



Newton Girls Soccer City Program Game Rules

The City Program is a recreation-focused soccer experience that emphasizes fun, health and exercise. Players work on soccer skills and teamwork during a weekly team practice consisting of various FUN activities and scrimmage games, then put those skills into action on game day against the other NGS teams in their age group. **No standings or scores are recorded.**

Game Rules - follow FIFA/BAYS Rules with additional information below:

- Game Format
 - **7v7 for all Grades**
 - 6 x outfield players plus 1 x Goalkeeper per team
 - Size 4 Soccer Ball for Grades 3-6
 - Size 5 Soccer Ball for Grades 7-9
- Game Length
 - 2 x 30 min halves with a 5 minute half time. There are no clock stoppages or “extra time”
 - Teams can agree to play quarters should weather be a factor or if one team is short players. Coaches from both teams must agree to playing quarters prior to the start of the game and inform the referee
 - Teams should be present ready to play 15 mins prior to kick-off to go through administrative procedures and player equipment checks
- Heading
 - Intentional heading is not permitted until Grade 7 and older. If in the discretion of the Ref the player deliberately tried to head the ball an indirect kick should be awarded to the other team
- Offside
 - **No offside in Grade 3 - 4 games**
 - Offside will be called in games for Grades 5 and older. Offside calls will result in a free kick from the spot of the infringement
- Goal Kicks
 - **This rule applies to all grades in the City Program**
 - On Goal Kick restarts the defending team must always retreat to the halfway line
 - The attacking team taking the kick can be positioned anywhere on the field
 - Please note the attacking team may take the goal kick before all defenders have retreated to the halfway line
 - Goal Kick should be taken from the ‘6 yard’ box

- Goalkeeper Punts
 - **No Punting over the Halfway line for all grades**
 - On a goal kick, or on a goalkeeper save, followed by a throw-out, punt, or drop kick, the ball must touch the ground in the defensive side of the halfway line, or be touched by any player in the defensive half of the field
 - Infringement of this rule will result in a turnover of the ball to the other team. Play shall restart with an indirect free kick at the halfway line nearest the spot where the ball crossed the halfway line

- Substitutions
 - Coaches must ASK the referee BEFORE they sub. Players should be lined up at the halfway line (3 yards behind the sideline) and at the appropriate time the coach can REQUEST subs
 - Subs must enter and leave the field at the halfway line
 - **You may substitute at ANY STOPPAGE in play**
 - No substitution can be made without the referee's approval
 - Coaches are not permitted to enter the field of play unless there is an injury upon referee signal
 - Coaches should remain in their own technical area in front of their team bench

- Kick Off
 - Ball can be passed in any direction on kickoff

- Restarts
 - Opponents must remain at 8 yards from the ball prior to the kick

- Throw Ins
 - Players must keep two feet down when throwing in the ball
 - The refs will give the player another chance to get it right (max 3) before switching to the other team

- Equipment
 - All players MUST have shin guards and they must be worn underneath socks
 - No jewelry, including ear studs. No taped ear studs. No hard hair clips. No casts. No EXCEPTIONS

- Parents
 - Parents must be on the sideline opposite the coaches and players
 - No one is permitted to be standing behind the goal during the game

- Lopsided Games
 - During the game it is the coaches' responsibility to manage the scoring and take the necessary steps to keep within the suggested 5 goal differential. Winning by more than 5 goals is considered poor sportsmanship and lack of respect for your opponent. It does not enhance the experience for the winning team, but it can significantly diminish the enjoyment and interest in soccer for the losing team
 - If a team is losing by a 4 goal difference they can put an additional player on the field and play 8v7
 - In addition for the team that is winning, the coaches should further challenge their players by adding new stipulations such as:

- i. Set of passes before going to goal
 - ii. Require players to use their non-dominant foot only
 - iii. Shoot from outside the penalty box
 - iv. Play a more defensive formation rotating players around the field.
 - v. Use discretion in implementing these measures; the goal is not to show up the opposing team
- If a team is losing by 5 goals or more the team winning should withdraw a player from the game and play 8v6
- **US Soccer Referee Abuse - Respect the Call: Policy**
 - All coaches, team managers and spectators shall support and respect the decisions made by the match officials during the game
 - Failure to do so undermines the authority of the match officials and has the potential to create a hostile environment for the players, referee(s), and all other participants/spectators in the game
 - The Zero Tolerance Policy applies to all coaches/team officials, players, parents, spectators, and other supporters and officials participating in the game
 - No one, except the players, is to speak to the referee before, during, or after the game. Exceptions: Coaches may ask questions before the game, call for substitutions and point out emergencies during the game, or respond to the referee if addressed
 - Absolutely **NO DISPUTING CALLS**, during or after the game, no direct or indirect remarks to the referee to watch certain players or attend to rough play. Yelling, criticism, sarcasm, harassment, intimidation, or negative feedback of any kind before, during, or after the game will not be tolerated. Violators may be sent off and are subject to disciplinary action by the NGS Sportsmanship Committee including suspension from future games.
 - If **Coaches** would like to provide constructive feedback about the refereeing, **AFTER** the game, please fill out the feedback form on the NGS website
 - If **Spectators** have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, they should fill out the feedback form on the NGS website
 - The referee has the authority to take disciplinary action from the moment they arrive at the field of play for the pre-match inspection until leaving the field of play/parking area after the match ends
 - Click here for: [Referee Abuse Prevention Penalty Summary](#)
- **Pre-Game Sportsmanship Announcement and Handshake Line**
 - After all pre-game check-ins are complete, both teams and the referee crew will line up at the Half Way Line of the Coaches Sideline.
 - Led by officials, all players and coaches will walk across the field and line up facing spectators, 5 yards from the sideline.
 - The Sportsmanship Statement will be read by a representative of the Home team to all coaches, players and spectators.
 - Following the reading of the script, players will perform a pre-game handshake. Post-Game handshake line is optional but not mandatory due to unfortunate

incidents when teams interacted after heated games. After the pre-game handshake, all players and coaches will return to benches and starting players will assume positions on the field of play.

- Pre-Game Sportsmanship Statement:
- *All participants deserve the right to play in an environment free from negative and distracting behavior. Poor sportsmanship will not be tolerated, the game may be stopped and sanctions applied for violations of policy or codes of conduct. Please enjoy the game and do your part to create a positive soccer experience for all.*