Center Circle Soccer Rules and Regulations

2026-2027

PLEASE TAKE CAREFUL NOTICE OF REVISED RULES & REGULATIONS

EACH COACH IS RESPONSIBLE FOR HIS/HER TEAM'S FULL KNOWLEDGE OF CENTER CIRCLE RULES

Teams/Rosters

IMPORTANT – BEHIND THE GOALS: ONLY TEAMS ARE ALLOWED BEHIND THE GOALS. NO PARENTS, SPECTATORS, OR CHILDREN WHO ARE NOT CURRENTLY PLAYING ARE PERMITTED BEHIND THE GOALS. THIS AREA MUST REMAIN CLEAR TO AVOID DISTRACTIONS AND TO HELP MAINTAIN A SAFE PLAYING ENVIRONMENT.

All players must complete a SCC waiver/liability release. Players cannot compete without a signed release on file. Rosters must be submitted before the first day of games. Submitted rosters can be dropped off to the SCC or emailed. Players under the age of 18 must have a signature of a parent/guardian on the roster/waiver sheet.

Referee fees are $15 per team for divisions U8 & U10, $15 for U12, U14, Adult Co-Ed, & Over 30, $30 for HS Girls, U16, U18, & Adult Men. All referee fees are due prior to the game. Any team rescheduling a game owes the referee $10 before the next game played in addition to $15 to the Salem Community Center for rescheduling.

All teams U-18 and younger must have a person 21 years old or older on the bench

Divisions:

U8: 8 on a side U10 thru U12: 7 on a side

U14: 6 on a side Adult Leagues: 6 on a side

High school girls and boys: 6 players per *NEW* OHSAA Eligibility Regulations

Ball Size:

Division	Ball Size
U8	3
U10	4
U12	4
U14	5
High School +	5

Roster:

Maximum of 15 players per roster. You may add up to 15 players anytime during the session but **MUST** get approval from the Salem Community Center before adjusting the roster as well as filling out the proper roster/waiver sheet. Players may only be on one-team roster per division, if a player is used on multiple teams per division all games will be considered forfeit and repeat offenses will result in game suspension.

Where proof of age is required, players must submit proof of age upon request of the Salem Community Center.

Adult Co-Ed Teams

A minimum of 2 female players must be on the field at all time

You can start down one female but you may not add another male to the field. The maximum males at all times is 4 unless down by three goals then trailing team can add one player male or female unless trailing by three then the max is 5.

Uniforms and Equipment

Teams should wear identically colored shirts. Numbered jerseys are highly recommended.

Shin Guards covered with socks are **MANDATORY** for all age groups.

The **goalkeeper** should wear a jersey that is a different color from their team and opponent's jersey.

Color Conflicts: In the case of color conflicts, the Home team must change. Center Circle suggests that each team bring an alternate jersey to all games.

Shoes: Rubber molded outdoor cleats, indoor shoes, turf shoes, and tennis shoes are acceptable.

Jewelry is not permitted. In the referee's discretion, he/she has the right to refuse entry into the game, if player is wearing dangerous or illegal equipment. Taped jewelry is not permitted.

Gum and Food are not permitted on the player bench side or field at anytime. (Food items generally need to be cut out of the field.) Warnings will not be given.

Games

Each half is 25 minutes for all age groups.

Ties stand.

Two minute halftime.

The clock runs continuously. The referee may stop the clock if, in their opinion, there is a possible extended delay (e.g. serious injury). The clock will not stop for minor injuries (e.g. player hit by ball). Minor or serious are at the referee's discretion. Referees can cut halftime and manage the clock to keep games on track.

Kick off

The home team on the scoreboard kicks off to start the game.

The away team gets the kick off at the beginning of the second half. For the second half, the teams change ends and attack the opposite goals.
After a team scores a goal, the kick-off is taken by their opponents.

For every kick-off:

- All players must be in their own half of the field of play
- The opponents of the team taking the kick-off must be at least 10 yards from the ball until it is in play.
- The ball must be stationary on the center mark
- The referee gives a signal
- The ball is in play when it is kicked and clearly moves.
- A goal may be scored directly against the opponents from the kick-off

During Play

When the ball goes out of play on the touchline, the game is restarted with an indirect kick on the white line from where the ball goes out of play.

When the ball goes out of play on the goal line, play is restarted with a corner or goal kick.

Goal Kicks:

U8-U10: The opposing team must retreat behind the yellow build out line. The ball is placed on the line defining the goal box, and is in play when kicked and leaves the penalty area.

U12-Adult: The ball must be stationary and is kicked from the line defining the goal box. The ball is in play when it leaves the penalty area. Opponents must be outside the penalty area until the ball is in play.

Your opponent must be 10 ft. from the ball on all free kicks. After one team warning, a yellow card will be issued.

When the ball hits the ceiling net, an indirect kick is taken from where the ball hit the net. If the ball hits the ceiling in the penalty box, an indirect kick will be from the yellow dot on the top of the box.

If a three-line penalty occurs, an indirect kick will resume play at the center of the yellow line where the play originated.

There are no off sides called for indoor soccer.

Heading the ball:

U11 and younger: Heading is not permitted in games or organized practices.

U12: Heading is permitted in games. Heading practice should be limited to no more than 30 minutes per week and no more than 15–20 headers per player per week.

U13 and older: Heading is permitted in games and may be practiced during organized team sessions. Heading practice should be limited to no more than 30 minutes per week and no more than 15–20 headers per player per week.

Goalkeeper

All distributions made by the goalkeeper must be thrown. There are no punts or dropkicks. Goalies may dribble out of the box and kick but is still subject to the 3-line rule. A goalie cannot hold the ball outside of the penalty box.

A player may pass it back to the goalie, however, the goalie may not use their hands to pick up the ball. If the goalie does pick it up, it will result in a free kick on the center yellow line for the other team.

The goalie has 5 seconds to distribute the ball or it will result in a free kick on the center yellow line for the other team.

> U8-U10: On goalie distributions, opponents must retreat behind the yellow line. The play resumes as normal when the goalie distributes the ball.

Substitutions

All substitutions are "On the fly", meaning at any time during the game. This includes when the ball is live, on free kicks, kick-ins and corner kicks for/or against.

Substitutions cannot touch the ball until player subbing for is out. If either player becomes involved in a play while both simultaneously on the field, an indirect kick will be issued from the spot of the incident.

Scoring

A goal made from behind the yellow line is scored as 1 point.

Goals made on or in front of the yellow line are 1 point.

Teams down more than 5 points can add an extra player. (U16 and U18 leagues cannot have more than 6 players on the field).

Adult Co-Ed

Men can only score 1 point from anywhere on the field outside or on the line of the penalty box. Men can score 1 point on headers inside the penalty box.

Men in the Over 30 league can only score from on or behind the yellow line or off a header inside the yellow line.

Women can score 1 point anywhere on the field.

Teams down three or more goals: Team may add one player, male or female, and men can score 1 point from outside the penalty box.

Misconduct & Fouls:

Coaches are responsible for and will control all their fans, players and themselves.

Referee abuse is not tolerated and will result in a red card and ejection from the facility.

There is no spitting or gum chewing on the field.

Slide tackles are illegal. Exception is if the goalie slides in the penalty area if not dangerous. Sliding for a ball is allowed if no opposing player is within 5 feet.

Penalties are at the referee's discretion.

Profanity of any kind is not tolerated.

Fighting or attempting to fight will result in an automatic red card and ejection from the facility.

Rough play and pushing player into the nets is not tolerated and will result in a free kick depending on the severity a possible yellow or red card.

All fouls are either direct or indirect kicks based on the referee discretion.

Minor fouls inside the box will result in an indirect kick from the yellow line. Serious fouls will result in a direct penalty kick.

Penalty Kick: All players on the field except the kicker must be behind the yellow line to start and may not enter the penalty box until the ball has been kicked. Penalty kicks are a direct kick.

U8-U10: The penalty kick will be from the middle of the white goal box.

U12-High School: The penalty kick will be from the Yellow Dot

Adult Co-Ed: Penalty kicks given in the co-ed leagues, women may kick from the white line or a male can kick from the yellow line.

Yellow Cards (Caution): A yellow card is a formal caution issued by the referee for a cautionable offense, such as unsporting behavior, dissent, delaying the restart of play, or persistent offenses. A yellow card does not result in a timed penalty; the player remains in the match unless the player receives a second yellow card or a red card.

Red Cards (Sending-Off): A red card means the player is sent off and must leave the field of play and its immediate surrounds, including the technical area when applicable. A player may be sent off for serious foul play, violent conduct, denying an obvious goal-scoring opportunity in applicable circumstances, offensive, insulting or abusive language/actions, or receiving a second yellow card in the same match. A team whose player is sent off must continue with one fewer player, and the sent-off player may not be replaced.
After issuing a card, the game is restarted by a free kick to the non-offending team, (direct or indirect based on severity of foul) from where the foul took place.