

Ozark Mountain Soccer Federation Law Book



Updated March of 2026

OZARK MOUNTAIN SOCCER FEDERATION

RULE BOOK

Ozark Mountain Soccer Federation is organized expressly for the purpose of promoting the sport of soccer in a recreational format. Objectives of OMSF include the following:

Fostering fair play and good sportsmanship as a way of life.

Assisting all participants in learning the fundamentals of the international sport of soccer.

Motivating participants toward proper and lifelong physical conditioning.

Developing attitudes which place value on teamwork and social participation.

Stimulating interaction between various population segments of the region.

Allowing players an organized and sanctioned league structure within which to participate.

The organization shall be divided into youth recreational divisions which include *UNDER 6 (U6)*, *UNDER 8 (U8)*, *UNDER 10 (U10)*, *UNDER 12 (U12)*, AND *UNDER 15 (U15)*. Age determination shall be based upon the birth age on August 1st immediately prior to the beginning of the fall season. A child must be 4 years old by January 1st if signing up for a sport that will be played in the spring. All teams must be formed according to the guidelines for that division as defined by OMSF by-laws. All divisions are intended to include both genders, however, this constitution shall not prohibit establishment of a girl's division by or among individual communities, providing age divisions, membership procedures, and general rules are accommodated in such a division or divisions.

The laws and regulations of FIFA as augmented by USYSA shall apply to all games taking place as sanctioned OMSF games. The FIFA laws of the game have been adjusted and agreed upon for youth recreational division play only. Laws 1 through Law 17 are provided in detail for each division: U6 through U15.

This rule book is a condensed version of the laws of the game with changes as set forth by the OMSF which is the governing body of this league. If at any time a member of the board of directors counsels a coach and or player as to validity of a rule, conduct or sportsmanship and there is a conflict the ruling of the member of the board of directors, has ultimate authority of the rules. (They do not have any obligation to show the rule in writing.) If the conflict continues or escalates the member has the authority to force a forfeit and a forfeit score will be reported to the OMSF. (An appeal may be made at a later time through your Town Representative who will address the issue with the OMSF Board of Directors.)

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Rules for U6

Law 1: Field of Play

For younger players, in order to assure maximum ball contact, and to assist in training individual skills, the OMSF agrees that the size of the field may be reduced. Recommended sizes for reduced fields are as follows:

U6: 15-25 yards width by 20-30 yards length, proportionally reduced goal areas, arcs, and center circle, with goal size of 4ft. high by 6ft wide.

Law 2: The Ball Size

U6: Players will use a size 3 ball.

Law 3: Number of Players

For younger players, in order to assist in their touching of the ball confidence-building in game-like circumstances, and to maximize the number of teams, OMSF agrees that the number of players may be reduced as follows:

This age group will play with a maximum of 5 players on the field, the minimum number of players is 3. A goalkeeper is optional for these competitions.

Teams are allowed to have rostered players from other U6 teams fill in for a team to have enough players to start a game, but players are not permitted to fill in for the team to have a sub. (Players can be from any town.)

Teams are **not** allowed to have "fill in" players in any OMSF Tournament Gam

Law 4: Player's Equipment

In all divisions, no metal cleats, studs, toe cleats or cleats on the external part of the sole will be permitted.

Shin guards are mandatory and must be worn and covered by socks.

No pockets are permitted on the players clothing, including but not limited to shorts and pants.

No watches, jewelry, earrings, or hair accessories with metal, hats with bills, etc. will be worn.

Only prescription eyewear is permitted.

A player is allowed to wear regular shoes, but it is not recommended.

During inclement weather hoodies may be worn, the hood must be either worn on the head or tucked inside the jersey.

Law 5: The Referee

All OMSF sanctioned games among communities should be officiated by referees who have been certified by OMSF's certifying officials. Referees for OMSF recreational competitions and internal games must attend at least an initial and annual OMSF approved referee clinic prior to refereeing any games.

U6 division games shall have one (1) OMSF approved referee.

The referee **MUST** check both rosters of the teams scheduled to play. In the case a coach cannot produce an official roster they may have their town representative send them via text; the picture must be from that day.

The referee **MUST** verify the Coaches NAYS MEMBER ID NUMBER is current as well as, verify the identity of the coach. An electronic copy of the NAYS MEMBER ID CARD will be accepted.

The referee **MUST** verify the players against the roster.

If the coach fails to provide the roster, the game is a forfeit, but play may continue as a scrimmage with a forfeit score being turned into the OMSF board.

In the event a team's coaches are not able to be available to coach a game any other rostered coach within the league or any board member that is NAYS certified may coach scheduled games.

The Referee is responsible for but not limited to the following:

- Conducting pre-game checks and talking with coaches to ensure proper safety equipment/clothing and ball is used,

- Maintaining control of the game by using a whistle to signal changes (the start of the play, half time, when a goal is scored, and to end the game),

- Enforcing the laws of the game.

- Keeping record of the score and reporting the scores to town/league officials.

- Acting as timekeeper and stops/suspends game at his/her discretion.

- The referee takes action against team officials (coaches and parents) that fail to conduct themselves in a responsible manner, takes disciplinary action against a player/players guilty of a caution able offense, addresses player injuries, etc.

Referees and or OMSF Board Members are to warn coaches to gain control of themselves and/or parents/spectators or the game will result in a forfeit. ALL DECISIONS MADE BY THE REFEREE AND OR OMSF BOARD MEMBERS ARE FINAL

Referees and Injuries

If in the opinion of the Referee, a player is only slightly injured, he/she is to move into a position to stand by the injured player to provide protection until there is a stoppage and/or the ball is out of play. The referee can then signal the coach to enter the field of play to inspect and/or remove the player once play is stopped.

If play is stopped for an injured player they must leave the field for further evaluation by the coach, they can return as soon as the next stoppage if the coach deems them fit to play. If a Coach comes onto the field, the injured player must also leave the field for further evaluation.

In the event of a head injury, the referee will immediately stop the game and the player must leave the field of play pending evaluation.

* Exceptions to the injury rule: AUTOMATIC STOPPAGE. The Referee must call an automatic stoppage if in their opinion the player is injured in any the following situations: a player is bleeding, a player is struck in the head by the ball, a goal keeper being injured, a player colliding with a goal keeper which results in either needing immediate attention, players on the same/opposite team have collided and are in need of immediate attention, or if a severe injury has occurred. Any player that is bleeding must leave the field of play and can only return once bleeding has stopped and the player is inspected by the referee. In the case that a player is injured and must leave the field of play, they may be allowed to return to the field of play once inspected by the referee.

When an automatic stoppage occurs, the play is to be restarted by a drop ball. The referee is to roll the ball to a player from the team that last had possession of the ball before play was stopped. In the event the play is stopped when the ball is in the goal area, the referee will roll the ball directly to the goalie Play restarts once the ball hits the ground.

Law 6: Coaches & Line Assistants

There will be a maximum of 2 coaches rostered for any team registered with the OMSF.

Any individual who wishes to be a head coach for a team registered with OMSF shall complete the following: *(It is the Individual Town's Discretion if they are requiring both coaches to be NAYS Certified.)*

Review and sign Coaches Code of Conduct

Complete a criminal background check through NAYS.org initially and every 3 years.

Complete an online coaches clinic through NAYS.ORG.

Attend a coach's clinic initially and then once every two (2) years.

Law 7: The Duration of the Match

U6: The game will include two 15-minute halves with a 5-minute half time.

Stoppage time may be added at the referee's discretion at a maximum of 5 minutes. (This is meant to overcome stoppages due to injury time, Chasing "out" balls, and substitution time)

Half time may be reduced due to weather, visibility, etc. at the discretion of the referee and in agreement with both coaches.

In times of excessive heat, the referee / town representative may add water breaks at the quarter marks of the game.

Law 8: The Start and Re-Start of the Play

Each team is allowed a 10-minute grace period (from the games scheduled start time) to wait for the minimum # of players to arrive at the field of play. (SEE SPECIAL RULES). If a player is not present at the start of a game, they may be subbed into the game at the coach's leisure and will be checked by the Ref at the 1st time they are subbed in.

The team that wins the coin toss decides which goal it will attack in the first half. The opponents take the kickoff. The team that wins the coin toss takes the kickoff to start the second half. For the second half, the teams will change ends and attack the opposite goal. After a goal is scored, the kickoff is taken by their opponents.

In every kickoff the following must occur:

All players except the player taking the kick, must be in their own half of the field of play.

The opponents of the team taking the kick must be outside the center circle.

The ball must be stationary on the center mark.

The referee must signal start with whistle.

The ball is in play when it is touched and clearly moves. If the player taking the kick misses the ball or kicks the ball twice, the kickoff is retaken.

A goal may be scored directly against the opponents from the kick-off; if the ball directly enters the kickers' goal, a corner kick is awarded to the opponents.

If the game is stopped and is restarted with a dropped ball, (SEE LAW 5) ** In addition to this, if the dropped ball enters the goal without touching at least two players, the play is restarted with a goal kick if enters the opponents' goal, or a corner kick if it enters the team's own goal.

Law 9: The Ball in and out of Play

The ball is considered in play so long as it remains within the field of play. The ball is considered out of play when the whole of the ball crosses the goal line or touch line, (whether on the ground or in the air), or when the referee has stopped play.

Law 10: The Method of Scoring

A goal is scored when the whole of the ball passes over the goal line between the goal post and under the crossbar provided that no infringement/offense has occurred by the team scoring the goal.

Determining A Winner

Regular Season Games:

The team that scores the greater number of goals is the winner. If both teams score the same number of goals the game will end in a tie.

The score will be turned into the OMSF board.

Tournament Games:

The team that scores the greater number of goals is the winner. If both teams score the same number of goals the game will go into overtime.

The score will be turned into the OMSF board.

*** See Special Rules for Overtime Rules**

Mercy Rule: If there is a difference of 10 points by the end of the first half, the game will be ended due to the mercy rule. If the score reaches a 10-point difference in the 2nd half the game will end. (Example: if the score is 3 to 13)

Law 11: Offsides

In the U6 divisions there are no offside calls.

Law 12: Fouls and Misconduct

HANDBALLS: Handballs in every division result in a penalty. All handballs result in an INDIRECT KICK.

A goalkeeper is considered to be in control of the ball with the hand(s) when:

- The ball is between the hands or between the hand and any surface (e.g. ground, own body) or by touching it with any part of the hands or arms, except if the ball rebounds from the goalkeeper or the goalkeeper has made a save
- Holding the ball in the outstretched open hand
- Bouncing it on the ground or throwing it in the air

A goalkeeper cannot be challenged by an opponent when in control of the ball with the hand(s).

Players are allowed to guard their face, chest, and genital area as a means of protection from the ball.

Law 13: Direct/Indirect Kicks

In the U6 division, all penalties result in an INDIRECT KICK. (Must be touched by 2 players)

In the U6 Division, any penalty inside the penalty box (larger box) is moved to the parallel line of the penalty box closest to where the foul occurred. All other penalties are INDIRECT.

U6 players must afford the kicking player the proper stand-off distance on any free kick.

Law 14: The Penalty Kick

If an indirect kick is awarded inside the goal area, the opponent's team may set up the players to defend/block the goal. The ball is placed on the goal line/ parallel to the goal line, at the point nearest to where the foul occurred. The attacking players must be positioned 10ft (3 steps) from where the ball is placed.

In the U6 division there are no penalty kicks. (Except in overtime rules)

Law 15: The Throw-in

A throw in is awarded to the opponents of the last player to touch the ball before leaving the field of play.

The player taking the throw must face the field of play, keep both feet on the ground, remain behind/on the touch line, and throw the ball with both hands from behind and over their head from the point where it left the field of play.

The player throwing the ball in must not touch the ball again until it is touched by another player.

A goal cannot be awarded directly from a throw in.

U6 players are given two (2) attempts on a throw in.

Law 16: The Goal Kick

A goal kick is awarded when the whole of ball crosses over the goal line (end line) having last touched the player of the attacking team. A goal may be directly scored from a goal kick.

The ball is in play if it has clearly moved, the opposing team must line up outside the goal box, they may attack the ball as soon as it has moved.

Law 17: The Corner Kick

A corner kick is awarded when the whole of ball crosses over the goal line (end line) having last touched the player of the defending team. The corner kick must be taken from within the corner arc. A goal may be directly scored from a corner kick.

SPECIAL RULES

TEAMS ARE ALLOWED TO SUB AT ANY STOPPAGE IN ALL AGE DIVISIONS.

To Substitute the player entering the game, must be at the center of the field in the “Sub Box”, and the coach must notify the official of the intent to make a substitution. The player entering may only enter the field once the leaving player has left the field. There is NO subbing from the bench.

In the U6 division, if the goalie holds onto the ball longer than 6 seconds, the referee should provide a reminder to the goalie to release the ball and not issue a penalty.

Players in the U6 division are not allowed to head the ball or “Slide Tackle” and this should be considered dangerous play. Players will be cautioned and if this type of play is continued the offending player may be removed from the game.

We are a recreational league for the development of all players therefore we have adopted the rule that at every game every coach must make every attempt to play each player at least once per half of the game.

U6 players are not allowed to play the ball while they are sitting or lying on the ground.

Rules For U8

Law 1: Field of Play

For younger players, in order to assure maximum ball contact, and to assist in training individual skills, the OMSF agrees that the size of the field may be reduced. Recommended sizes for reduced fields are as follows:

U8: 30-40 yards width by 40-50 yards length, proportionally reduced goal areas, arcs, and center circle, with reduced goal size of 6ft. high by 12ft wide.

Law 2: The Ball Size

U8: Players will use a size 4 ball.

Law 3: Number of Players

For younger players, in order to maximize their touching of the ball confidence-building in game-like circumstances, and to maximize the number of teams, OMSF agrees that the number of players may be reduced as follows:

This age group will play with a maximum of 8 players on the field; the minimum number of players is 6. One of these players must be identified as a goalkeeper in these competitions.

Teams are allowed to have rostered players “Play-up” from U6 for a team to have enough players to start a game, but players are not permitted to play-up in order to have a sub. (Players can be from any town.)

Teams are **not** allowed to have players play-up in any OMSF Tournament Game.

Law 4: Player’s Equipment

In all divisions, no metal cleats, studs, toe cleats or cleats on the external part of the sole will be permitted.

Shin guards are mandatory and must be worn and covered by socks.

No pockets are permitted on the players clothing, including but not limited to shorts and pants.

No watches, jewelry, earrings, or hair accessories with metal, hats with bills, etc. will be worn.

Only prescription eyewear is permitted.

A player is allowed to wear regular shoes, but it is not recommended.

During inclement weather hoodies may be worn, the hood must be either worn on the head or tucked inside the jersey.

Law 5: The Referee

All OMSF sanctioned games among communities should be officiated by referees who have been certified by OMSF's certifying officials. Referees for OMSF recreational competitions and internal games must attend at least an initial and annual OMSF approved referee clinic prior to refereeing any games.

U8 division games shall have two (2) OMSF approved referees.

The referee **MUST** check both rosters of the teams scheduled to play. In the case a coach cannot produce an official roster they may have their town representative send them via text; the picture must be from that day.

The referee **MUST** verify the Coaches NAYS MEMBER ID NUMBER is current as well as, verify the identity of the coach. An electronic copy of the NAYS MEMBER ID CARD will be accepted.

The referee **MUST** verify the players against the roster.

If the coach fails to provide the roster, the game is a forfeit, but play may continue as a scrimmage with a forfeit score being turned into the OMSF board.

In the event a team's coaches aren't able to be available for the game any other rostered coach within the league or board member that is NAYS certified may coach scheduled games.

The Referee is responsible for but not limited to the following:

- Conducting pre-game checks and talking with coaches to ensure proper safety equipment/clothing and ball is used,

- Maintaining control of the game by using a whistle to signal changes (the start of the play, half time, when a goal is scored, and to end the game),

- Enforcing the laws of the game.

- Keeping record of the score and reporting the scores to town/league officials.

- Acting as timekeeper and stops/suspends game at his/her discretion.

- The referee takes action against team officials (coaches and parents) that fail to conduct themselves in a responsible manner, takes disciplinary action against a player(s) guilty of a caution able offense, addresses player injuries, etc.

Referees and or OMSF Board Members are to warn coaches to gain control of themselves and/or parents/spectators or the game will result in a forfeit. ALL DECISIONS MADE BY THE REFEREE AND OR OMSF BOARD MEMBERS ARE FINAL.

Referees and Injuries

If in the opinion of the Referee, a player is only slightly injured, he/she is to move into a position to stand by the injured player to provide protection until there is a stoppage and/or the ball is out of play. The referee can then signal the coach to enter the field of play to inspect and/or remove the player once play is stopped.

If play is stopped for an injured player they must leave the field for further evaluation by the coach, they can return as soon as the next stoppage if the coach deems them fit to play. If a Coach comes onto the field, the injured player must also leave the field for further evaluation.

In the event of a head injury, the referee will immediately stop the game and the player must leave the field of play pending evaluation.

* Exceptions to the injury rule: AUTOMATIC STOPPAGE. The Referee must call an automatic stoppage if in their opinion the player is injured in any the following situations: a player is bleeding, a player is struck in the head by the ball, a goal keeper being injured, a player colliding with a goal keeper which results in either needing immediate attention, players on the same/opposite team have collided and are in need of immediate attention, or if a severe injury has occurred. Any player that is bleeding must leave the field of play and can only return once bleeding has stopped and the player is inspected by the referee. In the case that a player is injured and must leave the field of play, they may be allowed to return to the field of play once inspected by the referee.

When an automatic stoppage occurs, the play is to be restarted by a drop ball. The referee is to roll the ball to a player from the team that last had possession of the ball before play was stopped. In the event the play is stopped when the ball is in the goal area, the referee will roll the ball directly to the goalie Play restarts once the ball hits the ground.

Law 6: Coaches & Line Assistants

There will be a maximum of 2 coaches rostered for any team registered with the OMSF.

Any individual who wishes to be a head coach for a team registered with OMSF shall complete the following: *(It is the Individual Town's Discretion if they are requiring both coaches to be NAYS Certified.)*

Review and sign Coaches Code of Conduct

Complete a criminal background check through NAYS.org initially and every 3 years

Complete an online coach's clinic through NAYS.ORG

Attend a coach's clinic initially and then once every two (2) years.

Law 7: The Duration of the Match

U8: The game will include two 20-minute halves with a 5-minute half time.

Stoppage time may be added at the referee's discretion at a maximum of 5 minutes. (This is meant to overcome stoppages due to injury time, Chasing "out" balls, and substitution time)

Half time may be reduced due to weather, visibility, etc. at the discretion of the referee and in agreement with both coaches.

In times of excessive heat, the referee / town representative may add water breaks at the quarter marks of the game.

Law 8: The Start and Re-Start of the Play

Each team is allowed a 10-minute grace period (from the games scheduled start time) to wait for the minimum # players to arrive at the field of play. (SEE SPECIAL RULES). If a player is not present at the start of a game they may be subbed into the game at the coach's leisure and will be checked by the Ref at the 1st time they are subbed in.

The team that wins the coin toss decides which goal it will attack in the first half. The opponents take the kickoff. The team that wins the coin toss takes the kickoff to start the second half. For the second half, the teams will change ends and attack the opposite goal. After a goal is scored, the kickoff is taken by their opponents.

In every kickoff the following must occur:

All players except the player taking the kick, must be in their own half of the field of play.

The opponents of the team taking the kick must be outside the center circle.

The ball must be stationary on the center mark.

The referee must signal start with whistle.

The ball is in play when it is touched and clearly moves.

A goal may be scored directly against the opponents from the kick-off; if the ball directly enters the kickers' goal, a corner kick is awarded to the opponents.

If the game is stopped and is restarted with a dropped ball, (SEE LAW 5) ** In addition to this, if the dropped ball enters the goal without touching at least two players, the play is restarted with a goal kick if enters the opponents' goal, or a corner kick if it enters the team's own goal.

Law 9: The Ball in and out of Play

The ball is considered in play so long as it remains within the field of play. The ball is considered out of play when the whole of the ball crosses the goal line or touch line, (whether on the ground or in the air), or when the referee has stopped play.

Law 10: The Method of Scoring

A goal is scored when the whole of the ball passes over the goal line between the goal post and under the crossbar provided that no infringement/offense has occurred by the team scoring the goal.

Determining A Winner

Regular Season Games:

The team that scores the greater number of goals is the winner. If both teams score the same number of goals the game will end in a tie.

The score will be turned into the OMSF board.

Tournament Games:

The team that scores the greater number of goals is the winner. If both teams score the same number of goals the game will go into overtime.

The score will be turned into the OMSF board.

*** See Special Rules for Overtime Rules**

Mercy Rule: If there is a difference of 10 points by the end of the first half, the game will be ended due to the mercy rule. If the score reaches a 10-point difference in the 2nd half the game will end. (Example: if the score is 3 to 13)

Law 11: Offsides

In the U8 division there are no offside calls, however, no offensive player may be “camping out” in the defensive goal box unless a defender other than the goalie is in the goal box or they have the ball. On the 1st offense per game the coach and player will receive a stern warning from the Ref, a 2nd offense in the same game will result in an indirect kick for the defensive team.

Law 12: Fouls and Misconduct

HANDBALLS: Handballs in every division result in a penalty.

Players are allowed to guard their face, chest, and genital area as a means of protection from the ball.

All handballs result in a DIRECT KICK unless the offense is committed by the goalie inside the goal box, then an INDIRECT KICK is awarded.

A goalkeeper is considered to be in control of the ball with the hand(s) when:

- The ball is between the hands or between the hand and any surface (e.g. ground, own body) or by touching it with any part of the hands or arms, except if the ball rebounds from the goalkeeper or the goalkeeper has made a save
- Holding the ball in the outstretched open hand
- Bouncing it on the ground or throwing it in the air

A goalkeeper cannot be challenged by an opponent when in control of the ball with the hand(s).

Law 13: Direct/Indirect Kicks

- **Direct Kick** – The ball only has to be touched by 1 player, I.e. the kicker
- **Indirect Kick** – The ball must touch 2 players

In the U8 Division, all HAND BALLS result in a DIRECT KICK. Any penalty inside the penalty box (larger box) is moved to the parallel line of the penalty box closest to where the foul occurred. All other penalties are INDIRECT.

U8 players must afford the kicking player the proper stand-off distance on any free kick.

Law 14: The Penalty Kick

If an indirect kick is awarded inside the goal area, the opponent's team may set up the players to defend/block the goal. The ball is placed on the goal line/ parallel to the end line, at the point nearest to where the foul occurred. The attacking players must be positioned 10ft (3 steps) from where the ball is placed.

In the U8 division there are no penalty kicks. (Except in overtime rules)

Law 15: The Throw-in

A throw in is awarded to the opponents of the last player to touch the ball before leaving the field of play.

The player taking the throw must face the field of play, keep both feet on the ground, remain behind/on the touch line, and throw the ball with both hands from behind and over their head from the point where it left the field of play.

The player throwing the ball in must not touch the ball again until it is touched by another player.

A goal cannot be awarded directly from a throw in.

Law 16: The Goal Kick

A goal kick is awarded when the whole of ball crosses over the end line having last touched the player of the attacking team. A goal may be directly scored from a goal kick.

The ball is in play if it has clearly moved, the opposing team must line up outside the goal box, they may attack the ball as soon as it has moved.

Law 17: The Corner Kick

A corner kick is awarded when the whole of ball crosses over the end line having last touched the player of the defending team. The corner kick must be taken from within the corner arc. A goal may be directly scored from a corner kick.

If a corner flag post is present, it must not be removed to gain an advantage during corner kicks.

SPECIAL RULES

TEAMS ARE ALLOWED TO SUB AT ANY STOPPAGE IN ALL AGE DIVISIONS.

To Substitute the player entering the game, must be at the center of the field in the “Sub Box”, and the coach must notify the official of the intent to make a substitution. The player entering may only enter the field once the leaving player has left the field. There is NO subbing from the bench.

In the U8 division, if the goalie holds onto the ball longer than 6 seconds, the referee should provide a reminder to the goalie to release the ball and not issue a penalty.

Players in the U8 division are not allowed to head the ball or “Slide Tackle” and this should be considered dangerous play. Players will be cautioned and if this type of play is continued the offending player may be removed from the game.

We are a recreational league for the development of all players therefore we have adopted the rule that at every game every coach must make every attempt to play each player at least once per half of the game.

U8 players are not allowed to play the ball while they are sitting or lying on the ground.

Rules For U10 – U15

Law 1: Field of Play

For younger players, in order to assure maximum ball contact, and to assist in training individual skills, the OMSF agrees that the size of the field may be reduced. Recommended sizes for reduced fields are as follows:

U10: 40-50 yards width by 65-80 yards length, proportionally reduced penalty and goal areas, arcs, and center circle, with a regulation goal size of 7ft. high by 7 yards wide.

U12: 50-60 yards width by 80-100 yards length, with regulation goal areas, arcs, and center circle, and a regulation goal size of 8ft. high by 8 yards wide.

U15: 50-75 yards width by 100-120 yards length, with regulation goal areas, arcs, and center circle, and a regulation goal size of 8ft. high by 8 yards wide.

Law 2: The Ball Size

U10 –U12: Players will use a size 4 ball.

U15: Players will use a size 5 ball.

* The home team will provide two (2) game balls for all OMSF games.

Law 3: Number of Players

For younger players, in order to maximize their touching of the ball and confidence-building in game-like circumstances, and to maximize the number of teams, OMSF agrees that the number of players may be reduced as follows:

U10: 9 players on the field including the goalkeeper. The minimum number of players is 7.

U12: 11 players including the goalkeeper. The minimum number of players is 9.

U15: 11 players including the goalkeeper. The minimum number of players is 9.

Players are allowed to “play up” in order for a team to have enough players to start a game, but players are not permitted to be “played up” in order for the team to have a sub. (Players can be from any town but must be pulled from a younger division.)

Teams are **not** allowed to have players “play-up” in any OMSF Tournament Game.

* The provision of Law 3 mandating that one of the players shall be the goalkeeper will be adhered to in the U8 – U15 divisions.

Law 4: Player’s Equipment

In all divisions, no metal cleats, studs, toe cleats or cleats on the external part of the sole will be permitted.

Shin guards are mandatory and must be worn and covered by socks.

No pockets are permitted on the players clothing, including but not limited to shorts and pants.

No watches, jewelry, earrings, or hair accessories with metal, hats with bills, etc. will be worn.

Only prescription eyewear is permitted.

A player is allowed to wear tennis shoes but it is not recommended.

* During inclement weather hoodies may be worn as long as the hood is either worn on the head tucked inside the jersey.

Law 5: The Referee

All OMSF sanctioned games among communities should be officiated by referees who have been certified by OMSF's certifying officials. Referees for OMSF recreational competitions and internal games must attend at least an initial and annual OMSF approved referee clinic prior to refereeing any games.

U10-U15 division games shall have two (2) OMSF approved referees. U15 shall have at least (1) adult- (18-Year-Old or at least a Senior in High School) or older- referee. The same rules will apply for tournament games. If two referees are not available for U10 – U15 games, the referee should obtain 2 lines refs to assist.

The referee **MUST** check both rosters of the teams scheduled to play. In the case a coach cannot produce an official roster they may have their town representative send them via text, the picture must be from that day.

The referee **MUST** verify the Coaches NAYS MEMBER ID NUMBER is current as well as, verify the identity of the coach. An electronic copy of the NAYS MEMBER ID CARD will be accepted.

The referee **MUST** verify the players against the roster.

If the coach fails to provide the roster, the game is a forfeit, but play may continue as a scrimmage with a forfeit score being turned into the OMSF board.

In the event a team's coaches aren't able to be available for the game any other rostered coach within the league or board member that is NAYS certified may coach scheduled games.

The Referee is responsible for but not limited to the following:

Conducting pre-game checks and talking with coaches to ensure proper safety equipment/clothing and ball is used,

Maintaining control of the game by using a whistle to signal changes (the start of the play, half time, when a goal is scored, and to end the game),

Enforcing the laws of the game.

Keeping record of the score and reporting the scores to town/league officials.

Acting as timekeeper and stops/suspends game at his/her discretion.

The referee takes action against team officials (coaches and parents) that fail to conduct themselves in a responsible manner, takes disciplinary action against a player(s) guilty of a caution able offense, addresses player injuries, etc.

Referees and or OMSF Board Members are to warn coaches to gain control of themselves and/or parents/spectators or the game will result in a forfeit. ALL DECISIONS MADE BY THE REFEREE AND OR OMSF BOARD MEMBERS ARE FINAL.

Referees and Injuries

If in the opinion of the Referee, a player is only slightly injured, he/she is to move into a position to stand by the injured player to provide protection until there is a stoppage and/or the ball is out of play. The referee can then signal the coach to enter the field of play to inspect and/or remove the player once play is stopped.

If play is stopped for an injured player they must leave the field for further evaluation by the coach, they can return as soon as the next stoppage if the coach deems them fit to play. If a Coach comes onto the field, the injured player must also leave the field for further evaluation.

In the event of a head injury, the referee will immediately stop the game and the player must leave the field of play pending evaluation.

* Exceptions to the injury rule: AUTOMATIC STOPPAGE. The Referee must call an automatic stoppage if in their opinion the player is injured in any the following situations: a player is bleeding, a player is struck in the head by the ball, a goal keeper being injured, a player colliding with a goal keeper which results in either needing immediate attention, players on the same/opposite team have collided and are in need of immediate attention, or if a severe injury has occurred. Any player that is bleeding must leave the field of play and can only return once bleeding has stopped and the player is inspected by the referee. In the case that a player is injured and must leave the field of play, they may be allowed to return to the field of play once inspected by the referee.

When an automatic stoppage occurs, the play is to be restarted by a drop ball. The referee is to roll the ball to a player from the team that last had possession of the ball before play was stopped. In the event the play is stopped when the ball is in the goal area, the referee will roll the ball directly to the goalie Play restarts once the ball hits the ground.

Time can be added at the referee's discretion due to player injury, up to 4 minutes and time/weather permitting.

Law 6: Coaches & Line Assistants

There will be a maximum of 2 coaches rostered for any team registered with the OMSF.

Any individual who wishes to be a head coach for a team registered with OMSF shall complete the following: *(It is the Individual Town's Discretion if they are requiring both coaches to be NAYS Certified.)*

Review and sign Coaches Code of Conduct

Complete a criminal background check through NAYS.org initially and every 3 years

Complete an online coach's clinic through NAYS.ORG

Attend a coach's clinic initially and then once every two (2) years.

All OMSF teams will be required to obtain (2) volunteers to be line referees for all U10 - U15 contests when said team is unable to provide/schedule (2) referees.

Law 7: The Duration of the Match

U10: The game will include two 25-minute halves with a 5-minute half time.

U12: The game will include two 30-minute halves with a 5-minute half time.

U15: The game will include two 35-minute halves with a 5-minute half time.

Stoppage time may be added at the referee's discretion at a maximum of 5 minutes. (This is meant to overcome stoppages due to injury time, Chasing "out" balls, and substitution time)

Half time may be reduced due to weather, visibility, etc. at the discretion of the referee and in agreement with both coaches.

In times of excessive heat, the referee / town representative may add water breaks at the quarter marks of the game.

Law 8: The Start and Re-Start of the Play

Each team is allowed a 10-minute grace period (from the games scheduled start time) to wait for the minimum # of players to arrive at the field of play. (SEE SPECIAL RULES). If a player is not present at the start of a game, they may be subbed into the game at the coach's leisure and will be checked by the Ref at the 1st time they are subbed in.

The team that wins the coin toss decides which goal it will attack in the first half. The opponents take the kickoff. The team that wins the coin toss takes the kickoff to start the second half. For the second half, the teams will change ends and attack the opposite goal. After a goal is scored, the kickoff is taken by their opponents.

In every kickoff the following must occur:

All players except the player taking the kick, must be in their own half of the field of play.

The opponents of the team taking the kick must be outside the circle.

The ball must be stationary on the center mark.

Referee must signal start with whistle.

The ball is in play when it is touched and clearly moves.

A goal may be scored directly against the opponents from the kick-off; if the ball directly enters the kickers' goal, a corner kick is awarded to the opponents.

If the game is stopped and is restarted with a dropped ball, (SEE LAW 5) -- In addition to this, if the dropped ball enters the goal without touching at least two players, the play is restarted with a goal kick if enters the opponents' goal, or a corner kick if it enters the team's own goal.

Law 9: The Ball in and out of Play

The ball is considered in play so long as it remains in the field of play. The ball is considered out of play when the whole of the ball crosses the goal line or touch line, (whether on the ground or in the air), or when the referee has stopped play.

Law 10: The Method of Scoring

A goal is scored when the whole of the ball passes over the goal line between the goal post and under the crossbar provided that no infringement/offense has occurred by the team scoring the goal.

Determining A Winner

Regular Season Games:

The team that scores the greater number of goals is the winner. If both teams score the same number of goals the game will end in a tie.

The score will be turned into the OMSF board.

Tournament Games:

The team that scores the greater number of goals is the winner. If both teams score the same number of goals the game will go into overtime.

The score will be turned into the OMSF board.

*** See Special Rules for Overtime Rules**

Mercy Rule: If there is a difference of 10 points by the end of the first half, the game will be ended due to the mercy rule. If the score reaches a 10-point difference in the 2nd half the game will end. (Example: if the score is 3 to 13)

Law 11: Offsides

In U10-U15 divisions, the following off-sides rules apply:

A player is in an off-sides position when he/she is nearer to his opponent's goal line than both the ball and the second to last defender. Referees will mark a player off-sides when any part of the offensive player is nearer to the opponents goal than the second to the last defender.

Offsides is only penalized if at the moment the ball is touched/played by a team mate to the player in the off-sides position who, plays the ball, interferes with the play, interferes with a defender's ability to play the ball, or gains an advantage by being there.

There is no off-sides call on a goal kick, corner kick, or throw in.

An off-sides call by the referee will result in an indirect kick to the opposing team.

Law 12: Fouls and Misconduct

HANDBALLS: Handballs in every division result in a penalty. The referee will use the following 3 questions as a guideline in determining a handball:

Did the player make themselves bigger with their hands?

Was the arm in an unnatural playing position?

Did the player benefit, by denying the opportunity, by handling the ball?

Players are allowed to guard their face, chest, and genital area as a means of protection from the ball.

All handballs result in a DIRECT KICK unless the offense is committed by the goalie inside the goal box, then an INDIRECT KICK is awarded.

ADVANTAGE RULE: If a player has possession of the ball and an offense has been committed against him (not resulting in injury) by another player, but maintains possession of the ball then no penalty is called due to the advantage rule.

YELLOW/RED CARD: IN U10 – U15 DIVISIONS: Yellow cards can be issued by the referee as a warning where as a red card removes a player from the field of play. If a player is issued 2 yellow cards in the same game, it is considered the same as a red card being issued. The following offenses can result in a yellow or red card (it is recommended that a stern warning be given first, then second offense results in a yellow card, third offense results in a red card)

Caution-able offenses against players and/or goal keepers

unsporting behavior.

excessive goal celebration.

using offensive/insulting/or abusive language.

dissent by word or action.

persistent infringement / failure to respect the required distance to restart play.

delaying the restart of a play.

A player receiving a red card during any game in the season will be removed from the current game, prohibited from future play in that game, and is prohibited from playing in the next scheduled or make-up game, if the red card is issued in the last game of season the suspension will be served in the 1st game of the following season. The player must be present to serve out the suspension.

A coach cannot be yellow or red carded by the referee, however a coach can be ejected from a game if the referee deems appropriate. If a coach is ejected from a game, he/she will not be allowed to return to the game to coach or be on the team's bench at the next scheduled season game or make-up game.

A goalkeeper is considered to be in control of the ball with the hand(s) when:

- The ball is between the hands or between the hand and any surface (e.g. ground, own body) or by touching it with any part of the hands or arms, except if the ball rebounds from the goalkeeper or the goalkeeper has made a save
- Holding the ball in the outstretched open hand
- Bouncing it on the ground or throwing it in the air

A goalkeeper cannot be challenged by an opponent when in control of the ball with the hand(s).

Law 13: Direct/Indirect Kicks

DIRECT KICK: (ball only needs to be touched by 1 player)

Any of the following offenses committed by a "PLAYER" in a manner considered careless, reckless, or using excessive force will result in a direct kick: kicks/trips/ jumps at/ strikes/pushes/ tackles/spits at/ holds/ or attempts to do any of the following to an opponent.

IF ANY OF THE FOLLOWING OCCUR INSIDE THE PENALTY AREA, A PENALTY KICK IS AWARDED.

In the event a direct kick is kicked directly into the goal, a goal is awarded. If a direct kick is kicked into one's own goal, a corner kick is awarded to the opposing team.

INDIRECT KICK: (ball must be touched by 2 players)

Any of the following offenses committed by the "GOALKEEPER" will result in an indirect kick: goal keeper controls the ball with his hands for more than 6 seconds while inside his own penalty area, touches the ball with his/her hands after it has been deliberately kicked to him/her by a team mate, touches the ball with his/her hands after receiving it directly from a throw in by a team mate. (U10 – U15) Any of the following offenses committed by a PLAYER will result in an INDIRECT KICK: playing in a dangerous manner, impedes the progress of opponent,

prevents goalkeeper from releasing the ball from his hands, or commits any other offense not mentioned for which play was stopped to caution a player.

In the event an indirect kick is “not touched by 2 players” and is kicked directly into the goal, a goal kick is awarded to the opposing team. If an indirect kick is kicked into one’s own goal, a corner kick is awarded to the opposing team.

Law 14: The Penalty Kick

Penalty Kick: (U10 – U15) A penalty kick is awarded against a team that commits to any one of the offenses for which a direct kick would be awarded inside the penalty area.

The ball is placed on the penalty mark.

The shooter must be identified.

The goalkeeper is to remain on his goal line until the ball is kicked.

Players other than the kicker must be located outside the goal area at least 10 yards from the penalty mark and remain there until the ball has been kicked.

The shooter is not allowed to touch the ball again until it has touched another player.

** If any violation occurs by the shooter or his/her team and a goal is scored, the goal is disallowed and the kick must be retaken. If the goal is saved, then it results in an indirect kick. If the goalkeeper or his/her team commits a violation and a goal is scored the goal is allowed, if the goal is saved, then the kick is retaken.

Law 15: The Throw-in

A throw in is awarded to the opponents of the last player to touch the ball before leaving the field of play. Players must face the field of play, keep both feet on the ground, behind/on the touch line, and throw the ball with both hands from behind and over their head from the point where it left the field of play. A player throwing the ball in must not touch the ball again until it is touched by another player. A goal cannot be awarded directly from a throw in.

Law 16: The Goal Kick

A goal kick is awarded when the whole of ball crosses over the goal line (end line) having last touched the player of the attacking team. A goal may be directly scored from a goal kick.

The ball is in play as long as it has clearly moved, however the opposing team must line up outside the goal box, they may attack as soon as the ball is moved.

Law 17: The Corner Kick

A corner kick is awarded when the whole of ball crosses over the goal line (end line) having last touched the player of the defending team. The corner kick must be taken from within the corner arc. A goal may be directly scored from a corner kick.

If a corner flag post is present, it must not be removed to gain an advantage during corner kicks.

SPECIAL RULES

TEAMS ARE ALLOWED TO SUB AT ANY STOPPAGE IN ALL AGE DIVISIONS.

To Substitute the player entering the game, must be at the center of the field in the “Sub Box”, and the coach must notify the official of the intent to make a substitution. The player entering may only enter the field once the leaving player has left the field. There is NO subbing from the bench.

We are a recreational league for the development of all players therefore we have adopted the rule that at every game every coach must make every attempt to play each player at least once per half of the game.

U6-U15 players are not allowed to play the ball while they are sitting or lying on the ground.

General League Rules

Rosters

Players are not allowed to be added to a roster after games have started.

Any changes to the roster must be signed off by OMSF designated board official.

*** Rosters must have the Official Raised Seal on it to be considered official.**

If the coach fails to provide the Official Roster, the game is a forfeit, but play may continue as a scrimmage with a forfeit score being turned into the OMSF board.

Coaches

Any individual who wishes to be a head coach for a team registered with OMSF shall complete the following: *(It is the Individual Town's Discretion if they are requiring both coaches to be NAYS Certified.)*

Review and sign Coaches Code of Conduct

Complete a criminal background check through NAYS.org initially and every 3 years.

Complete the online coaches' clinic through NAYS.ORG

Attend a coach's clinic initially and then once every two (2) years.

The referee has the authority to caution or eject a coach for unsportsmanlike conduct, such as harassing his/her own players, opposing players, the opposing coach, or referee.

Coaches will respect ALL officials governing the game, including OMSF board members. Any repeated offenses towards referees and/or OMSF board members can result in a forfeited game, suspension from a game, and/or being banned from the OMSF league. In the event an OMSF board member feels the coach is not responding to the referee or gets out of hand, the OMSF board member has the authority to eject the coach from the current game or to end the game for player safety. The OMSF board member will report the event to the OMSF Board of Directors within 24 hours. If further action needs to occur, a board meeting will occur.

Any Coach ejected from a game and/or banned/suspended from a town, must be reported to the OMSF Board of Directors immediately after the occurrence. That said coach will be prohibited from returning to the game he/she was removed from and will be prohibited from coaching the next scheduled season game, including make-up games. The Town Representative will advise when that coach's next scheduled game is. The coach cannot coach any other team until that suspension is served.

Coaches may move up and down the sidelines when coaching their team; however, they must remain on their half of the field and within a reasonable distance from their team bench (3 to 4 steps). Movement outside this area for the purpose of coaching will not be allowed. **THERE WILL BE NO COACHING FROM THE OPPOSITE SIDELINE.** Coaches need to remain inside the coaching box or designated area.

Tournament Seeding

Determining how teams are lined up in tournaments will be done by a points system, each games scores will be reported to the OMSF board to be placed in the seeding for brackets. The points for each game will be as follows.

- 4 Points will be awarded for a win with a shutout.
- 3 Points will be awarded for a win.
- 1 point will be awarded to each team in the event of a tie.
- 0 points will be awarded for a loss.

In the event 2 teams are even in the standings after the season the tie will be decided by the winner of their head-to-head game.

If that game ended in a tie, the total number of goals scored by each team during the regular season will be the tie breaker.

Overtime Rules for Tournament Play ONLY!

U-6 & U-8 Overtime Rules

There will be a full 3-minute overtime with the winner determined by high score.

If still tied, there will be 2nd 3-minute “Sudden Death” overtime played with the winner determined by high score.

If the score is still tied there will be Shoot-out kicks from the penalty mark. As described in the shootout rules below:

All players that were on the field of play at the conclusion of the game will remain on the field and go to the center circle and be joined by their coach and the referee.

U-10/ U-12/ U-15 Overtime Rules

There will be a full 5-minute overtime with the winner determined by high score.

If still tied, there will be second full 5-minute overtime with the winner determined by high score.

If still tied there will be Shoot-out kicks from the penalty mark. In the event shoot-outs occur they will be conducted as follows:

All players that were on the field of play at the conclusion of the game will remain on the field and meet at the center circle to be joined by their coach and the referee.

Each team shall select five players to kick – only players on the field at the conclusion of the match may be selected to kick.

Shoot out rules for ALL age groups.

- Teams shall alternate kicks – first team to kick shall be determined by a coin toss. The referee selects the goal to be used for the penalty kicks.
- If, before both teams have taken five kicks, one team has scored more goals than the other team could, even, if it were to compete it’s five kicks, the taking of kicks ceases and a winner is determined.
- If, after both teams have taken five kicks, the score remains tied—whether both teams have scored the same number of goals or no goals—the kicks shall continue in a one-on-one shootout format, alternating between players. An alternate group of five players who were on the field of play at the conclusion of regulation must participate before any player from the original set of five kickers may take another attempt. All eligible players on the field must take a kick before the rotation begins again with the first group of five.
- The goalkeeper can be one of the selected kickers.

The goalkeeper may be switched after kicks have been started.

The Referees will write who was on the field and eligible to take kicks, as well as, keep track of who has taken kicks. The correct positioning for the referee’s will be as follows:

- Referee 1 takes position on the goal line ensuring the goalie is on the line and does not move toward the kicker until the ball is kicked.

- Referee 2 takes position inside the penalty arc ensuring all non-kicking players are outside the arc and not interfering with the kicker, this referee also signals the kicker when they are free to kick.

Weather / Daylight

To ensure the safety of players and coaches, in the event of poor field conditions and/or inclement weather (thunder and/or lightning) a game may be delayed and/or called off. In the event of inclement weather, the following must occur:

the players must be removed from the field for a period of 15 minutes. In the 15-minute time frame, if the inclement weather continues then the clock starts over.

A second 15-minute time frame is started, if the inclement weather continues during the second 15 minutes, the game will be called off.

If the teams are still in the first half, then the game will be rescheduled through the town reps, but if the 1st half has been completed (time has expired in the 1st half and the game has entered halftime) the score will stand and the game does not need to be rescheduled.

Games that are stopped due to daylight, weather or other unforeseen circumstances will pick up exactly how it was left.

Teams will set up exactly as they were, and time will start exactly where it was.

Home Team needs to provide 2-3 dates to away team within 72 hours of original game date and set a rescheduled game date within two weeks of original game date. If home team is unwilling to provide dates to away team, the home team will take a forfeit. If away team is unwilling to accept dates given from home team, the away team will take a forfeit. Any team who does not show up for a scheduled or rescheduled game, automatically takes a forfeit.

The referee will record the events of the game up to that point and turn them into the town representative / league so the game may resume as seamlessly as possible as needed.

If a tournament game is stopped due to weather or daylight, players not present at the time of the stoppage, are not eligible to play when the game is rescheduled and resumed.

Sportsmanlike Conduct:

The conduct of the players and spectators is the responsibility of the coach. The referee has the authority to caution or eject a coach, if in his/her opinion: the coach is not making a reasonable effort to control the behavior of his/her players and/or spectators. **Spectators and Coaches are not permitted to stand immediately behind the goal line. "Immediately Behind" will be at the Referee's discretion.**

The referee may stop, suspend, or terminate the game because of outside interference of any kind. Stoppage shall be a forfeit for the team from which the interference originates.

Coaches who are ejected from a game shall be suspended for the next scheduled game or rescheduled OMSF game. The referee shall inform their town representative or designated board official and they should immediately inform the OMSF President.

To ensure a safe and comfortable environment for all participants, spectators must adhere to the following guidelines

- 1. No Sitting Behind Players Benches Spectators are not permitted to sit behind the players benches at any time, unless there is a physical barrier installed by the host team then spectators must be behind the physical barrier.
- 2. Distance from Goal Line Spectators must remain at least 25 feet away from the goal line on both ends of the field and will not disturb the players.
- 3. Distance from the Touchline Spectators must stay at least 3 feet away from the touchline on the side of the field opposite of the players benches.

These rules are designed to ensure the safety of the players and officials, and to provide a clear space for game operations.

WHO WE ARE

Ozark Mountain Soccer Federation is organized expressly for the purpose of promoting the sport of soccer in a recreational format. Objective of OMSF include the following:

Fostering fair play, and good sportsmanship as a way of life;

Assisting all participants in learning the basic fundamentals of the international sport of soccer as promulgated by FIFA and USSF;

Motivating participants toward proper and lifelong physical conditioning;

Developing attitudes which place value on teamwork and social participation;

Stimulating interaction between various population segments of the region; and

Allowing players an organized and sanctioned league structure within which to participate

Ozark Mountain Soccer Federation Board of Directors (2025 – 2026)

President Andrew Keeth (Iberia)

Vice President Sean Jones (Crocker)

Secretary Clayton W. Gregory (Richland)

Treasurer Jessica Duncan (Iberia)

Registrar Tera Owens (Waynesville)

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