the season.
 - *Players may not be able to play without this shirt.*
6. Shin pads are optional, but **STRONGLY RECOMMENDED!**
7. Treat all players, SBS staff, and stadium staff with respect.

XI. **It's all about the fun!**