

Bath Parks & Recreation Department

2025 Soccer League Rules

***All games shall be played in accordance with the rules of the United States Youth Soccer Association (USYSA), unless there is a conflict in which case Bath Rec. league rules would take precedent.

Rule #1: Number of Players

- The game shall be played by two teams consisting of (4) players each. There is no goalkeeper. Generally, the positions would be 2 on defense and 2 forwards. “Magnet ball” tends to happen at this level so do your best to teach spreading out.

Rule #2: Substitution

- Free substitution is permitted. There is no limit to the number of times a player may enter or leave a game.

Rule #3: Duration of Game

- The first 3 weeks will be skills & drills ONLY
- Remaining 3 weeks: Four 8-Minute Quarters (Running Time) (Please use the first 15-20 minutes before each game to use on basic skill development. Please use the time allotted wisely– See below for drill session lay-outs)

Rule #4: Player, Coach, and Spectator Conduct

- The coach is responsible for the conduct of his or her spectators, parents and players on the field and bench.
- One coach may remain on the field of play for each team; however he or she shall not interfere with play. Coaches on the field should not touch or physically move players.
- Coaches, players, and spectators are not allowed behind the goal line. They must remain only on the sideline.
- All players who are not in the game must be seated on the bench during play.

Rule #5: Equipment

- No players wearing a cast of any kind on any part of his/her body may participate in a game.
- No metal cleats or boots are allowed.
- No jewelry of any kind is allowed, with the exception of medical bracelets.
- All players are required to wear shin guards. Mouth guards are not required but are highly recommended.

(Please see other side)

Rule #6: Scheduling & Inclement Weather

- Please go to www.bathrecreation.com or our Facebook pages for all scheduling information. All scheduling decisions will be made by the Department. Games may not be cancelled, changed or delayed by coaches.
- Games will be played whenever possible. Teams should report to the field as scheduled unless otherwise noted.
- Please immediately cease play in the event of dangerous weather conditions such as lightning. If the game is half completed it will be ruled a complete game. If lightning is seen or thunder is heard, games will be stopped immediately and the game will be considered a rainout.

Drill Session Lay-Out

- Each team will take a field to conduct their drills. Each coach will have at least 3 drills/skills to teach their team during the allotted time. For example, it would be helpful to teach each category at every meeting while reviewing what you did last week:
 - Review Previous Week
 - Passing (parts of the foot, 3-touch moving to a 2-touch, picking head up/look around, etc.)
 - Dribbling (parts of the foot, keep close, picking head up/looking around, etc.)
 - Shooting (parts of the foot, aim the 'plant' foot, follow your shot, etc.)
 - Moving without the ball.. What does this mean, and how to get them to do it.
 - What happens when the ball goes out-of-bounds:
 - *Throw-ins (proper form, who takes it?)

Game Play

- Again, One coach from each team may be on the field while the game is played in order to help direct and referee the players.
- Off-sides will not be called at this level.
- The referee/coach should blow the whistle for any of the following infractions: tripping, intentionally kicking another player, pushing, jumping into, charging into, holding, handling the ball, dangerous play, falling on the ball, obstructing another player, or an injured player.
 - On any of these violations, the kicker may not touch the ball a second time until another player (offensive or defensive) has touched it first.
- Referees/Coaches will blow the whistle for illegal throw ins, but will allow players to do it again (and again.)
 - Help all players learn the proper technique for throw-ins. Please practice this throughout the season
 - *Both feet must stay on the ground during a throw-in.
 - *The ball must be held with both hands and come directly from behind the head.