



**ANY RULES NOT COVERED BELOW PLEASE REFER TO NFHS RULES**

## **16U**

1. 9 play on the field. Less than 7 players five minutes after game time constitutes a forfeit.
2. Players are not guaranteed to play at least half the game if consistently not attending practices or games. (use attendance sheet on team participation policy)
3. Two 30-minute halves. There will be a kickoff at the start of the game and after halftime (scoring on kickoffs is allowed).
4. There will be a 10-minute halftime.
5. No timeouts
6. **Substitutions:** Subs have to be waved onto the field by the referees. The team without possession can only sub when the team with possession makes a substitution during **throw in** and **corner kicks**. Both teams can sub players during **goal kicks**, **goals scored**, **injury**, **yellow or red cards**, and **time outs**.
7. The same goalie can play the entire game.
8. The Park and Recreation office will provide each team a goalie shirt.
9. Breaking a tie.... No overtime period or sudden death. Teams will go directly into a shootout. Pick five players from each team to shoot. The ball will be placed 10 yards out of the goalie box and have a shootout. If still tied after second shoot out the game ends in a tie. You can not change goalie in the middle of a shootout unless an injury occurs, but you may change goalie or any of the five players for the second shoot out.
10. Head coach and Assistant coach can only coach from one half of the field, and not on the playing field. All coaches and players will be on the sideline opposite of the parents and fans.
11. OFFSIDES WILL BE ENFORCED. (no offside on throw ins)
12. Indirect or Direct kicks are kicks with defenders 10 yards back. Indirect Kicks can not be scored on a direct shot on goal, the ball has to be played off another player for the goal to count.
13. NO HARASSMENT OF REFEREES.
14. Coaches are responsible for the conduct of the players, parents, and fans. Please help us keep a positive environment during games. Any coach or player ejected from a game will have to sit out the team's next game. **NO EXCEPTIONS.**
15. Keep sideline clean of garbage, No glass bottles near the playing field.
16. **NO JEWELRY.** No earrings, necklaces, or metal bracelets can be worn. A medical alert bracelet may be worn, but must be taped securely to the body.
17. Park office will set up practice schedule.
18. **NO TRADING PLAYERS.** If a trade is made and the OBPR finds out players will be returned to their original teams and head coaches will be relieved of their coaching duties.

# OVERTIME RULES:

**NO OVERTIME PERIOD OR SUDDEN DEATH!!!!!!**

BREAKING A TIE.....IF TEAMS ARE TIED AT THE END OF  
REGULATION THEN THEY WILL GO DIRECTLY INTO A SHOOT OUT.  
PICK (5) PLAYERS FROM EACH TEAM TO SHOOT. PLACE BALL 10  
YARDS OUT OF GOALIE BOX AND HAVE A SHOOT OUT. IF TIED  
AFTER 2<sup>ND</sup> SHOOT OUT GAME ENDS IN A **TIE** !!!! GOALIES  
CANNOT BE SUBSTITUED DURING A SHOOT OUT UNLESS FROM AN  
INJURY. IF INJURED, COACH OF THE INJURED GOALIE WILL TELL  
REFEREE(S) THAT THEY ARE CHANGING GOALIE AND IN TURN THE  
REFEREE(S) HAVE TO TELL THE OPPOSING COACH OF THE GOALIE  
CHANGE. IF THERE IS A SECOND SHOOT OUT YOU CAN CHANGE  
GOALIES OR ANY OF THE (5) PLAYERS FROM THE FIRST SHOOT OUT  
IF YOU WANT.

THANK YOU,

OBPR OFFICIALS

## SUBSTITUTIONS:

SUBSTITUTES HAVE TO BE WAVED ON TO THE FIELD BY THE REFEREES.  
COACHES CANNOT JUST FREELY SUBSTITUTE YOUR PLAYERS.

SUBSTITUTES CAN ENTER IN THE GAME ; TEAM WITHOUT THE BALL  
CAN ONLY SUBSTITUTE IF THE TEAM WITH THE BALL SUBSTITUTES.

\*\*\*THROW INS – OPPOSING TEAM CAN ONLY SUBSTITUTE IF THE  
TEAM WITH POSSESSION OF THE BALL SUBSTITUTES.

\*\*\*CORNER KICKS – OPPOSING TEAM CAN ONLY SUBSTITUTE IF THE  
TEAM WITH POSSESSION OF THE BALL SUBSTITUTES.

BOTH TEAMS CAN SUBSTITUTE WHEN:

EITHER TEAMS GOAL KICK – BOTH TEAMS CAN SUBSTITUTE

SCORING A GOAL – BOTH TEAMS CAN SUBSTITUTE

INJURY OF A PLAYER – BOTH TEAMS CAN SUBSTITUTE

PLAYER OR COACH YELLOW OR RED CARDED – BOTH TEAMS CAN  
SUBSTITUTE

TIME OUTS – BOTH TEAMS CAN SUBSTITUTE

**(DIRECT FREE KICK)**

Kicking or trying to kick opponent

Tripping or trying to kick opponent

Jumping at opponent

Charging opponent

Holding opponent

Striking or trying to strike opponent

Pushing opponent

Above require offence to be committed in a manner considered to be "careless, reckless, or using excessive force"

Tackle an opponent to gain possession, making contact with opponent first)

Holding an opponent

Spitting at opponent

Handling ball deliberately (incl. GK outside box)

**(INDIRECT FREE KICK)**

Offside (no offside for throw in, corner kick or goal kick)

Goalie takes > 6 seconds or touches ball with hand after release or after deliberate kick or throw from teammate

Dangerous play (*not* "high kicking")

Impeding progress of an opponent (obstruction)

Prevent GK from releasing ball from hands

Wasting time

**CAUTION (YELLOW)**

Unsporting behavior

Dissent by word or action

Persistent infringement of the Laws

Delays restart of play

Fails to retreat required distance on free kicks or corner kicks

Enters or re-enters w/out ref's permission

Leaves w/out ref's permission

**SEND OFF (RED)**

Serious foul play

Violent conduct

Spits at opponent or other person

Denies a goal or obvious goal scoring opportunity by deliberately handling ball (not goalkeepers within own penalty area)

Denies an obvious goal scoring opportunity by an offence punishable by free kick or penalty kick

Offensive, insulting or abusive language or gesture

Second caution