

COCHRANE LADY RANGERS 6 ON 6 LEAGUE RULES AND GENERAL GAME INFORMATION

1. RULES OF PLAY

- **The referee:** - The ref's decision is final please don't argue with him!
- After each game the ref will relay scores to the stats manager
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- **Game start:** - The ref will toss a coin for the 2 captains to call
- The winning toss can choose which side they would like to start on
- The ball must be kicked forward over the centre line and then touched by another player before the original kicker can touch it
- **Game:** - Each game will consist of two 28 min halves with a 4 min break
- **Throw-in: –** - A throw-in is taken when the ball crosses over the sideline. The ball is then thrown in by the team that did not kick it out (usually a defender).
- Both feet must remain on the ground throughout the entire throw the thrower must face and throw in line with the direction of throw.
- The ball must come completely behind head before throwing
- **Goal kick:** - When the ball goes over the end line off of an offensive player it can be taken by the goalie or another defender (from the goal area)
- **Corner kick:** - When the ball goes over the end line off of a defensive player the ball is placed in the corner closest to where the ball went out
- A goal can be scored directly from a corner kick
- **Offside:** - In order to avoid the offside call, always keep 1 defender (or the ball) between you and the goal keeper
- Offside is not called until the player committing the offside becomes part of the play
- **Free kicks:** - **direct** – a direct kick means that you can score directly from it
- It is usually awarded for intentional fouls (e.g.) tripping, pushing, handballs, overly rough play
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indirect – you cannot score directly from the kick – another player must touch the ball first
- It is usually awarded for unintentional fouls (e.g.) offside, language, minor obstructions

penalty – it is awarded when a foul is committed in the penalty box by the defending team

- The ball is placed on the penalty spot and all players must be out of the penalty box except the shooter the goal keeper stands on her goal line and cannot move forward until the ball is kicked (she may move laterally on her line)

• **Sunglasses:** - Only goalies may wear sunglasses unless accompanied by a doctor's note. This is for your safety as well as others.

• **Aggressive Behavior:** First everyone has to understand although this is recreational play it is still soccer and contact will invariably be made.

We consider aggressive behavior to be pushing, elbowing, tripping and running people over. Please try to be aware of the people around you.

Below are some guidelines as to how we will deal with aggressive behavior

All the referees will be consulted to call a tight game – their word is final. If you see someone on the opposite team who is being too aggressive please ask the referees to keep an eye on them.

If there is a complaint against you the referees will be notified to watch for you specifically. We will speak to you and your captain.

If you receive a second complaint a member of the executive will watch you play without you knowing it.

If you receive a third complaint, you will be asked to either leave the game or take a week off.

If a fourth legitimate complaint is made then you will be asked to leave the league. Let's not get to this point.