

Rainbow Soccer: Wisely: A Non-Competitive League

Overall Philosophy: The Wisely League provides an environment for soccer players of a wide range of ages and abilities to play in a non-competitive atmosphere. The spirit of play should be fun, fair and free of injury. Aggression, whether in play or attitude, has no place in this league.

General Principles of Play: Due to the philosophy of this league, there are additional rules for the Rainbow League that augment normal rules of soccer.

Physical contact between players is to be avoided.

Slide tackling is prohibited

The playing of the ball while a player is on the ground is prohibited

Offensive language and aggressive talk between players is prohibited.

Overly aggressive play of any description is to be discouraged

** Below there is a more detailed list of 'Rainbow Fouls' **

Coaches Responsibility:

A responsibility of Coaches is to inform and educate members of their team of these principles of play at all times. If players do not abide by these principles, Coaches are asked to remove the players from the game.

Referees Responsibility:

Referees will officiate games with these principles in mind. If any of these rules are broken, Referees are encouraged to stop play and provide the players with a warning by reminding them of these rules. Referees are also encouraged to stop play if they perceive there is danger of injury occurring.

If Referees identify players that are persistent in breaking these rules, they will require the players to substitute out of the game for a 'cool down' period (5 mins), or for longer where necessary.

Rainbow Soccer Rules:

The discussion below lists some common cases of "Rainbow fouls." However, players and coaches are asked to avoid all forms of rough play, and referees may use their discretion to enforce the spirit of the Wisely league.

Balls in the air:

Players must jump straight up.

Players may not push or nudge other player to gain better position.

Violations of these rules result in a direct free kick. If multiple players violate this rule, play should be stopped and restarted with a drop ball.

Loose balls:

Players may run to, and play, loose balls. However, player may NOT play through them.

Players may not play loose balls with "cleats up" unless they are far clear from other players.

Note: standard soccer rule allow players to collide with other players, provided they first touch the ball. In Rainbow, strong contact is to be avoided always, so if a player causes a heavy collision with another player, even after touching the ball, he/she will be called for a foul. Very light contact may be permitted at the referee's discretion. This applies both to loose balls and to dribblers. **PLAYERS CREATING CONTACT WILL BE DEEMED TO HAVE COMMITTED A FOUL, EVEN IF THEY TOUCH THE BALL.**

Defending a dribbler:

Shoulder charges and other forms of contact are prohibited.

Defenders may not bump or "body" a dribbler.

Violations result in a direct free kick.

Referee note: in Rainbow, it is very difficult for a defender to take the ball from a dribbler going sideways or backwards. Attempts to do so typically result in contact. Referees are encouraged to control on-ball challenges early in the game, as they tend to escalate as the game proceeds.

Please note that physical contact between players is always to be avoided. Obstruction (impeding the progress of another player) is out (it's a foul), elbows need to stay by your sides and please play on your feet (no slide tackles). And VERY IMPORTANT... all players need to protect the goalie: Goalies are particularly vulnerable. Players must NEVER charge at the goalie. If the goalie bobbles a ball, an offensive player may attempt to play the ball PROVIDED HE/SHE REMAINS IN CONTROL AND DOES NOT PUT THE GOALIE IN DANGER. Referees are advised to stop play immediately if goalie injury is threatened. However, goalies are also Rainbow players, and must also play in control at all times. They must play the ball, and not obstruct players. **DON'T EVER TOUCH THE GOALIE!**