

Delaware Inter-Club Instructional League Rules and Regulations

The Rules of Play set by the Federation Internationale de Football Association (FIFA) will be used for games played except for the following modifications for all instructional league games. Violation of these rules will be dealt with accordingly up to and including forfeiture of the game and expulsion from the League.

Rule 1: The Field of Play (Field, Equipment & Spectators)

- 1.1 The field of play for all U14 – U18 (11v11) games will follow standard FIFA rules.
 - Length: minimum 100 yards / maximum 130 yards
 - Width: minimum 50 yards / maximum 100 yards
- 1.2 The field of play for U12 (8v8) will be adjusted to accommodate the smaller sided game.
 - Length: minimum 70 yards / maximum 80 yards
 - Width: minimum 45 yards / maximum 55 yards

Note: These are FIFA guidelines. Maximum dimensions can be slightly larger if the host club chooses.
- 1.3 The goal size for U14 – U18 will follow standard FIFA rules.
 - Length: 8 yards
 - Height: 8 feet
- 1.4 The goal for U12 (8v8) will be adjusted to accommodate the smaller sided game.
 - Length: 18 feet
 - Height: 6 feet
- 1.5 Both teams will be on the same sidelines. The home coach has choice of which end. **All parents and spectators must be on the opposite side of the field.**
- 1.6 U12 and older coaching must be in the technical area. The technical area shall be defined as 15 yards on either side on the mid field line.
- 1.7 No coaches or spectators will be allowed behind the goal.

Rule 2: The Ball

- 2.1 The home team is responsible for providing the game ball.
- 2.2 The ball size will be:
 - U12: Size 4
 - U14-U18: Size 5

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Rule 3: The Number of Players [Participation, Substitution, Medical and Representative (Carded Players)]

- 3.1 There will be a total of eight (8) players on the field; one (1) of which will be the Goalkeeper for the U12 Age Group.
- 3.2 There will be a total of eleven (11) players on the field; one (1) of which will be the Goalkeeper for the U14-U18 Age Group.
- 3.3 **A minimum of six (6) players is necessary for U12 and nine (9) players for U14-18 to constitute a team in order to start on official game. Additional players may be added at a stoppage of play with the permission of the referee. *Each team will play an equal number of players.* A team short of players may 'borrow' players from the opposing team if acceptable by coaches and players. A U14-18 game started with one team having fewer than nine (9) players will result in that team forfeiting the game by a score of 1-0, regardless if the game is played by borrowing players or playing down.**
- 3.4 Every player **MUST** play a minimum of 50% of each game.
- 3.5 The purpose of the league is to help develop the understanding of the game of soccer. It is strongly recommended that players be used in different positions throughout the game.
- 3.6 It is acceptable in the U-12, U-14, U-16 and U-18 age groups for the same player to remain as goal keeper 100% of the game.
- 3.7 All coed teams will play in the Boys age groups (i.e. BU12, BU14, etc.).

Substitutions

- 3.8 Any injured player may be substituted with the permission of the referee.
- 3.9 There is no limitation to the number of times a team may substitute.
- 3.10 A player who has been replaced by substitution may re-enter the game at a later time during a subsequent substitution.
- 3.11 After permission from the referee, all substitute players must enter the field of play at the halfway line.
- 3.12 On a throw-in, the team having possession of the ball may sub with the referee's permission. The team not having possession on a throw-in may not sub. Either team may sub, with the referee's permission, on all goal kicks and after a score by either team.

Medical and First Aid

- 3.13 Medical forms must be filled out and signed for every player and carried by the coach at all games. These forms must be filled out before any participation.
- 3.14 Coaches must have a first aid kit at all practices and games. In addition, hosting club should have ice on hand. Instant packs are not recommended.
- 3.15 Any serious injury to a player incurred during a Delaware Inter-Club Instructional League activity must be reported immediately to the injured player's home team and the hosting club coordinator.

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Representative (Carded) Players

- 3.16 Representative (carded) players may not simultaneously play on both a Representative team and on an Instructional League team in the same season.
- 3.17 Before playing in the Instructional League, a carded player must:
 - A. Obtain written permission from her/his coach (representative coach) and the club.
 - B. Give up her/his card and become “un-carded” for the season of play in the instructional league.
- 3.18 Distribution of “un-carded” players must be evenly distributed amongst the age appropriate teams within the club.
- 3.19 After playing an entire season as an instructional player, the player is considered an instructional player for subsequent seasons unless “re-carded”.

Rule 4: The Player’s Equipment

- 4.1 The home team will have choice of jersey color.
- 4.2 All players are required to wear a representing club shirt.
- 4.3 Shin guards are mandatory for all players during practice and games.
- 4.4 Shin guards must be covered by a stocking.
- 4.5 No jewelry is to be worn. Tapping is not an acceptable method of protection from jewelry. All Jewelry must be removed.
- 4.6 A player being allowed to compete with a hard cast is at the discretion of the referee. At a minimum, all hard casts must be covered with a soft material (e.g. foam, bubble wrap).

Rule 5: The Referee (Conduct)

- 5.1 No dissent, insulting or abusive language towards any official will be tolerated.
- 5.2 Coaches are responsible for the conduct of their players and spectators.
- 5.3 Referees, in accordance to the authority vested in them by FIFA, are instructed to issue a warning to an offending bench and stop play for five minutes of unruly or abusive behavior on the part of spectators. A second warning issued for the same reason will automatically terminate the game and the offending team will forfeit the game. A score of 1-0 will be recorded for the game.
- 5.4 A referee may issue a warning or send-off directly a coach for dissent of a referee. If the coach is ejected, he must leave sight of the field. Coaches receiving a send-off will be reported to their respective club for any disciplinary action required by their club. Additional penalties and/or restrictions may be imposed by the league.
- 5.5 **No protests will be allowed.**
- 5.6 Hosting club is responsible for the referee staff (assignments).

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- 5.7 There will be a minimum of one (1) referee and one (1) assistant referee (preferably two (2) assistant referees) officiating each U14 – U18 game.
- 5.8 There will be a minimum of one (1) referee (preferably one (1) referee and one (1) assistant referee) officiating each U12 game.

Rule 6: The Assistant Referee

- 6.1 See Rule 5 above.

Rule 7: The Duration of the Match (Inclement Weather & Cancellations)

- 7.1 U12 will play 25 minute halves with a five (5) minute intermission.
- 7.2 U14 – U18 will play 35 minute halves with a five (5) minute intermission.
- 7.3 Stoppage time will not be added to game time.
- 7.4 There will be no overtime for regular season games.

Inclement Weather

- 7.5 A decision to cancel games will be made by the hosting club.
- 7.6 Go to the hosting club's website and any cancellations due to inclement weather will be posted on the home page.
- 7.7 Cancellations should also be on the hosting club's phone hot line.
- 7.8 U12 - U18 make up games due to inclement weather will be coordinated between the two (2) head coaches of the game. These coaches are responsible for setting a date and time for the game, securing a field, and securing referee(s). All U14 – U18 games are to be made-up as best as possible.

Other Cancellations

- 7.9 A maximum of a five minute grace period, to allow a team to come to a full compliment of players, will be allowed after the scheduled kick-off time before the game is awarded to the opposing team. [See section 3.3] In the event of a forfeit, the game will be scored as 1-0.
- 7.10 The absence of a team's coach or assistant coach is not an acceptable reason to delay the start of the game.

Rule 8: The Start and Restart of Play

Follows FIFA Laws.

Rule 9: The Ball In and Out of Play

Follows FIFA Laws.

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Rule 10: The Method of Scoring (Game, Season, and Playoffs)

Game

- 10.1 All scores and standings will be recorded for all age groups except U12.
- 10.2 U14-U18 scores to be forwarded by the host team/club to the Delaware Inter-Club Instructional League designee.
- 10.3 In an effort to prevent "running up the score", the recorded game score will only reflect a five (5) goal difference.
- 10.4 The referee is responsible for turning in a game card (signed by both coaches) with the correct score to the hosting club office for all U14-U18 games played.

Season

- 10.5 Standings – Each team will receive:
 - Three (3) points for a win.
 - One (1) point for a tie.
 - Zero (0) points for a loss.
 - Standings are based on a point system. In the event of a point tie, standings will be determined by:
 1. Average points per game
 2. Head-to-head competition
 3. Goals against
 4. Goals scored
 5. A qualifying game
- 10.6 In case of scheduled doubleheaders (needed due to uneven amount of teams in a division), only the first game of the day will count (towards the standings) for the team playing the doubleheader.

Playoffs

- 10.7 The top four (4) teams as determined by Division standings will play a single elimination format (i.e. 1 vs. 4, 2 vs. 3) tournament.
- 10.8 Playoff locations to be determined by Delaware Inter-Club Instructional League.
- 10.9 In the event of a tie after regulation play, the game will continue with a five (5) minute overtime period starting with the same players on the field at the end of regulation play. (11 v. 11). **[No Golden Goal]**
- 10.10 In the event of a tie after the first five (5) minute overtime period, a second five (5) minute overtime period will be played starting with the same players on the field at the end of the first overtime period. (11 v. 11). **[No Golden Goal]**
- 10.11 In the event of a tie after the overtime periods, the game will resort to a five (5) shootout format (the best score after five (5) shootout kicks). Five of eleven players from each team on the field at the end of the second overtime period will be selected for the shootout.

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- 10.12 In the event of a tie after the five (5) shootout format, the game will resort to a sudden death shootout with the remaining players from each team on the field at the end of the second overtime period until a winner is determined.

Rule 11: Offside

Follows FIFA Laws.

Rule 12: Fouls and Misconduct

- 12.1 Players are expected to conduct themselves within the spirit of the game as well as the letter of the law. Players ejected from a game (red card) must sit out the remainder of the game and the team shall play down a player. The referee has the authority to have the offending player leave the field.
- 12.2 A player receiving a red card must sit out the next scheduled game.
- 12.3 A player receiving a yellow card must be substituted at the time of the foul. The yellow carded player may re-enter the game at the next stoppage of play per Rule 3 – Substitutions.
- 12.4 All players receiving a yellow or red card are reported to their respective club for disciplinary action required by their respective club. Additional penalties and/or restrictions may be imposed by the league.
- 12.5 The Goalkeeper has 6 seconds to distribute the ball (Standard FIFA Rule).
- 12.6 No charging of the Goalkeeper will be tolerated.
- 12.7 No slide tackles will be tolerated.

Rule 13: Free Kicks

Follows FIFA Laws.

Rule 14: The Penalty Kick

Follows FIFA Laws.

Rule 15: The Throw-In

Follows FIFA Laws.

Rule 16: The Goal Kick

Follows FIFA Laws.

Rule 17: The Corner Kick

Follows FIFA Laws.