

I. General Rules

1. Except as specifically altered by this document, games will be played according to the Laws of Soccer of the Federation Internationale de Football Association (FIFA). Local rules are approved by Triangle United's professional staff.
2. Notice of game cancellation due to inclement weather or poor field conditions will be posted on the Triangle United Weather Hotline (9422036) at least one hour before the scheduled start of the game. After the game has begun, the referee has the authority to suspend the game. At anytime that lightning is seen at the fields, games are to be suspended immediately.

II. Field of Play

1. Triangle United will determine appropriate field sizes and designate a field for each game. In the U4, U5, U6, U8, and U10 age groups, the teams will compete in two small-sided, micro-soccer games at one time. The fields will be set up side-by-side, when feasible, to facilitate coaching and substitution.
2. Team members and spectators must remain 6 feet away from sidelines to allow players proper room for throw-ins. Spectators are encouraged not to sit in the center area between fields. This area should be reserved for coaches, assistant coaches, and players.
3. No coaches, spectators, or players are allowed behind either goal line, with the exception of the coach or assistant coach in the U4, U5 and U6 year old leagues.

III. Ball

1. U4, U5 and U6 age groups - size 3
2. U8, U10 and U12 age groups – size 4
3. U14 age group – size 5

IV. Duration of the game

1. U4, U5 and U6 age groups - 4 x 8 minutes with 2 minutes between quarters and 5 minutes halftime
2. U8 age group - 4 x 10 minutes with 2 minutes between quarters and 5 minutes halftime
3. U10 age group - 2 x 25 minutes with 5 minutes halftime as per U.S. Youth Soccer guidelines for U-10 small-sided games.
4. U12 age group - 2 x 30 minutes with 5 minutes halftime

5. The referee will start each game at the scheduled time according to his watch. Any delay in the actual start of play will be subtracted from the first period's time.

6. Games may end in a tie. No overtime periods will be played.

V. Players

1. It is the goal of Triangle United to set team and squad sizes that will promote learning of the game and assure adequate playing time. Fewer on-field players in the younger age brackets assure a better learning environment and fuller participation.

2. In all age groups (excluding ADP, U12 and U14 teams), the coach will divide the team into two squads that will play the two squads of the opposing team. The opposing squads will play for one half. At halftime, one of the teams will switch its squads to the opposite fields for the second half.

3. Following is the required number of players for a game. In the leagues that play micro-soccer, this is the number of players on each field. If a team does not have enough players for the game, the coaches may reduce the number of players on the field by mutual agreement.

i. U4 age group - 4 vs 4 with no goalkeeper

ii. U5 age group - 4 vs 4, with no goalkeeper

iii. U6 age group - 5 vs 5, including the goalkeeper

iv. U8 age group - 6 vs 6, including the goalkeeper

v. U10 and U12 age groups will play 7v7 including the goalkeeper

4. Each player is required to play a minimum of half of each game, unless there is an injury or disciplinary situation. Coaches will ensure that this rule is followed. Coaches should attempt to play all players approximately equally and in a variety of positions. If a coach decides not to allow a player to participate due to an injury or for disciplinary reasons, he must tell the player and the player's parent.

5. No player may play goalkeeper for more than one half of the game.

6. Substitution.

i. In the U4, U5 and U6 age groups free substitution is allowed. Coaches are not required to wait for a break in play or for the referee to substitute players into the game. It is the responsibility of the coach to ensure that the correct number of players are on the field. Players coming off the field must be off before the substitute goes onto the field. Players may be substituted onto either of the two fields on which the team is playing.

ii. In the U8 age group, either team may substitute on any dead ball. Substitutes should enter the field at the halfway line.

iii. In the U10 and U12 age groups, substitutes shall enter and leave the field at the halfway line when recognized by the referee.

Substitutions may be made as follows:

- a. at halftime
- b. after a goal
- c. before a goal kick by either team
- d. on a throw-in for your own team..
- e. for a cautioned player
- f. when an injured player must be replaced, substitution by both teams is allowed.
- g. Substitutions are not allowed on free kicks, corner kicks, or penalty kicks.

VI. Player equipment

1. Any item that poses a potential danger to any player may not be worn. The referee will decide if any item is a potential danger. The player, guardian, or coach must abide by a decision of the referee regarding safety.

2. All players, including the goalkeeper, must wear shin guards during practices and games.

3. Players may not use shoes with metal or fiberglass studs. Rubber or plastic molded cleats or tennis shoes are acceptable.

4. The use of safety or sports glasses for players who wear glasses is strongly recommended. If glasses must be worn, a safety strap must also be worn.

5. Hard casts are not allowed.

6. No player will be permitted to wear jewelry during a game -bracelet, necklace, ring, watch, earrings, hair barrettes, etc. Only soft fabric bracelets, headbands, or hair bands are allowed.

7. Hats are not allowed on players other than the goalkeeper unless they are worn for medical or religious reasons.

VII. Coaches

1. After the start of play, the coach is not allowed on the field unless invited by the referee, except for the U4, U5 and U6 age groups.

2. In the U4, U5 and U6 age groups, one coach or assistant coach is allowed on each field for providing direction to the players and to referee the game. The coach may not physically move any of the players on the field.

3. Only the coach and assistant coaches are allowed to coach from the sideline. All coaching must be positive in nature. Ridicule, intimidation, or verbal abuse of one's own players or the opponents is not allowed and may result in a caution (yellow card) or ejection (red card) as deemed appropriate by the referee.

VIII. Referees

1. Referees will be used for the U8, U10 and U12 age groups.

For the U4, U5 and U6 games, the coaches on the field will referee the games.

2. The referees will emphasize safe and fair play, considering the age and ability of the players.

IX Fouls and Misconduct

1. Sliding tackles are not permitted in any age group.

2. Any intentional contact or charging the goalkeeper in the penalty area is prohibited. When the goalkeeper has one hand in contact with the ball, he/she is considered to be in possession of the ball, and opponents must not intentionally challenge.

3. Coaches are responsible for the conduct of their players, assistant coaches, parents, and friends. All participants will conduct themselves in a sportsmanlike manner. Foul or abusive language, taunting, and like behavior will not be tolerated, no matter against whom it is directed.

4. A red card issued to a player or coach means an immediate ejection from the game. Anyone ejected from a game, whether a player, coach, or spectator, shall leave the property on which the game is being played. The referee will report the incident to the TRIANGLE UNITED Director of Referees who will in turn notify the TRIANGLE UNITED Board, who may take further action.

5. A yellow card is a severe warning to a player or coach. Two yellow cards in one game will result in immediate ejection from the game. The referee will follow the same procedure as in the case of a red card.

6. Dissension by word or action to the decisions of the referees is considered unacceptable behavior and may result in the issuance of a yellow card. The rules of soccer extend the referee's authority to players (on and off the field), coaches, and spectators -before,

during, and after the game. The referee is empowered to stop a game in case of serious disorder. In this event, he/she will report the incident to the TRIANGLE UNITED Director of Referees who will in turn notify the TRIANGLE UNITED Board, who may take further action. The referees have been instructed to issue one warning in the case of sideline disruption and may end the game if the inappropriate behavior continues.

7. Any player, coach, or spectator ejected from a game, either as a result of receiving a red card or two yellow cards, will have to meet with the TRIANGLE UNITED Board or Board's representative prior to participating in any further league activity. The Board will rule on the incident. This procedure applies to any parent ejected from the game or any coach involved in a game suspended as a result of the inappropriate behavior of parents or spectators associated with his team.

X. Injury

1. Referees will immediately stop play in the event of a serious injury. In the case of a minor injury, play will be allowed to continue as long as it is safe to do so. Play will be stopped when the ball is out of play or in a position that stopping play would not disadvantage either team. The age of the players will be considered as to whether play should be stopped.

2. Play involving players up to 8 years old will stop immediately when a child is hurt. This applies to all injuries, even minor ones.

3. The referee will not stop the clock to allow treatment or removal of the injured player.

4. After an injury, play will usually be restarted with a drop ball. If one team was clearly in possession of the ball, the referee may resume play by awarding an indirect free kick to that team.

5. In case of any injury requiring medical attention, the coach must promptly notify the TRIANGLE UNITED Board.

XI. Free Kicks and Penalty Kicks

1. U4, U5 and U6 age groups -Indirect Kicks only (except for penalty kicks in the U6 age group).

2. U8, U10 and U12 age groups- Indirect and Direct Kicks. Fouls occurring within the penalty area requiring a Direct Kick will be taken as a Penalty kick.

3. Encroachment: On all Direct and Indirect Kicks as well as on all corner kicks, opponents must be the following distance from the ball:

- i. U4, U5, U6, U8 and U10 age groups -opponents must be 5 yards from the ball
- ii. U12 age group -opponents must be 10 yards from the ball

XII. Throw-ins

1. U4, U5 and U6 age groups -Player is given unlimited attempts until successful or until coach selects another thrower.
2. U8 age group -Referee will give one warning for first foul throw per team and permit a second chance. All foul throws thereafter will mean loss of possession.
3. U10 and U12 age groups – regular FIFA rules apply.

XIII. Goal kicks/Punting

- I. U4 and U5 age groups -Kick taken near the end line next to the goal. All opponents 5 yards away.
2. U6, U8 and U10 and U12 age groups -Kick taken from edge of penalty area. All opponents at midfield until the ball is played. The ball is not in play until it leaves the penalty area.
3. Goal keeper punts can not clear the midfield line in the air. If they do it will result in an indirect free kick for the opposing team from the midfield line.

XIV. Offside

1. U4, U5 and U6 age groups -no offside rule.
2. U8, U10 and U12 age groups – regular FIFA rules apply. Offside will be enforced.

XV. Miscellaneous

1. Goal arches on U4 and U5 fields. An arch will be added to the U4 and U5 fields in front of the goals. Players from both teams are not allowed to touch the ball within these areas. A ball touched in the arch by the attacking team will result in a goal kick for the opponent. A ball touched in the arch by the defending team will result in a goal for the opponent.
2. Kick-back rule -If a player deliberately kicks the ball to his own goalkeeper, the goalkeeper is not permitted to touch the ball with his hands. Should the goalkeeper touch the ball with his hands, the opposing team is awarded an indirect kick from the point where the ball was touched.

3. To ensure enjoyable and balanced games, whenever a team gains a lead of five goals, that team is required to reduce its playing strength by one player until the goal spread drops below five. If the goal spread exceeds five, the leading team must reduce its playing strength by one player for each additional goal they score. One player may return each time the goal spread is reduced until the goal spread is less than five and both teams are at their original strength. It is the coach's responsibility to ensure that this rule is followed. If this rule is applied, coaches should still ensure that players have equal playing time.

XVI. 7A. Misconduct of Players

Players, like parents, coaches and supporters, are also expected to behave in a manner consistent with good sportsmanship. Incidents involving poor sportsmanship but not penalized by the referee by a "red card" will be handled according to FIFA's laws of the game. Additionally, if a player is shown a "red card" by a referee before, during, or after a game, the referee's report will be forwarded to the Commissioner who will keep a file of such infractions and make notifications as appropriate. The automatic League sanction for receiving a "red card" is disqualification from playing the next game. If a second "red card" is received in the same season, the player will automatically be disqualified from playing in League scheduled or sanctioned games for six months from the date of the (second) infraction. The six-month disqualification may be appealed to the Disciplinary Board (Executive Committee). The Commissioner will be responsible for notifying the effected player, manager, and coach that a six-month suspension is in effect. NCYSA may also levy sanctions against a player who has committed such infractions according to its rules.

7B. Mandatory Reports to the League

NOTE: Issues of field conditions, refereeing, team tardiness, and most issues of behavior should be taken to the on-field supervisor at Woodcroft

In addition to reports received from referees, the following events demand a written report mailed to the Triangle United president and Triangle United at Woodcroft coordinator within two days of the event from the manager and/or coach of any League team as indicated.

EVENT REPORTER

Ejection of spectators, parents,
or coaches
Coaches of both teams
Termination of Game by Referee for
Mis-Conduct

Forfeiture of a game by one team Coaches of both teams
Issue of "Red Card" to player Coach of offending player makes a
report, as does referee

