

NorthStar Soccer Club
U8/U10 Intramural League -- Referee Guide – Spring 2022

Thanks for volunteering to referee for NorthStar Intramural soccer. It is a huge help. Hopefully this guide will help you feel confident in your role. Please do check in with any questions you have. I hope you will enjoy the experience. Your time is a real help and of great value to our program!

Locations: NorthStar Intramural League soccer will be taking place at two different locations this season.

- East side of Birmingham – at Cornerstone Elementary School in Woodlawn. The address for the field is 120 54th Street North.
- West side of Birmingham – these games will float between two locations (schedule is TBA)
 - Legion Field – practice field on the west side of the stadium, not in the stadium – Legion Field address is 400 Graymont Avenue West
 - West End Academy – Elementary School – 1840 Pearson Avenue SW

Dates: We have seven game Saturdays: **February 26, March 5, March 19, March 26, April 9, April 16, April 23.**

Times: Referees should arrive between 8:00-8:15. The exact game schedule is TBA but we anticipate having. The best plan is for a volunteer to commit to the full morning – 8:00 to 11:30.

- U8 games starting at 8:30 (possibly two games) and 9:45 (possibly two games)
- U10 games starting at 9:30 and at 10:15

Referee sign up

- We will have opportunities for up to 4 referees at each location on each Saturday. Friends are welcome to sign up together for a specific Saturday. Referees will be coming from Briarwood HS, older NorthStar players, Indian Springs and maybe other schools.
- Step one (after figuring out your team of friends) is to complete an application. Applications will be available on our website <https://www.northstarsoccerministries.org/referees> (no later than Sunday, February 20. All Briarwood HS players will be approved by your coaches, but we need to have an approval process in place. The application process will be open to others.
- Step two – approved referees will receive the schedule link by email. You can then sign up for your preferred days on the schedule. The schedule link will also be shared with Briarwood High School coaches.
- Once you are on the schedule you will receive an email reminder from NorthStar. If you have a conflict and need to reschedule we ask that you take responsibility to notify NorthStar as soon as possible so we can find a substitute.

Introduction on being a NorthStar referee

- Bring your soccer knowledge but be sure to carefully read the modified rules for NorthStar Intramural.
- Bring your referee attitude! When the referee makes a call she is right! (Even when she is wrong). We will back you up. Be confident and take charge (but do read the rules and do your best to follow them).
- We expect coaches to fully support you. In the rare case in which that doesn't happen, let Coach Paul or whoever is in charge at the field, know.

- Parents might be loud and enthusiastic for their children but we don't anticipate any of them interfering with referees. But if you have a problem please don't hesitate to let us know.
- Most importantly, the kids learning is far more important than getting the calls exactly right. In that spirit, you should call the game fairly (and make note of rules coaches have been given about lopsided games, *fun for all is more important than "fair"*). We encourage you to take an educational approach. Explain calls to kids. Actively help them learn the game. This is welcome.

U8 Modified Rules

Field – The NorthStar 8U game field is approximately 80' wide and 100' long. Field markings include: center circle, goal area, penalty area. The goals at Cornerstone are 12' wide and 6' tall. Goals at West fields will be as similar to that size as possible.

Rules & Game Management –

- **Game Duration** - The game will be divided into 4 periods. Periods will be 10 minutes each. If both teams have few or no subs then the periods may be shortened to whatever agreed upon amount of time. Also, if games start late then it may be necessary to shave off time to keep the day on schedule. Breaks between the quarters should be 3-5 minutes.
- **Ball** – U8 games will be played with a size 3 ball
- **Number of players** – 5v5. That is 4 field players and 1 goal keeper. All players should get keeper training. Coaches are **required** to have a different keeper each quarter. Every team should have four different players playing goal keeper.
- **Playing Time** - Players should play roughly equal amounts with every player in for at least half the game.
- **Kick off** – A kick off happens to start a quarter or to re-start after a goal is scored. After a goal is scored then the team that was scored against is awarded the kick off. For the kick off the ball should be placed on the center line approximately in the middle. The defending team must line up outside of the center circle on their half of the field. The team making the kick may place two players on the line with the others outside the circle. They may also choose to have only one player on the line. The kick *may* be a pass back – does not have to go forward. Players may not enter the circle until the ball is kicked.
- **Throw ins** – When the ball goes out on the sideline it will be re-started with a thrown in. The team last touching the ball before it goes out loses the ball and the other team is awarded the throw in. Throw ins must be made with both feet touching the ground as the player is releasing the ball. Ball must be held with two hands over the head. Incorrect thrown ins will always get a second attempt with instructions. If the second throw in was incorrect (feet came off the ground) then the referee should let it go but make sure the player gets it right the next time.
- **Goal kicks** - A goal kick is awarded to the defending team if the ball was last touched by a player on the attacking team. A goal kick must be made from anywhere inside the goal area (the small box). Typically it is placed on the line of that box. The opposing team should start at half field and may begin to run as soon as the ball is kicked. If the ball does not make it out of the penalty area (the big box) then another defending player may get it and dribble or pass. But if the ball does not make it out of the penalty area and an attacking player gets to it first, the goal kick should be re-done. But if a defending player has touched the ball in the penalty area then the attacker is free to steal it and shoot. Once the ball is out of the penalty area the attacking players are unrestricted.

- **Corner kicks** – A Corner Kick is awarded to the attacking team when the ball was last touched by a defending player before going out of bounds on the goal line. An attacking player kicks the ball into play from within a yard of the corner cone (or the corner, if there is no cone).
- Addressing **unbalanced games**. If the score becomes unbalanced in a game then we want to adjust rules to make the game harder for the higher scoring team and easier for the lower scoring team. Strategies for addressing an unbalanced game include: adding a player to the team with the lower score (this is one of the best strategies but for us may not be possible – although we could consider allowing the coach of the team with the lower score to turn into a player), remove a player from the team with the lower score, change the point of kick off for each team.
- **Playing time** – Every player, regardless of athleticism or soccer skill, should play a minimum of half the game. Even playing time for this age group is preferred. This is not a problem at all currently for the boys since there are typically no subs available. But in the future it might be.
- **Coaching** – We encourage one coach from each team to be on the field with players and actively coach the team while on the field. But the coaches should not interfere with play. If there is a second coach then that coach should manage the bench and handle substitutions.
- **Other rules** –
 - Flagrant hand balls should be enforced (player puts hands up to block the ball). Incidental hand balls (ball kicked into the hand) aren't really hand balls at any age. If it is kind of in between (player did have hand out or moved it a little but it wasn't flagrant – let it go. **If the goal keeper crosses the line for the penalty area and is still carrying the ball then play should stop and the referee should make the keeper re-start at the goal area but a hand ball should not be awarded.**
 - Heading is not allowed. The other team should be awarded the ball in the case of a header, but never in a close scoring position – move the ball back out of the penalty area if it is inside.
 - Referee should call tripping and pushing but not too strictly. Players must give 10 yards for free kicks. There should not be penalty kicks. A direct kick should be awarded outside of the goal area instead and players are allowed to defend.

Field – The NorthStar 10U game field is approximately 100' wide and 150' long. Field markings include: center circle, goal area, penalty area. The goals 18' wide and 6.5' tall.

U10 Modified Rules

- **Game Duration** - The game will be divided into 2 halves. The halves will be 25 minutes each. If both teams have few or no subs then the periods may be shortened to whatever agreed upon amount of time. Also, if games start late then it may be necessary to shave off time to keep the day on schedule. Breaks between the halves should be 5 minutes.
- **Ball** – U10 will play with a size 4 ball.
- **Number of players** – 7v7. That is 6 field players and 1 goal keeper. Coaches are **required** to have a different keeper each half (and *may* change keepers in the middle of the half in addition).
- **Playing Time** – Every player should play a minimum of half the game.
- **Substitutions** – Teams may substitute any time the ball goes out of bounds (including resulting in a Corner Kick). But players should wait for the referee to grant permission to enter the field. Players may also be substituted by either team after a goal is scored. The referee should additionally permit substitution for an injury or for any health concern for a player at any time.
- **Kick off** – A kick off happens to start a quarter or to re-start after a goal is scored. After a goal is scored then the team that was scored against is awarded the kick off. For the kick off the ball

should be placed on the center line approximately in the middle. The defending team must line up outside of the center circle on their half of the field. The team making the kick may place two players on the line with the others outside the circle. They may also choose to have only one player on the line. The kick *may* be a pass back – does not have to go forward. Players may not enter the circle until the ball is kicked.

- **Throw ins** – When the ball goes out on the sideline it will be re-started with a thrown in. The team last touching the ball before it goes out loses the ball and the other team is awarded the throw in. Throw ins must be made with both feet touching the ground as the player is releasing the ball. Ball must be held with two hands over the head. Incorrect thrown ins will always get a second attempt with instructions. If the second throw in is incorrect then the ball will be awarded to the other team.
- **Goal kicks** - A goal kick is awarded to the defending team if the ball was last touched by a player on the attacking team. A goal kick must be made from anywhere inside the goal area (the small box). Typically it is placed on the line of that box. The opposing team should start at half field and may begin to run as soon as the ball is kicked. If the ball does not make it out of the penalty area (the big box) then another defending player may get it and dribble or pass. But if the ball does not make it out of the penalty area and an attacking player gets to it first, the goal kick should be re-done. But if a defending player has touched the ball in the penalty area then the attacker is free to steal it and shoot. Once the ball is out of the penalty area the attacking players are unrestricted.
- **Corner kicks** – A Corner Kick is awarded to the attacking team when the ball was last touched by a defending player before going out of bounds on the goal line. An attacking player kicks the ball into play from within a yard of the corner cone (or the corner, if there is no cone).
- Addressing **unbalanced games**. If the score becomes unbalanced in a game then we want to adjust rules to make the game harder for the higher scoring team and easier for the lower scoring team. Strategies for addressing an unbalanced game include: adding a player to the team with the lower score (this is one of the best strategies but for us may not be possible – although we could consider allowing the coach of the team with the lower score to turn into a player), remove a player from the team with the lower score, change the point of kick off for each team.
- **Coaching** – Coaches should not be on the field during the game unless called on by the referee. Coaches should further limit themselves to the players side of the field and their half of the field only.
- **Other rules** –
 - Flagrant hand balls should be enforced (player puts hands up to block the ball). Incidental hand balls (ball kicked into the hand) aren't really hand balls at any age. If it is kind of in between (player did have hand out or moved it a little but it wasn't flagrant – let it go. **The referee is encouraged to warn goal keepers to not cross the line of the penalty area while holding the ball. But if it is flagrantly done then a hand ball should be awarded.**
 - Heading is not allowed and has to be called with the ball being awarded to the other team as an indirect kick.
 - Referee should call tripping and pushing but not too strictly. Players must give 10 yards for free kicks.
 - Penalty kicks will be awarded for fouls by the defending team in the penalty area (the big box). Penalty kicks will be taken from the penalty mark and all field players from both teams must be outside the box until the ball is kicked.