



A department of MPS

Milwaukee Recreation
YOUTH SPORTS
5225 W. Vliet St. Rm. 163
Milwaukee, WI 53208
P: 414.475.8410
mkerec.net

MIDDLE SCHOOL COED & GIRLS OUTDOOR SOCCER RULES

Milwaukee Recreation Youth Sports reserves the right to change rules at any time.

Rules are adapted from the NFHS Soccer Rule Book.

Last Updated: 03/27/25

Section 1 - General League Rules

SPORTSMANSHIP – Unsportsmanlike conduct may result in ejection from the contest. Officials, coaches, parents, players, and fans should always display leadership and sportsmanship qualities. Any players or coaches ejected from the game by officials/staff for unsportsmanlike conduct will be suspended until their case is reviewed by Milwaukee Recreation. The final disposition of the case will then be made. Sports Coordinators are required to check with the Youth Sports Office before allowing the player or coach in question to continue participation in Youth Sports Activities.

SPECTATORS – Spectators are to be seated opposite the player's bench. All spectators are asked to show good sportsmanship and character and offer only positive reinforcement.

COACHES (UPDATED) – Only coaches and players listed on the TEAM ROSTER FORM are allowed in the team bench area. ***All coaches in the bench area must be completely hired by Milwaukee Recreation (Paid or Volunteer), and have a visible coach's credential.*** A maximum of three (3) coaches are allowed on the team bench. A hired coach must be present before a game may start.

FACILITY REMINDERS – Dogs, alcohol, smoking (including E-cigarettes), weapons, and grilling are prohibited during Milwaukee Recreation Youth Sports activities.

JEWELRY – Head decorations, headwear, and jewelry cannot be worn during competitions. This means that rings, wristwatches, hair curlers, combs, beads, earrings, or barrettes cannot be worn while participating in Youth Sports Leagues.

GAME RE-SCHEDULING/CANCELLATIONS – All school sport coordinator, coaches, or applicable staff will be notified of any reschedule games or game cancellations via email. Revised schedules will be posted on the Milwaukee Recreation Website: www.mkerec.net/YouthSports.

WEATHER HOTLINE – For inclement weather updates, contact the Weather Hotline at 414-475-8068. The hotline is updated on league play days by 8:00 AM on Saturdays and 1:00 PM on weekdays when inclement weather is expected. The hotline is available in English and Spanish. Coaches are responsible for informing players and their families of the weather hotline number.



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ROSTERS (UPDATED) – A copy of the team’s roster must be submitted to the Youth Sports Office using the online submission link prior to the deadline given by the Youth Sports Office at the seasonal Sports Coordinator meeting (Usually one (1) week prior to the team’s first scheduled game). ***Teams may only submit one (1) updated roster prior to the secondary roster deadline given at the seasonal Sports Coordinator meeting. Any additional updated rosters will not be accepted. All Non-Attending Student forms must be submitted prior to the secondary roster deadline, while all Transfer Student forms must be submitted prior to the second to last week of the season.*** There is no roster limit, however only fifteen (15) medals and/or awards will be given. Extra medals and/or awards are available for purchase from the MKE REC Youth Sports Office.

ONE TEAM, PER SPORT, PER SEASON – Athletes are permitted to play multiple sports per season by cannot play on more than one team in the same sports during the same season.

Exception: Athletes are only permitted to play on one (1) basketball team per academic year.

COED LEAGUE RULES – The term “COED” refers to the fact that both boys and girls are eligible to play on the same team. It is possible that teams will have varying numbers of boys or girls, but no special “coed rules” will apply. Teams made of one gender are allowed in the COED league.

FORFEITS (UPDATED) – The Youth Sports Office must be notified in advance of all forfeit contests. Notification must be delivered to youthsports@mkerec.net at least 36-hours prior to scheduled game start time. ***Teams that forfeit will be charged a \$50.00 fee per occurrence.*** See the Youth Sports Website and Opportunity Handbook for a list of forfeit situations.

PROTEST – Judgement calls made by the game officials are not eligible for protest and/or appeal. Protest on rule enforcement must be filed in writing with the Youth Sports Office with 48-hours following the incident. Protest on athlete eligibility may be filed any time during the regular season. Submit rules enforcement and athlete eligibility protest via email to youthsports@mkerec.net.

TIE-BREAKER PROCEDURES (TROPHY SPORTS ONLY) – The Youth Sports Office will have full discretion determining the position and placement of all teams. Tie-break procedures are available online at www.mkerec.net/YouthSports.

LEAGUE CHAMPIONS (TROPHY SPORTS ONLY) – League Champions can be determined one of three ways.

- A. **Tournament** - A season ending tournament in which a championship game is played. The winner of the tournament will receive the league trophies regardless of their regular season record.



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- B. **Position Day** - the number 1 and number 2 teams in the league standings will compete in a single game at the end of the season to determine the league champion. League record will not prevail as the determining factor, the single match up will.
- C. **Season Record** - Best overall season record in league play will determine the league champion.

YOUTH SPORTS OPPORTUNITY HANDBOOK – The current version of the Youth Sports Opportunity Handbook is available at www.mkerec.net/YouthSports. All sports coaches and sports coordinators are responsible for familiarizing yourself with the rules, regulations, procedures, and policies governing the Milwaukee Recreation Youth Sports Programs.

Section 2 – Game Rules

Article 1 – Rules are adapted from the NFHS Soccer Rule Book and may be changed by the Youth Sports Office at any time to improve the safety and understanding of the game.

Article 2 – Eligibility:

- A. Age/Grade Limits (**UPDATED**) – Students may not exceed the age/grade limits as listed below. Age is determined as of September 1 of the current school year. Middle School Coed and Girls Soccer is only offered to students enrolled in 6th, 7th, and 8th grade at the beginning of the Spring season. **Elementary (1st-5th Grade) students are NOT eligible for participation in Middle School Boys or Coed Soccer.**

12 years old and under/6th grade maximum
13 years old and under/7th grade maximum
15 years old and under/8th grade maximum

- B. School Suspensions – Any student suspended from school must be reinstated prior to the close of school on the Friday before their next scheduled game to be eligible.
- C. Grade Point Average (GPA) – Schools using the standards-based report card please use published requirements for eligibility.
 - 1. A student must have a minimum 2.0 GPA in their previous mark period report card in order to participate unless the school standard is higher, in which case the school GPA requirement would prevail.
 - 2. Middle School athletic eligibility is determined by report card mark period GPA only; there are no provisions for recertification in the program.
 - 3. Once a student is ineligible, they must wait until the next report card is published to regain eligibility.



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Article 3 – Players: In order to avoid a forfeit, a team may start with five (5) players in the 7v7 leagues and eight (8) in the 11v11 leagues. Additional players who arrive late may enter the game at the first opportunity to substitute. Teams must play with seven (7) players in the 7v7 leagues and eleven (11) in the 11v11 leagues, if available, one of which shall be the goalkeeper.

- A. Player Sign-In – All players are required to personally sign in with their **FULL NAME** prior to the start of the game on the team roster. Coaches should **NOT** sign players in.
- B. Playing Time (UPDATED) – It is mandatory that all players who suit up for the game play equivalent of twenty-five percent or 10 minutes of the total playing time. ***Please notify the scorekeeper of any players that will be sitting out due to personal or disciplinary reasons, so that a note can be made on the scoresheet.***
- C. Substitutions – Unlimited substitutions can be made 'on the fly' at any point. The player cannot come on to the field until the player exiting the field has come off the field. The goalkeeper must wait until a dead ball to substitute.
- A. Uniforms – Teams are required to wear matching jerseys with numbers, sweatpants or gym shorts, and athletic shoes or rubber cleats (Metal Cleats, Crocs, and Open Toe shoes are prohibited). Shorts do not need to match jerseys.
- B. Shin-Guards – All players are required to wear shin-guards at all times.
- D. Pinnies – Visiting teams are required to wear pinnies in the event both teams are wearing the same or similar colors, and their jerseys are not reversible.
- E. Warm-up Balls – MKE REC will not provide warm-up soccer balls for teams.
- F. Post-Game – Post game hand shaking will occur at the discretion of each coach. Opposing coaches and players that choose not to shake hands, should wave at one another from their respective bench areas, as a non-physical way to demonstrate sportsmanship at the end of the game.

Article 4 – Officials:

- A. All match **officials** are contracted through ***Cream City Futsal, LLC.***
 - a. **7v7** – one (1) official on the field
 - b. **11v11** – two (2) officials on the field, if available.
- B. The official's decisions on point of fact connected with the game shall be final.
- C. All rule infractions shall be briefly explained to the offending player as needed.
- D. The match official can stop, suspend, or abandon the match because of outside interference of any kind. (FIFA Laws of the Game, Rule 5, Pg. 24)



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Article 5 – Coaches: (UPDATED)

- A. Only coaches who have been completely hired by Milwaukee Recreation (Paid or Volunteer), and listed as “Hired – Good To Work” on their schools hiring spreadsheet, are allowed in the team bench area.***
- B. Hired coaches will be given a coach’s credential by the Milwaukee Recreation Youth Sports office once they have completed the hiring process. Credentials must be visible while coaches are in the bench area.***
- C. A hired coach or other responsible adult must be present before a game may start.
- D. Coaches and players shall be restricted to the marked team bench area, which is ten (10) yards from each side of the halfway line and extends for twenty (20) yards. The marked team bench area will be located on the opposite side of the field from spectators.
- E. Coaches that do not adhere to the marked team bench area will be given a warning for the first offense, a yellow card for the second offense, and a red card for the third offense. A coach that receives a red card will be asked to leave the bench area for the remainder of the game, and will need to meet with the Youth Sports Office prior to returning to the sidelines for the next scheduled game. In the event a coach is removed from the sideline, another parent or school representative can step in as the acting coach.

Section 3 – The Game

Article 1 – Game Ball Size: Size 5 Ball

Article 2 – Field Size:

- A. **7v7 leagues: 80 X 50**
- B. **11v11 leagues: MPS High School Size Field (Entire Stadium Field)**

Article 3 – Goal Size:

- A. **7v7 leagues: 6 X 12 or 6 x 18**
 - a. Goal size modifications may occur depending on league location.
- B. **11v11 leagues: 8 x 24**

Article 4 – Timing:

- A. Teams must be ready to play within five (5) minutes after scheduled time for the first game. If, a team is not ready to play within this time limit, a forfeit will be declared. Once a forfeit has been declared, teams will still be given the opportunity to scrimmage if desired. The scrimmage will consist of two 10-minute halves and will be officiated by the officials scheduled for the game that was initially scheduled.



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- B. All league games will be two (2) twenty (20) minute halves. Half-time will be five (5) minutes.
- C. The clock will only stop during play if there is an injury requiring the official's attention.
- D. There will be no time-outs.

Article 5 – Getting Started:

- A. Five (5) minutes prior to the start of each game there will be a mandatory **pre-game coaches meeting** with a soccer official. Coaches have the option of electing a captain for meeting. At this meeting, the soccer official(s) will introduce themselves, there will be a coin toss/odds game to select possession and side, and a reminder of select rules.
- B. Player must be on their own side of the center line before the kick-off. Opponents must be outside of the circle center mark while kick-off is in progress. Ball is in play when it moves forward or backwards.
- C. A goal can be scored directly from a kick-off.

Article 6 – Ball In and Out of Play: The soccer ball is out of play when it has completely crossed a goal line or touch line.

Article 7 – Offsides (11v11 Only): A player is in an offside position when nearer to his/her opponent goal line than the ball with the following exception:

- A. The player is not nearer to the opponent's goal line than at least two (2) opponents.
- B. The player is penalized only if that player is involved in an active play.
- C. In **7v7** leagues, off-side is not a penalty and game will continue without stoppage.

Article 8 – Hand Balls: A hand ball will be called if a player handles the ball deliberately, except for the goalkeeper within his own penalty area. If the ball hits the arm, then the referee must decide whether this action was to deliberately block the ball or whether the player has raised their arms to protect themselves.

- A. **Intentional Handball** – If a player slaps, hits, or catches the ball in attempt to gain control, a penalty should be called.
- B. **Unintentional Handball** – If a player raises his/her arm in “self-defense” of a ball in the face and the player does not gain control after the offense, no penalty should be called.

Article 9 – Goalkeeper: If a goalkeeper commits an offense, the opposing team will be awarded a direct free kick outside of the penalty area nearest the foul.

- A. Takes more than ten (10) seconds while controlling the ball with his/her hands, before releasing it from his possession
- B. Touches the ball again with his hands after it has been released from his/her possession and has not touched any other player



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- C. Touches the ball with his/her hands after it has been deliberately kicked to goalkeeper by a teammate.

Article 10 – Fouls and Misconduct:

- A. The Official must explain **ALL** infractions to the offending player.
- B. All fouls and misconduct offenses shall be awarded with a direct free kick.
- C. No spitting, kicking, striking, tripping, and jumping at an opponent.
- D. No deliberately handling, carrying, or striking the ball with a hand or arm.
- E. Dangerous play defined as dangerous enough to cause injury to another player.
- F. No caution or ejection shall be issued to players except by the officials, soccer resource staff, or League Director (or Milwaukee Recreation representative).
- G. Additional consequences may be handed down by the Youth Sports Office and Cream City Futsal, LLC if deemed necessary.

Article 11 – Indirect Kicks:

- A. Awarded when an offside is called.
- B. Two touches by the same player taking either a free kick, corner kick or penalty kick.
- C. When a goalkeeper illegally handles the ball inside of the penalty area, including dropping ball and picking ball up.
- D. When a goalkeeper receives a pass back from his own teammates (only if the player uses his foot only to play the ball back WITH INTENTION) and picks up the ball with their hands in the penalty area.

Article 12 – Free Kick: Player Commits a foul – Also known as a direct free kick.

Article 13 – Goal Kick: Awarded to defending team when ball crossed the defending team’s goal line and last touched by an offensive player. The ball must leave the penalty area before another player can touch the ball.

Article 14 – Corner Kick: Awarded to defending team when ball crosses the defending team’s goal line and last touched by an offensive player.

Article 15 – Penalty Kicks: Awarded when a defensive player commits any direct kick foul in his/her own penalty area. The penalty kick must be taken in one continuous motion.

Article 16 – Throw-In Line Infraction: Will be strictly enforced when player throwing the ball steps over the line before releasing ball from hands.



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Article 17 – Slide Tackles: Are legal, provided they are from the front and excessive force is not used (Officials Discretion).

Article 18 – Caution-able Offenses (Yellow Card):

- A. A player that commits any of the following offenses will be sent off for two (2) minutes.
 - a. Unsporting Behavior
 - b. Shows dissent by word or action
 - c. Persistently infringes the Rules of the Game
 - d. Dangerous play defined as dangerous enough to cause injury or another player.
 - e. Delays the restart of play
- B. Substitutions are allowed for player receiving yellow card.
- C. A direct free kick shall be awarded.

Article 19 – Sending-Off Offenses (Red Card):

- A. A player that commits any offenses listed below will be ejected from the game in-which the player will not be allowed to return to the game and may lose eligibility for the rest of the season.
 - a. Serious foul play
 - b. Violent conduct
 - c. Spits at an opponent or any other person
 - d. Denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
 - e. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
 - f. Uses offensive, insulting, or abusive language
 - g. Receives a second yellow card in the same match
- B. Unsporting Behavior Substitutions are allowed for ejected player.

Article 20 – Scoring:

- A. One point is awarded for each goal scored.
- B. A goal is scored if the whole ball passes completely over the goal line between the posts and under the cross bar.
- C. A goal is not scored if the ball is on the line.
- D. The ball may roll along the line and even slightly over the line and yet not be ruled a goal.