

# Cross 'Em Up

Guidelines & Rules



## **THE SEVEN SECOND RULE**

\*The team in possession of any direct kick, throw-in, or goalkeeper possession has only 7 seconds to play the ball.

\*If the initial call was a goal kick, then a corner shall be awarded to the other team.

\*If the initial call was a corner kick, then a goal kick shall be awarded to the other team.

\*If the goalkeeper retains possession of the ball, in hand, for longer than seven seconds, then a direct kick shall be awarded to the opposing team from the top of the penalty box arc.

## **SUBSTITUTIONS**

\*Substitutions can only be made on an out-of-bounds ball.

\*Out-of-bounds balls result in a corner kick, goal kick, or throw in.

\*All substitutions must be made at midfield.

## **GOALKEEPER**

\*The goalkeeper may touch the ball with his/her hands inside the penalty box area only.

\*Once the ball leaves the goal keepers hands, he can only play the ball with his feet until it is touched by another player.

## **SPORTSMANSHIP**

\* If a player argues the validity and/or fairness of a call, that player will be subject to ejection at the referee's discretion.

\* If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, or any unsportsmanlike act, the game will be stopped and the player will be ejected (red card) from the game.

**FOUL PLAY WILL NOT BE TOLERATED.**

\* Trash talking and inappropriate gestures are illegal. (Trash talk is talk that is offensive to officials, opposing players, teams, or spectators.) Officials have the right to determine offensive language. If trash talking occurs, the referee will give a caution (yellow card). If it continues, the player or players will be ejected (red card) from the game.

## **EJECTIONS, RED, AND YELLOW CARDS**

\* All players that receive a caution must leave the field.

\*Two yellow cards awarded to the same player in the same match constitute a red card.

\*All red cards result in an automatic minimum one game suspension of that player.

\* Any team with a player ejected will automatically forfeit the current match.

\* If a team has two ejections during the tournament, the team will be removed from tournament play.

## **General Guidelines**

\***ALL** players are required to have a current guardian release on file. There will be absolutely **NO** exceptions.

\***ALL** players must be present at team orientation.

## **DIVISIONS**

- Middle School Guys ñ 12-14 year olds
- High School Guys ñ 15-18 year olds
- Co-Ed ñ Guys and girls ages 12-18 (All girls teams will play in this division)

## **THE PLAYERS**

\* Teams can have up to 8 players (6 starters, 2 subs). Teams can play with a minimum of 5 players.

\* If less than 5 players are available, the match is forfeited.

\* Teams can only use players from their roster. They cannot grab players from the sidelines.

\* Players cannot wear jewelry of any kind.

## **ATTIRE**

\* Inspections will be made prior to the match.

\* Cleats are allowed, except for metal spikes and metal cleats.

\* It is highly recommended that all team members wear the same colored shirt.

\* Shirts must be tucked in while on the field.

\* Pants and shorts must be of a modest length and should fit securely around the waist.

\* Camp Eagle highly recommends the use of shin guards. All players who play without shin guards are playing at their own risk.

## **FIELD DIMENSIONS / MARKINGS**

\*\*All field markings are approximate.

\* Length: 50 yards.

\* Width: 30 yards

## **MATCH LENGTH**

\* Match length is 30 minutes running time (two halves, 15 minutes each; 3 minute half-time).

\*There will be no stoppage time.

\* All Players must be on time to matches. Tardiness to any match by any team will result in forfeiture.

\* There is no overtime play. Winners will be decided by a 3 man shoot out.

## **BALL**

\*All divisions will use a regulation size 5 soccer ball.

## **THE GAME**

*Unless specified, the rules for Cross ãEm Up are the same as those described by FIFA. Visit FIFA online at [www.fifa.com](http://www.fifa.com) for official soccer rules.*

\* There are no offsides in the Cross ãEm Up Tournament .

\* **Slide tackles are not allowed!**

\* Efforts made to stop or kick a ball will not be considered a dangerous play ,unless in the close proximity of a player or contact is made with another player.

\* If the ball travels completely over the end line, it will result in either a corner or goal kick . *These kicks are direct.*

\* Kickoffs from the center circle only occur at the start of each half.

Formal kickoffs after a score do not exist. A goal kick will be used to restart play after a goal is scored.

\* If the match is tied ,a shoot-out will determine the winner of the match. (3 players from each team that were on field at end of the match)

\* If the match is still tied after the first round of shoot outs, then rounds of sudden death penalty kicks will take place. (1 player from each team will shoot a penalty kick until a winner is determined.)

## **FOULS**

\* **All fouls will result in direct kicks** and will be taken from the point of foul or contact.

\*For free kicks, all players on the offending team must stand at least five yards away from the ball

\*If the defense commits a foul in its own penalty box, the offense will receive a penalty kick.

\*A goalkeeper may not pick up a ball passed intentionally back to them by their own team. This will result in an **INDIRECT** kick from the top of the penalty box arc.

\* If two or more players foul each other simultaneously, a foul will be called, and the referee will begin play with a drop ball.

\*Drop-balls are not direct kicks.

### **Fouls resulting in a direct kick**

\* Kicking or attempting to kick an opponent if careless, reckless, or using excessive force.

\* Tripping or attempting to trip an opponent if careless, reckless, or using excessive force.

\* Striking or attempting to strike an opponent if careless, reckless or using excessive force.

\* Pushing an opponent, including the goalkeeper if careless, reckless or using excessive force.

\* Jumping at an opponent in a careless or reckless manner or using excessive force.

\* Blatant holding or pulling including holding clothing, using any part of the body to hold an opponent & iSandwichingi opponents.

\* Spitting at an opponent, even if it doesn't hit the opponent. This is grounds for a Red Card.

\* Deliberately handling the ball. (If the ball hits the hand while it is in a natural position near the player's side and has not been moved toward the ball, it is not a handball. This does not apply to the goalkeeper inside his own penalty area.)

\*Dangerous Play

- High kick when an opponent is nearby.
- Hard collision with the goalie.
- Anything that puts you or an opponent in the way of danger.

\*Impeding the Progress of an Opponent

- Must be within 3 feet of the ball in order to shield a opponent.
- Cannot screen or pick an opponent.
- Cannot stay in front of the goalie to keep him from restarting play.

\*Unsportsman like actions.

## **PENALTY SHOTS**

\*Penalty shots occur when fouls are called on the defending team within the boundaries of the penalty box.

\*Penalty shots shall be taken ten yards out from the goal.

\*All players other than the kicker and the goalkeeper are to stand outside the penalty box arc until the ball has been played.

\*The penalty kick must be a forward shot on goal.

\*After contact with the keeper ,a goalpost ,or the crossbar, the ball is considered in play for **ALL** players.

## **GOALS**

\*A goal can be scored from anywhere on the field and the ball must pass completely over the goal line.

\*A goal cannot be scored directly from a throw-in.

\*A goal can be scored directly from a goal kick, corner kick, or goalkeeper's throw.