

PELADA FA FALL 2020 SMALL-SIDED LEAGUE RULES

(A) SAFETY

(1) COVID-19 Safety Modifications and Precautions

(a) Kick-ins Instead of Throw-ins

(i) When the ball goes out of play across the touch line, play will be restarted with a kick-in from the touch line at the place the ball exited the field of play.

(ii) A goal may not be scored directly from a kick-in.

(iii) All opponents must stand at least 2 yards from the point on the touchline where the kick-in is to be taken.

(b) ALL players must wear masks while on the playing surface, unless a medical condition prohibits.

(c) Players and coaches will socially distance (6 feet) whenever possible inside the designated bench area. Masks are required for coaches at all times.

(d) Players and Referees must avoid handling equipment (including balls, cones and sideline straps) only doing so when necessary.

(e) Masks will be worn by players and coaches during referee check-in and during all interactions with officials.

(f) Distancing (6 feet) on the field of play will be maintained whenever possible.

(B) GAME PLAY AND RULES

(1) Substitutions

(a) Unlimited substitutions are permitted, without the consent of the referee at any time during play. Players must enter and exit the field of play from their bench area. The player coming off must cross the sideline before the entering player enters the field of play. If a player enters the field of play before the substituting player has reached the sideline the result is an in-direct freekick for the opposing team taken from any point on the midfield line. Referees' discretion may result in initial warning.

(3) Heading Limitations

(a) Intentional heading of the ball will be allowed for age groups U13 and older.

(b) Intentional heading of the ball is not allowed for age groups U12 and younger.

(i) The infraction consists in intentionally playing the ball with the head. If the referee determines that the ball struck a player in the head when the player is not trying to play the ball, the referee will allow play to continue.

(ii) The penalty for playing the ball using the head is an indirect free kick at the spot of the infraction.

(iii) If the infraction is committed within the goal area, the indirect free kick will be taken from the goal area line parallel to the end line at the nearest point to where the infraction occurred.

(4) Offside Rule - Games will be played without the offside rule.

(5) Uniforms & Equipment

(a) All players on the field must wear matching uniforms (except the goalkeeper) to the satisfaction of the referee. The goalkeeper's uniform must be a different color from that of the opposing keeper, all other players on the field, and the referee.

(b) A player may not wear or use any equipment that is dangerous to himself or others.

(i) The referee's decision regarding dangerous equipment is conclusive, although lightweight, padded protective equipment should generally be allowed per IFAB Law 4.

(ii) Casts, splints, or braces must be padded and there shall be no exposed metal or any other hard material.

(iii) The referee may withdraw approval for a player to participate while wearing a cast or other protective equipment if the referee finds that the protective equipment is being used in a way that endangers the safety of any player.

(c) No jewelry is permitted. Medical alert bracelets/necklaces are not considered jewelry and are allowed, if taped.

(d) Shin guards, covered by socks, are mandatory in all games. Players not wearing shin guards will not be allowed to play.

(6) Additional Rule Modifications

(a) Goal kicks will restart play from the goal keepers hands (futsal & indoor).

(b) All fouls committed outside of the penalty area will be restarted with an indirect kick; players from the opposing team must be a minimum of 5 yards away from the ball when the kick is taken.

(c) Fouls committed inside the penalty area are awarded penalty-kick; players from both teams must be behind the ball and a minimum of 5 yards away from it when the kick is taken.

(C) FIELD SIZE AND PREPARATION

(1) Field Size

(a) 5 v 5 (U9-U12 divisions) - 40 x 24 yards

(b) 6 v 6 (U13-U19 divisions) - 50 x 34 yards

(2) Penalty Area - 6 x 13 yards marked with straps

(3) Bench/Substitution Area - 8 yard wide and 6 yards from center line, marked with cones.

(4) Center line marked with large cones on the sidelines.

(5) Penalty Spot

(a) U12 and younger divisions - penalty kicks will be taken from a spot centered 8 yards from the goal line.

(b) U13 and younger divisions - penalty kicks will be taken from a spot centered 10 yards from the goal line.

(D) NUMBER OF PARTICIPANTS IN A MATCH

- (1) 5 v 5 (U9-U12 divisions) - All age groups play 4 field players and 1 goalkeeper
- (2) 6 v 6 (U13-U19 divisions) - All age groups play 5 field players and 1 goalkeeper

(E) TEAM AND SPECTATOR SIDELINE AREAS

(1) Team Placement, Technical Areas, and Spectator Placement

- (a) Both teams must be on one side of the field each on a designated half.
 - (i) Each coach, substitute, and all other team personnel not involved in active play must remain within their respective Team Area two (2) yards behind the touch line, six (6) yards from the halfway line.
 - (ii) Technical Areas will be set up for social distancing protocols and each player not involved in active play must remain within his or her marked zone within the Technical Area.
- (b) ALL spectators must be on the opposite side of the field from the teams.