

Somerset County 2026 Fall Soccer League Game Rules

Rules of Play:

1. The Department of Recreation and Parks shall approve game balls
2. All teams must have a designated coach on the sidelines or the team must forfeit. (The Department of Recreation and Parks must approve all coaches.)
3. All games will be played with the following amount of players on the field at a time.

Limits for each team:

Senior Div. (Age 10-14)	7 field players & 1 goalie (8v8) (ball size: 5)
Junior Div. (Age 7-9)	7 field players & 1 goalie (8/8) (ball size: 4)

4. **All games will be 45 minutes; (2) 20-minute halves; 5-minute halftime**
5. Each team is awarded one timeout per game (**1 minute**)
6. Ties (in playoffs) will be determined by playing 5 minute overtime periods. Each team removes one player at the beginning of each overtime period. The team to score first in overtime wins the game. After 2 overtimes – penalty kicks (best out of 5).
7. A team that is unable to field enough players at game time must forfeit. A team can play 1 player down. The opposing team is **NOT** required to play a player down.
8. Substitutions are made on the fly and should be made on a regular basis. Each player is to play at least 3 minutes each half. Substitutions must be made at the 50-yard line. The player coming off the field must be to the sideline before the substitute can enter.
 - a. **If you have substitutes, ALL PLAYERS MUST BE SUBSTITUTED OUT OF THE GAME (except the goalie)**
 1. **EXAMPLE: YOU HAVE 4 PLAYERS ON THE BENCH, ALL 4 PLAYERS SHOULD PLAY EACH HALF OF THE GAME.**
9. After goals are scored, play will be restarted from the center
10. If an official cannot determine which team hit the ball out of play, a drop ball is awarded.
11. If a ball goes out of bounds on the sideline the team awarded with possession must make an accurate throw-in (Ball comes directly behind the head and forward over the head while also keeping both feet on the ground with a toe drag).
 - a. 7-9 yr. old division will be more lenient with this rule but players are expected to know how to perform the skill correctly by the end of the season.
12. Possession at the beginning of the game will be determined by a coin toss; possession at the beginning of the second half is awarded to the team who did not win possession for the start of the game.

13. Kick-offs must make one rotation forward or backwards to a teammate.
14. Excessive pushing, hand-balls and tripping are considered fouls, resulting in a free kick at the spot of the foul. Fouls occurring inside the goal box, by the defending team, result in a penalty kick.
15. Any foul judged deliberate by an official can result in a direct kick or penalty shot, as well as the offending player receiving a card or ejection from the game.
16. Penalty shots are taken from the penalty stroke line
17. All players from the opposite team must be at least 5 feet away from the ball on a corner, direct, or indirect kick.
18. If the ball is passed to the goalie by their teammate, the goalie must play the ball with their feet.
19. Slide-tackles are permitted if the player making an attempt at the ball and not the opposing player **(10-14 year old division ONLY)**
20. Off-sides. There will be **NO OFFSIDES**. There is only 1 official per field. This does NOT give coaches the green light to send a player up to cherry-pick. If it is obvious to the official that the player was cherry-picking and then was involved in the play, off-sides will be called. With only 1 official on the field, it is difficult for them to make a close off-sides call. Please be courteous about this rule.
21. ALL players must wear proper equipment or they will not be allowed to participate. SHINGUARDS ARE MANDATORY **(RUBBER/MOLDED CLEATS & TURF SHOES ARE ALLOWED)**

DISCIPLINE AND BEHAVIOR

1. The official will not tolerate any foul language, unruly behavior or unsportsmanlike conduct by players, coaches or fans. Foul language or fighting by a player or coach will result in a red card. Any player or coach receiving **2 red cards** will be dismissed from the league.
2. Anyone receiving a red card is removed from the game, and is **suspended for 1 game**.
3. Anyone receiving a yellow card is removed from the game for 5 minutes. Another yellow card in the same game results in removal from the game and the premises.