

Cambridge Soccer Club Condensed Rules of the Game

IT IS IMPORTANT THAT THE TWO COACHES GET TOGETHER BEFORE THEIR GAME AND TALK OVER THE FOLLOWING:

1. Number of players.
2. Who is to referee which half or if there is a substitute refereeing for the coach.
3. What and which RULES will be acceptable to each Coach.
4. That both parties understand the Rolling Substitute rule.
5. Lending of players.
6. Any other rules or issues which will ensure the players have an enjoyable game.

REFEREE:

Junior Match Official or Senior Referees appointed by the home team are permitted and can take the place of coaches or their substitutes. Where no Official Referee has been appointed, coaches or their substitute will referee half of each game.

	Jnr	7th	8th	9th	10th	11th	Open
PLAYING TIMES	15mins / way 5 min break	15mins / way 5 min break	20 min / way 5 min break	25 min / way 5 min break	25 min / way 5 min break	30 min / way 5 min break	30 min / way 5 min break
BALL SIZE	Size 3	Size 3	Size 3	Size 4	Size 4	Size 4	Size 4
SQUAD SIZE	8-14	10-16	6-9	7-10	8-11	9-12	11-14
NO. OF PLAYERS	4 & 3 Subs (no goalie)	5 & 3 subs with goalie	6 & 3 Subs	7 & 3 Subs	8 & 3 Subs	9 & 3 Subs	11 & 3 Subs
FIELD SIZE	35m length 25m width	35m length 25m width	40m length 30m width	60m length 40m width	60m length 40m width	75m length 50m width	90m length 60m width
GOAL SIZE	1m high 1-2m wide	1m high 1-2m wide	1.75-2m high 3-3.5m wide	1.75-2m high 3-3.5m wide	1.75-2m high 3-3.5m wide	2.1m high 5.5m wide	

GOAL BOX

Jnr - 7th grade

A half circle measuring 1.5m radius from the centre of the goal is used. The goal box can be marked by saucer markers.

PENALTY BOX

8th - 10th grades

The penalty box 9m x 15m. (Note: A 9m line across the field may be used if a penalty box cannot be marked)

EQUIPMENT

Shirts, shorts, sock and shinpads are compulsory.

Shinpads must be covered entirely by the socks.
Goal Keepers shall wear colours distinguishing them from other players.
Soccer boots and shinpads are compulsory.
Wearing mouthguards is optional.

TEAM SUPPORT(Jnr & 7th Grade Only)

One parent, coach or manager is permitted to stand behind the goal posts to encourage the goal keeper.
Both coaches maybe on the field at the same time encouraging the players, but only one will be the referee.

START OF PLAY

Kick-off is decided by the toss of a coin.
The team winning the toss has the option of the choice of ends, or kick-off.
The ball is kicked forward and must travel the distance of it's own circumference before it is deemed in play.
The opposing players must be outside of the centre circle. [No centre circle is required for Jnr & 7th grades.]
After half time each teams change ends and the kick-off is taken by the team that did not start the game.

A GOAL IS SCORED or THE BALL IS OUT OF PLAY

When the ball wholly crosses the line whether it is on the ground or in the air.

ROLLING SUBSTITUTES

Jnr - 10th grade teams may only use three substitutes.
11th & Open grade may use three substitutes.
Substitutions can only occur during a stoppage in play and the referee must be informed before it takes place.
Substitutions may go on and off as often as the coach requires.
A substituted player may be substituted again to the field of play. [At Secondary School level, this is not allowed in Premier division].