



**Neighborhood  
Boys & Girls Club**  
For Better Men & Women

NBGC SOCCER RULEBOOK 2023

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## 1. Games

- **Challenge** games are played in **two 20-minute halves** with subs every 5 minutes. Free substitutions is when teams can sub players at any whistle during the last 5 minutes of the second half only.
- **Champion** games are played in **two 20-minute halves** with subs every 8 minutes for the first 16 minutes of each half. The last 4 minutes of each half is free substitutions. Free substitutions is when teams can sub players at any whistle.
- **Premier and World** games are played in **two 25-minutes halves (spring)** or **two 20-minute halves (fall)** with subs every 5 minutes. Free substitutions is when teams can sub players at any whistle during the last 10 minutes of the second half only.
  - The clock does not stop at any time during each half. The clock runs continuously during each half, even during subs. Try and make the transitions during sub periods as quickly as possible to maximize playing time.
- There are no time outs for **Premier and World** and 1 30-second time out per half for **Challenge and Champion**.

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## 2. Uniforms

- During games a player must be wearing:
  - NBGC provided uniform (team jersey, shorts, and socks)
  - Shin guards
  - Gym shoes or cleats (metal cleats are not allowed)
  - Jerseys must be tucked in
  - Socks must be worn **over** shin guards
  - No jewelry
- Any player that does not meet the above requirements will not be allowed to play.

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## 3. Teams, Field Dimensions, and Positions

- **Challenge League** (Kinder-1<sup>st</sup>) will play **7 v 7** and need at least 6 players present and in uniform to prevent a forfeit.
    - The team will have 1 goalie, 2 midfielders, 2 defenders and 2 forwards.
    - The field dimensions are **30 x 40 yards**.
    - If one team only has 6 players present, the opposing team may still keep 7 on the field since certain position players cannot cross the midfield line.
  - **Champion League** (2<sup>nd</sup>-3<sup>rd</sup>) will play **7 v 7** they need at least 6 players present and in uniform to play to prevent a forfeit.
    - The team will have 1 goalie, 2 midfielders, 2 defenders and 2 forwards.
    - The field dimensions are **30 x 50 yards**
    - If one team only has 6 players present, the opposing team may still keep 7 on the field since certain position players cannot cross the midfield line.
  - **Premier League** (4<sup>th</sup>-5<sup>th</sup>) will play **6 v 6**, they need at least 5 players present and in uniform to prevent a forfeit.
    - A typical set up is: 1 goalie, 2 midfielders, 2 defenders and 1 forward.
    - The field dimensions are **40 x 60 yards**
    - In the event that a team only has 5 players present, the opposing team may play 6 players if they have 8 or more players present to maintain playing time standards.
  - **World League** (6<sup>th</sup>-8<sup>th</sup>) will play **5 v 5**, they need at least 4 players present and in uniform to avoid a forfeit.
    - A typical set-up is: 1 goalie, 2 midfielders, 1 defenders and 1 forwards.
    - The field dimensions are **40 x 60 yards**
    - Opponents are not required to play down a player if a team only has 4 players present.
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#### 4. Offside Rule

##### Challenger & Champion Leagues (Kinder – 3<sup>rd</sup> grade)

- The only players allowed to roam around the field freely are the midfielders. The defenders and the forwards are not allowed to cross the midfield line.
- If this happens the other team is awarded a **direct free kick** from the midfield line (this is not similar to a kickoff), during a direct free kick, the opposing team must be about 10 feet away from where the ball is placed for the kick.

##### Premier & World Leagues (4<sup>th</sup>–8<sup>th</sup> grade)

- Offside penalties occur when an offensive player is in the process of receiving a teammate's pass **AND** is beyond the last player on the opposing team.
    - This means that a player can wait for a pass when she is beyond the last opposing player(s), they will be called for an offside play only when a pass is attempted for them or they become involved in the play.
    - Offside penalties result in a direct kick at the spot of the offside player when the pass was attempted.
    - There is no offside penalty called if the defense has all players except the goalie on the offensive side of midfield.
    - Offsides does not apply to goal kicks, throw ins, or corner kicks.
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#### 5. Boundaries

The only time that a ball is called out of bounds is if the entire ball passes over any of the 4 boundary lines. If part of the ball touches the line it is still considered to be in play. It is also in play if a player is out of bounds but keeps the ball within the field of play.

- The field is enclosed by two types of boundaries:
  - The lines that intersect the goals are called the goal lines.
    - A goal kick is awarded when the ball is last touched by the offense and goes out of bounds crossing the goal line.
    - During a goal kick the ball must be placed in the goal box. The goalie is not allowed to punt or throw the ball - it must be placed on the ground. The goalie is not allowed to kick the ball until the official sounds the whistle and signals for a goal kick.
    - A defender can kick the ball instead of the goalie during a goal kick. Players on the opposing team must maintain a distance of 10 ft.
    - If the team on defense kicks the ball over their own goal line the ball is placed on the corner nearest to the point where the ball crossed over the line for a corner kick.
      - If the ball crosses their own goal line AND goes into the net, it will count as a goal against
    - During a corner kick the ball must be placed on the corner and can be taken by an offensive player of the offensive team. The player must wait until the official sounds the whistle and signals for the kick. Failure to do so results in a turnover of the ball (goal kick). Defenders must maintain a distance of 10 ft.
    - Offensive players are allowed to be in the goal box during a corner kick.
  - The lines connecting to two goal lines (running parallel) are called the sidelines.
    - If the ball is kicked over the sideline by any player (the last to touch the ball before it goes out), then the other team is given a "kick in".
    - The "kick in" takes place at the approximate point where the ball went out on the sideline.
    - On a kick in a player must pass the ball into play, a goal cannot be scored off of a kick-in.
    - Opponents must be at least 6 feet away from the kicker.
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#### 6. Kickoff

- The kickoff starts the game at the beginning of each half and after each goal.

- The player must wait for the official to blow the whistle before they can kick the ball.
- The ball can be kicked either forward or backward.
- Each team must wait on the other side of the half circle until the ball is kicked. Once the ball is kicked, they can move across the line.
- The player kicking the ball cannot touch the ball a second time unless it is touched by another player on the field.
- A goal cannot be scored directly from a kickoff.

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## 7. Fouls/Infractions (no-card, yellow, and red cards)

- Intentionally using your head to play the ball will result in a direct free kick for the opposing team.
    - Headers are allowed **only** in the World League (6<sup>th</sup>-8<sup>th</sup>) as long as they are being performed in a safe manner
  - **Kinder – 2<sup>nd</sup>**: When goal kicks are taking place, the opposing team will be instructed by the referees to back up to give the goalie an opportunity to pass the ball to a teammate.
  - Hand ball- Yellow Card--When a player *intentionally* touches the ball with any part of her arm below the shoulder. If the goalie touches the ball outside of the goal box it is a hand ball and results in a Yellow Card. If it is *unintentional* no card will be given, but a direct kick will be awarded to the opposing team.
  - Dangerous play- (Yellow Card) this happens when a player is on the ground attempting to kick the ball, any type of **slide tackling (Yellow or Red)** or kicking at the goalie (Intentional results in Red Card).
  - Tripping and Pushing (Yellow Card)
  - Grabbing of pants/shorts or jerseys (No/Yellow Card)
  - High Kick- when a player attempts to kick the ball and during the attempt raises the bottom of their foot above the waste. (No Card)
  - These type of fouls (if they are no card) result in a direct free kick
    - A goal can be scored on a direct free kick
    - Kick is taken from the spot of the infraction
    - Opposing players must be at least 10 feet from the ball.
    - Like a kickoff, the player kicking the ball cannot touch it a second time unless it is touched by any other player on the field.
    - Player must wait for official's whistle
  - In the event a ball has been played into the goal box and the goalie gains control, ALL players must leave the box immediately. Any player(s) that remains will be warned twice per game. If the player repeats such, they will be given a Yellow Card.
  - Yellow Card
    - A yellow card is presented to a player when an official has determined that the player has committed a moderate dangerous play that may cause an injury.
    - If a yellow card is presented that player must serve a penalty time of 2 minutes that is timed by the scorekeeper. Once the time is up the player is then allowed to re-enter the game.
    - Each player is only allowed 1 yellow cards. If a player receives 2 yellow cards in one game, they are ejected from the game and miss the next game as well.
  - Red Card
    - A red card is presented for:
      - Swearing
      - A flagrant foul
      - Any dangerous foul that is committed intentionally and results in a serious injury
      - Once a player receives a red card they are ejected from the game and the next game as well.
      - When a red card is given a penalty kick will occur if the foul occurred in the goal box. If it occurs outside of the box a direct kick will be awarded.
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## 8. Penalty Kicks

- Taken from 12 yards away from the goal line.
  - No one other than the goalie and penalty kicker is allowed inside the box
    - All other players must wait beyond the goalie box line
    - Players can enter the box once the ball is kicked and is considered a “live ball”
    - The penalty can be taken by any one team member who is on the field at the time of the penalty occurrence.
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## 9. Goals

- The entire ball must cross the goal line.
  - If the goalie grabs the ball and brings it with them into the net (across the goal line) it counts as a goal.
  - A goal cannot be scored *directly* by a kickoff, indirect free kick, or drop ball. The ball must touch another player first.
  - A goal can be scored directly by a direct free kick.
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## 10. Drop Ball (Dropped Ball)

- A drop ball restarts the game when the official stops the game for any reason that has not been mentioned. An example is an injury timeout when neither team is in clear possession of the ball.
  - The official drops the ball between two players (one from each team), and the ball is not in play until it touches the ground.
  - A player cannot score a goal *directly* from a drop ball.  
If a player kicks the ball before it touches the ground, then the ball must be dropped again.
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## 11. Subs and Free Subs

- Players must be within one (1) sub of playing time in comparison to their teammates
  - All players are to receive equal playing time unless they are frequently absent, at which case an attendance issue should be brought to the league director.
  - Players that are kept in and have played more than two (2) rotations more than any teammate must be subbed out to even out playing time.
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## 12. Weather Cancellations

- Soccer is played in all weather rain or shine (and even snow). To protect the players and the field, games will only be cancelled due to lightning, a severe storm, or poor field conditions. All cancellations will be communicated via email.
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## 13. Sportsmanship

- Players are expected to participate and act in a sportsmanlike manner, and not cause any issues for either team or the officials.
  - This includes but not limited to:
    - Excessive celebration
    - Taunting
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## 14. Miscellaneous Rules

- Anything not specifically covered in the rules is left to the discretion of the officials. Rules are subject to change at any time. Changes will be communicated via email.