

Rules of the Recreational Soccer Game

- All games are 7v7 (that includes a goalie).
- 25-minute halves with 5-minute warm-ups and 5-minute halftime (this ensures we have ample buffer time between sessions).
- Not Allowed – Handballs, pushing, fighting, tripping, kicking, slide tackle.
- Throw-ins – You may need to show them how to do this properly.
- Offsides - At the discretion of the referee. If blatant, you can call it.
- No Penalty Kicks - Take Direct Kick outside of the box.
- No Goalie Shirts need to be worn (unless they have their own).
- No intentional headers. As per national youth soccer rules, there will be no intentional heading of balls during games at **ANY** of our rec. age levels. If a **DELIBERATE** header occurs, stop the game, remind the coaches there are no headers, and award a drop ball between the two teams. Any time after that, you should do the same but do not discuss it with coaches.
- Fouls - If a foul is committed, call the foul with your whistle and let the kids know what the call is.

How to be a Good Referee?

- Maintain positive energy throughout the game!
- You are in-game teachers as well as officials. OGRCC requires referees to discuss certain aspects of the game, such as offsides, throw-ins, and basic positioning on the fly with players on the field. We do not want you to stop the games to make corrections, nor do we suggest you coach the players (that is the Coaches job), but we do expect you to do the following:
 - a. If you see kids drifting offside during play, shoo them back and point out their mistake.
 - b. If someone improperly throws in a ball, blow the whistle and **SHOW** them how to properly throw the ball in. Have them do it again.
 - c. If too many kids start crowding around the ball, speak up, and encourage them to spread out and play positions ("one to the ball!").
- You should be helpful and engaged at all times.
- Blow the whistle **loud** and **clear**.