



BAMREC SOCCER LEAGUE:

OFFICIAL LEAGUE RULES

PLAYER/COACH RULES & REGULATIONS

PLAYER/PARENT CONDUCT AGREEMENT

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Part I – GENERAL RULES

Rule 101. GENDER OF TEAMS

BRAL recognizes 2 types of team genders:

- Teams with females only are girls' teams (U8+)
- All other teams are boys' teams. (U8+)

Rule 102. AGE GROUPS

Age groups shall be comprised of youth players who are of age on or before the last day of December of the current year.

- 14 years of age and under.
- 11 years of age and under.
- 8 years of age and under
- 6 years of age and under.

PART II – PLAYER & ROSTERING REQUIREMENTS

Rule 201. PLAYER REGISTRATION

- **Section 1.** A youth player must register each season with the school they are registered for or the community in which he or she attends with his or her parent/parents or guardian/guardians.
- **Section 2.** Any player wishing to play on a community team other than the school they attend, will receive a written release from the school where the player is registered to grant participation on the community team. Once that player is released from the school, only a written release from the community will grant permission to return to the school team.

Rule 202. PLAYER REGISTRATION FEE

The BRAL player registration fee shall be \$350 per player for each season. These player registration fees made payable to a Bamrec Athletic League must be paid before the **THIRD** game of the season. Failure to pay will result in the player being removed from their team. Payment plans and financial aid/scholarships are available on a need basis.

Player fees will cover the following each season: (1) League fee, (2) Coaches fee, (3) Uniforms, (4) Field fees, (5) Referee fees. Players will keep all uniforms, jerseys, trophies, medals, and BRAL gear they receive throughout the season.

Rule 203. PROOF OF AGE

All registering players must submit a verification of age to compete in BRAL. Proof of age can be confirmed by one of the following:

1. Birth certificate
2. Uniformed Services Identification and Privilege Card (DD Form 1173) issued by the uniformed services of the United States
3. A birth registration issued by an appropriate government agency or board of health records, a passport
4. An alien registration card issued by the United States Government
5. A certificate issued by the Immigration and Naturalization Service attesting to age
6. A current driver's license
7. An unexpired federal, state, or local government identification card (if documentation of date of birth is required)
8. A certification of a United States citizen born abroad issued by the appropriate government agency. Hospital, baptismal, or religious certificates will not be accepted.

Rule 204. ROSTER LIMITATIONS

- **Section 1.** Every team shall have a team roster and will present a game roster for every match or competition.
- **Section 2.** The team roster shall be approved by BRAL. The team roster may have up to double the amount of field players at any given time during the season. Every team roster must have the minimum number of players at all times. Failure to show up with the minimum number of players can and will result in forfeiture of the game.
- **Section 3.** The game roster shall be prepared by the team and submitted to the competition authority at a time designated by that authority. Every player listed on the game roster must be included on the team roster to be eligible to participate with the team.

Rule 205. USE OF INELIGIBLE PLAYERS

A team shall forfeit each game of the team in which:

1. An unregistered player was with the team at the game in a uniform.
2. A player was improperly entered on the team's roster.

Rule 206. MULTIPLE ROSTERING

A player may be rostered on multiple teams in the same gender if the organization chooses to make the decision. Players can only play at or above their respective age group. Players CANNOT play down to an age group below theirs. Failure to comply with this rule will result in forfeiture of the competition, as well as deduction of points if violation was committed in previous games.

Part III – GAME PLAY

Rule 301. RULES OF PLAY

Section 1. Under 6:

- Throw-ins: 1 retry for incorrect throw-in before going to the opposing team.
- Free kick wall distance: 8 yards.
- Substitutions made from halfway line.
- All kicks are indirect (No penalty kicks).
- No Goalie Punts or drop kicks.
- No intentional headers.
- Mercy rule: Once a 5 goal lead is reached, the winning team will remove 1 player. For every following goal that is scored, another player will be removed from the field until the minimum number of players on the field is reached.

Section 2. Under 8:

- Throw-ins: 1 retry for incorrect throw-in before going to the opposing team.
- Free kick wall distance: 8 yards.
- Substitutions made from halfway line.
- All kicks are indirect (No penalty kicks).
- No Goalie Punts or drop kicks.
- No intentional headers.
- Mercy rule: Once a 5 goal lead is reached, the winning team will remove 1 player. For every following goal that is scored, another player will be removed from the field until the minimum number of players on the field is reached.

Section 3. Under 11:

- Throw-ins: 1 retry for incorrect throw-in before going to opposing team.
- Free kick wall distance: 8 yards.
- Offside enforced starting at the opposing build out line.
- Substitutions made from halfway line.
- All kicks are indirect (No penalty kicks).
- No Goalie Punts or drop kicks.
- No intentional headers.
- Build out line at 1/3 field (start of center circle if not marked) for goal kick or goalie possession. Opponents can cross after the ball is played. *Goalie must wait for retreat for build out rule to be applied.*

Section 4. Under 14:

- Free kick wall distance: 10 yards.
- Offside enforced.
- Headers are allowed.
- Punts/drop kicks are allowed.
- Substitutions from halfway line.

Section 5. Start and Restart of Play

- The team that wins the coin toss chooses which goal to defend.
- The other team starts play with a kick from the center mark.
- Teams alternate kicks from the center mark to start play at the beginning of each quarter or half.
- Players may not touch the ball twice at the start of play.

Section 6. Ball In and Out of Play

The ball is in play until it completely crosses over a touchline or goal line.

Section 7. Method of Scoring

A goal is scored when the ball completely crosses over the goal line, between the goal posts and below the crossbar.

Section 8. Offside

- A player is offside when he/she is in the opponent's half of the field, nearer the goal than the second to last defender and/or the ball and involved in play.
- Offside is not called for U6 thru U10 age groups.

Section 9. Fouls and Misconduct

- Fouls are classified as either Penal (Contact) or Technical (Non-Contact)
- Penal fouls include tripping, pushing, etc. Technical fouls include dangerous play and impeding (obstruction).
- Yellow or red cards are administered for fouls committed carelessly or recklessly for U12 and up but are rarely required in SYS. Cards are never shown to U6-U10 players.
- Coaches for younger players deal with inappropriate behavior by removing the players from the game for a “cool down” period.

Section 10. Free Kicks

- Free kicks are either direct or indirect.
- A goal can be scored from a direct free kick.
- Indirect kicks must be touched by another player before going in the goal for the score to count.
- All free kicks for U6 thru U10 are indirect free kicks.

Section 11. Penalty Kick

- Penalty kicks are awarded when the defense commits a direct free kick foul in the penalty area.
- No penalty kicks are awarded for U6-U10 age groups.

Section 12. Throw-In

- A throw-in is taken when the ball completely crosses the touchlines (sidelines)
- U6 players will use a kick-in when the ball completely crosses either the touchlines or goal lines.
- U8 players are allowed a second attempt after an illegal throw. After the second attempt, the opposing team will be awarded a throw-in.

Section 13. Goal Kick

- A goal kick is awarded when the offense kicks the ball over the opponents' goal line.
- The ball must leave the goal area to be in play or the kick is retaken.
- U6 use kick-ins instead of goal kicks.

Section 14. Corner Kick

A corner kick is awarded when the defense kicks the ball over their goal line.

Rule 302. SUBSTITUTIONS

Section 1. Substitutions may be made, with the consent of the referee, at any stoppage in play.

Rule 303. LENGTH OF GAMES, OVERTIME PERIODS, AND BALL SPECIFICATIONS

Age Group	Game Length	Field/Goal Dimensions	Size	Number of players
Under 6 Coed	(4) 6' quarters	Field: 40-45 x 25-30 Goal: 6'x18'	3	6 players, no less than 4
Under 8	(4) 12' quarters	Field: 55-65 x 35-45 Goal: 6'x18'	4	7 players, no less than 5
Under 11	(2) 25' halves	Field: 55-65 x 35-45 Goal: 6'x18'	4	7 players, no less than 5
Under 14	(2) 30' halves	70-80 x 45-55 Goal 6'x18'	5	9 players, No less than 6

Rule 304. UNIFORMS & FOOTWEAR

Section 1. Uniforms will be provided by the BRAL for all players, coaches, and officials.

Section 2. A team member is not prohibited by BRAL from having a mark or name, or both, on any part of the team member's uniform being worn at a game, if the mark or name is related to an item or service that is appropriate for youth. The Organization Member with which the team

member is registered shall determine the appropriateness. An Organization Member, or its member, may be more restrictive on uniform marks or names than allowed under this rule. Any inappropriate mark or name on the team member's uniform must be removed, replaced, or covered before the team member may continue to participate in the game.

Rule 305. PLAYER EQUIPMENT

Section 1. Footwear must be worn in compliance with US Youth Soccer Rules. Soccer cleats are not mandatory, but highly recommended. Flat bottom, tennis, or running shoes are acceptable if the player does not have soccer cleats.

Section 2. Cleats must be made of rubber or plastic. Metal cleats are prohibited.

Section 3. Any shoes with a cleat protruding from the toe are not permitted (Baseball cleats, football cleats, track spikes)

Section 4. Shin Guards completely covered by socks.

Section 5. No Jewelry, Earrings, Bracelets or Watches while on the field. Medical/health devices that are needed are acceptable and may be worn if it does not endanger the safety of the surrounding players.

Rule 306. HEADING

All Players ages 11 years of age and under shall not head the ball directly from the air in any match or competition, nor shall these players practice heading the ball in any organized team setting.

- A. If a player age 10 or younger deliberately heads the ball in a match, the referee shall award an indirect free kick to the opposing team at the spot of the infraction.
- B. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

Players age 11 and age 12 shall be permitted to head the ball in any match or competition. These players may practice heading the ball in an organized team practice or skill session, but coaches shall monitor this practice so that no single player heads the ball more than 25 times per week, regardless of setting.

Players age 13 and older shall be permitted to head the ball in any match or competition and these players may practice heading the ball in an organized team practice or skill session.

RULE 307. FIELDS

Section 1. Coaches and players will sit on the same side of the field in their respective halves in the designated coaches & players area.

Section 2. Parents & fans will sit on the opposite side of the field and will be no closer than 2 yards away from the sidelines at all times, being careful not to infringe on the space for referees, players, and officials.

RULE 307. NUMBER OF PLAYERS

- U6: 6v6 (5 field players + 1 goalie)
- U8: 7v7 (6 field players + 1 goalie)
- U11: 7v7 (6 field players + 1 goalie)
- U14: 9v9 (8 field players + 1 goalie)

RULE 308. REFEREES

Section 1. The referee has full authority to enforce the Laws of the Game in connection with the match. If the match has no referee, the coaches can agree on coaches, parents, or other suitable persons to act in the roles of referee granting them that same full authority.

Section 2. The referee may let game play continue after a foul is committed for advantage to the fouled team.

Section 3. What the referee sees are the facts of the game regardless of what actually happened.

Section 4. Only the coach should address the referee for the following reasons:

- Event of an injury, unsafe situation.
- Call for substitutions.
- Ask permission to enter the field when play has stopped for an injury and to ask permission for the player's parent to enter the field if needed.

Section 5. No one may enter or leave the game field during play without referee permission.

Section 6. Referees will hold the coaches responsible for actions of their players and parents.

Section 7. Other Match Officials

- Up to 2 Lines persons (anyone present who is not a referee) can be used if the game doesn't have enough referees. A lines person serves at the direction of the referee and is only allowed to signal for a ball that has gone in and out of play from the touchline or goal line. They may not signal direction nor anything else.

Section 8. Start and Restart of Play

- The referee will start the game clock 'on-time, regardless if the teams are present. Teams will have 15 minutes to begin play. If a team does not have enough players at the 15 minute mark, the game shall be forfeited with a final score of 3-0, or what their average goals are for the season.
- The referee will do a coin toss with the visiting team to call. The team that wins the coin toss will have the choice of what direction to attack first. The other team will get Kick-off.
- Game begins with a kick-off. All players except the kicker have to be on their half of the field before the ball is kicked. The ball can go in any direction to start play.
- Game play may also begin with a drop ball when the game is to be stopped while the ball is in play for a reason other than an infraction, for example injury. The ball may be touched once it has hit the ground.
- The Ball in and out of Play
 - a. The ball is out of play when it passes completely outside of a goal line or touchline.
 - b. Referee determines which team gets the throw-in, corner kick or goal kick.

Section 9. Determining the Outcome of a Match

- c. The team that scores the greater number of goals is the winner.
- d. Rules state that the ball must fully cross the goal line below the crossbar and between both posts to be deemed a goal. Players may not score for the opposition directly from a goal kick, penalty kick, indirect kick, or free kick.

PART IV – BRAL PARENT CONDUCT AGREEMENT WAIVER

The following Sport Parent Code of Conduct is utilized by BAMREC Athletic League (BRAL) for the important message it holds about the role of parents in supporting their child in sports. Parents must read, understand, and sign this form prior to their children participating in BRAL.

Any parent guilty of violating these rules at any game or practice will be asked to leave the sports facility and may be suspended from subsequent BRAL activities (including but not limited to games and practices). Repeat violations may result in the privilege of attending all activities for the remainder of the season.

1. Athletes are to support teammates at all times while on the team bench, whether you are playing in a particular match or not. Poor bench behavior includes not expressing verbal/vocal support for your teammates, conducting side conversations, taking other's attention off the match, disrupting the match with inappropriate discussion with the Coach or Coaches, or questioning your playing time or status during the match.
2. Equal playing time is NOT a guarantee. Coaches are given the flexibility to evaluate athletes during practices on a weekly basis. Playing time at games is earned during practice. If you have questions about playing time, set up a time to discuss the situation with your Coach. ****Game days are not the right time or place****
3. Un-sportsman-like behavior will not be tolerated at any BRAL function or event. This includes but is not limited to behaviors such as the use of foul language, angry outbursts, and rude gestures towards other athletes, parents, coaches, officials or opponents.
4. Parents are not to talk with any other athletes, parents, coaches, tournament officials, directors, or referees in an argumentative or disparaging manner. At Bamrec we believe that positive parent support is critical to the success of the athletes. Parents are encouraged to be supportive of all athletes during games and are asked not to question them regarding their play or about how much/little they have played.
5. Parents are not to "Coach" their athletes during tournaments. The athletes should be focused on what their coaches have to say with respect to the team and their play.
6. Parents are expected to be supportive of the entire team - at all times. Parents are not to engage in cheering or any behavior that would reflect negatively on BRAL or their team. Guidelines for Parents are no different from Athletes in this regard.
7. If an Athlete is removed by parents for any reason from a tournament without permission from the Head Coach, BRAL will consider that Athlete to have resigned from the program. All remaining monies will become due and payable at that time. No refunds will be granted.
8. Only the Head Coach or the Team Captain, under the direction of the Head Coach, may question an official.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Good Citizenship

On behalf of the parent(s) and guardian(s) of the registered child, I therefore agree:

1. I / We will not force my child to participate in sports ____
2. I / We will remember that children participate to have fun and that the game is for youth, not adults ____
3. I / We will inform the coach of any physical, *mental*, and/or *emotional* disability or ailment that may affect the safety of my child or the safety of others ____
4. I / We will learn the rules of the game and the policies of the league ____
5. I / We (and my / our guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event or public forum, including social media ____
6. I / We (and my / our guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures ____
7. I / We will not encourage any behaviors or practices that would endanger the health and well-being of the athletes ____
8. I / We will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence ____
9. I / We will demand that my child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability ____
10. I / We will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance ____
11. I / We will praise my child for competing fairly and trying hard, and make my child feel valued after each practice and game ____
12. I / We will never ridicule or yell at my child or other participants for making a mistake or losing a competition ____
13. I / We will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win ____
14. I / We will respect the officials and their authority during games and will never question, discuss, or confront them at the game field ____

15. I / We will respect the coaches and their authority during games and will never question, discuss, or confront them at the game field, and will take time to speak with coaches at an agreed upon time and place ____
16. I / We will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all Amesbury Little League events ____
17. I / We will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team ____

In signing this document, the signatory and his/her family releases BAMREC and the BAMREC Athletic League, its directors, coaches, officials, and/or league affiliates from any claim(s) or cause(s) of action that any of us may now have or hereafter acquire resulting from any of the following circumstances:

1. Bodily injury to the above named child incurred as the result of intentional acts of another participant in the course of supervised athletic activities of the League.
2. Negligent acts or omissions by a League-related individual or entity during or en route to or from supervised League activities.
3. During athletic activity where such athletic activity is not planned, sanctioned, or supervised by the League or occurs before or after supervised League activities.
4. As a result of defects in playing fields or surfaces chosen for play by the League.
5. Emotional distress resulting from conduct of League related individuals or entities, or from any of the occurrences here above set forth.
6. Pain and Suffering, loss of society and companionship or wrongful death resulting from any of the above referenced circumstances.
7. Defamation resulting from conduct, acts or omissions by any League-related individual or entity.

Player Name

Parent/Guardian Name

Parent/Guardian Signature

Date