



Mountain Lakes-Boonton Township-Boonton Soccer Club Division 5 - Rules and Regulations

Equipment:

- Players **MUST** always wear shin guards.
- Use of cleats is strongly encouraged but not mandatory.
- Goalie **MUST** wear different uniform shirt.

Coaching Guidelines:

Players should understand the follow by the end of the season:

- Offsides
- Throw-in – proper spin, foot positioning and arm movement
- Corner & Goal Kicks - where and who takes them.
- Penalty kicks
- Positions
- Off Ball movement - give & go's, moving to space, understand where they need to be to make a play.

Please reference previous division guidelines: [Division 7](#) & [Division 6](#)

Ball Size:

Ball size used is #4.

Length of Game:

A game consists of 25 minute halves with a 5 minute half time break. Referees keep the time.

Number of Players:

Each team has 8 players on the field, with a minimum number of 5 needed to play.

Kick-offs:

At the start of each game there will be a coin toss between teams to determine who will kick-off. The winner picks the direction of play (way to attack) for each team and the loser gets ball possession. During the second half, both teams will just switch to the opposite direction of play from the first half. Kick-offs occur at the beginning of each quarter, half and following the score of a goal. At the kick-off the ball only needs to roll

forward. Also, with other "kicks" the ball just needs to move (however kicker still may not touch the ball twice)

Substitutions:

At the midpoint of the first half mandatory substitution shall take place. Those players who have not yet played must be inserted at this point and remain in for the remainder of the first half. Free substitution is permitted in the second half. Prior to this, substitution is allowed only in the case of injury, or when it is in the interest of the players well being. In the second half, substitutions can only be made under the following conditions (always at the discretion of the referee):

- Teams own throw-in
- Goal kick by either team
- Injury
- After a goal has been scored
- Half time
- Replacement of a player who has just been given a caution

Substitutions may not be made on the following:

- Drop ball
- Corner kick
- Free kick (direct or indirect)
- Ejection

In the case of injury, if one opponent substitutes, the other opponent may also substitute. All substitutions must be made with the permission of the referee, and the player being substituted for must leave the field before the replacement enters the field. Goalie substitution may be made with proper notification to the referee at halftime, in the event of injury, or with the permission of the referee.

Throw-ins:

An incorrect throw-in will result in turnover.

Corner kicks:

Corner kicks will be taken as FIFA standard.

Goal kicks:

Taken from anywhere within the goal area whenever the ball goes over the end line and is last touched by an offensive player. All players other than the defense must leave the penalty area and cannot enter the box until the ball is kicked out of the area and crosses the line fully. No player, from either team, may kick the ball until it has left the penalty

area. Coaches should remind their players of this rule frequently so they will learn to comply with it.

Offside:

Offside will be called. This results in an indirect free kick.

Handball:

Handball will be called. This only applies to purposeful contact or touch in order to redirect the ball. Results in a direct free kick.

Penalty Kick:

Penalty kicks will be taken from 12 yd. line.