

## **Jr Lab Cup Rules Tournament Rules and Regulations**

### Rules & Regulations

Taken from the Senior Lab Cup Regulations with some modifications:

1. U9s will be allowed a goal keeper and 5 players on the playing surface at any One time. The arena will be split into 2 fields, playing width ways with two games going On at the same time using smaller goals.

U11s will be allowed a goal keeper and 4 players on the playing surface at any one Time. The arena will be split into 2 fields, playing width ways with two games going on

At the same time using smaller goals.

U13s & U15s, u18s will be allowed a goal keeper and 5 players on the playing surface at any

One time. They will play full length of arena using full Lab Cup goals.

Fair play rules will apply to all teams and is mandatory. Every player will be given the Opportunity for equal playing time.

2. Substitutions

U9s,U11s, U13s, U15s, u18s – substitutes can be at any time. Play will not be stopped to allow

Substitutions.

Referees reserve the right to stop the play at any time.

3. All fouls will be treated as direct.

4. Players who repeatedly infringe the laws of the game shall be given a two-minute

Penalty. If a goal is scored against the team playing short-handed during the two-two-Minutes penalty, the penalty will be over.

5. If a two-minute penalty is awarded against a goalkeeper, the penalty may be served by

Any player on the field at the time of the incident.

6. The goalkeeper may handle the ball in their own penalty area. Outside the area, they

Will be treated as any other player.

7.a. Once the goalkeeper has control of the ball in their hands, should they release it, They may not pick the ball up again in accordance with FIFA laws.

b. Once the Goalkeeper plays the ball with their feet outside of the penalty area they cannot dribble back into penalty area and pickup ball. If done a free kick will be awarded, outside of the penalty area.

8. U9s & U11s – A goalkeeper within their penalty area can never pick up the ball if it has Been directed to them by their teammates.

U13s & U15s , u18s– A goalkeeper within their own penalty area can never pick up the ball

With their hands after it has been directed to them by a teammate. Should this occur a

Free-kick will be awarded at the edge of the penalty box.

Players may head or chest the ball back to their goalkeeper.

Goalkeepers cannot slide into opponents outside their penalty area. This may result in a Two minute or five-minute penalty... or Red Card.

If the ball goes out of bounds, the following will apply:

Over the bumpers or sideboards, indirect free-kick one meter from the boards where

The ball went out of play.

Over the end boards, corner kick or goal kick. Corner kicks will be indirect and taken

From the spot marked on the boards.

Ball contacts the roof – if the ball hits anything hanging from or attached to the roof, an

Indirect free-kick will be awarded from where the ball was last played.

#### 9. Taking of free-kicks

U9 & U11 – opposing players must be at least 6 feet from the ball.

U13 & U15, u18 – opposing players must be at least 8 feet from the ball.

10. All games will consist of two, ten minute halves, with a one minute break at half time.

11. In the finals, U13s and U15s and 18s will increase

To fifteen minute halves.

Should the game be tied at the end of normal time, two four minute extra periods will be Played. If the game is still tied, OT periods will be played until the golden goal is scored.

12. If a penalty shot is awarded during regular play it will be taken from the penalty spot

Within the penalty area.

13. The retreat line markers – This rule is for U9 & U11 only and not for U13 & U15, u18.

The retreat line marker will come into effect at two points during the game:

- at a goal kick
- when the goalkeeper has the ball in their hands after a save.

At these times, the “attacking” team is required to drop back with sufficient enough Space. The goalkeeper can then pass the ball to one of their teammates without the Pressure of an opposing player nearby.

When the teammates touches the ball, play will resume as normal and the “attacking”

Team can move inside the retreat line.

14. There is a no mercy rule. Games will carry on until the end of the game no matter what

The score.

15. Games will be running time. The game may be stopped at any time by the referee (ie.

Injury).

16. All players MUST wear shorts, appropriate shin guards for protection and long socks

Covering them as per NLSA rules.

17. Absolutely no jewelry, rings, body piercings, watches or anything that can harm players

Will be worn as per NLSA rules. Referees will check all players before each game.