

Organization Youth Soccer Rules – Season Year

The game is the teacher

Since its inception the organization soccer program has prioritized player development in all decisions. To further enhance player development, the organization has adopted the US Youth Soccer teaching philosophy with respect to small-sided soccer in U-06, U-08, U-10 and U-12. This philosophy allows the game to be the teacher by maximizing each player’s touches on the ball and encourages all the players to develop their skills in all positions. You role as a coach to help the players develop their skills, with particular emphasis on ball control, i.e. dribbling. All USSF and GYSA rules are followed with the following modifications:

Length of Games

- U6 - Four 8-minute quarters with a 5-minute halftime
- U8 - Four 12-minute quarters with a 5-minute halftime
- U10 - Two 25-minute halves with a 5-minute halftime
- U12 - Two 30-minute halves with a 5-minute halftime
- U14 - Two 35-minute halves with a 5-minute halftime

NB: There will be no overtime periods during the regular season

Ball & Goal Size

Age	Ball Size	Goal Size
U6	3	4' X 6'
U8	3	6' X 12'
U10	4	6' X 18'
U12	4	6' X 18'
U14	5	8' X 24'

Fields of Play

Age	Min Size	Max Size	Penalty Area	Penalty Mark
U6	20' x 15'	30" x 20'	NONE	NA
U8	40' x 20'	50' x 30'	NONE	NA
U10	50' x 35'	80" x 60'	30' x 12'	7'
U12	60' x 40'	90' x 70'	30' x 12'	8'
U14	100' x 50'	120' x 80'	30' x 18'	12'

Forfeits

Teams will not forfeit games unless they fall three players short of the minimum. A 15-minute grace period will be allowed for teams who are short. (This grace period is subtracted from game time). Teams will be allowed to play and begin a game if they are short one or two players. The opposing team will be allowed to play no more than “one up” at U10 and U12 with no such restriction at U14.

Age	# of Players	Min. to start	If short
U6	3 v 3	3	NA
U8	4 v 4	3	4 v 3
U10	6 v 6	4	6 v 5 or 5 v 4
U12	8 v 8	6	8 v 7 or 7 v 6
U14	11 v 11	7	11 v 7

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Rules of Play (*Pregame*)

- Before each game all players should meet at midfield and the coaches lead a prayer. For the interleague games at U10, U12 and U14 the home teams will lead the prayer for both teams at midfield.
- Coaches should check for shin guards and appropriate cleats (there should be no metal cleats)
- For interleague games the visiting team will have the choice in the first half to kickoff or choose an end. Possession and sides will be swapped at halftime. On a neutral field a coin flip will determine home/visitor.
- Players will not wear anything that could be dangerous to them or other players (rings, bracelets, earrings, jewelry, large hair clips, etc). For interleague games referees will ask players to remove these objects.
- For interleague games, coaches and teams will be on one sideline with all spectators occupying the opposite sideline. The area behind both goals from corner to corner will be clear of people at all times.
- No players with casts of any kind are allowed to play.

Rules of Play (*In game*)

- At each age group each child must play half of the ballgame. If a player is late, he/she is only entitled to play one half of the time that he/she is present. If a player is absent from a game, he/she forfeits the right to make up those two quarters at any other game.
- When all players are not in attendance, the extra playing time should be divided equally among the players that are present. Please keep tabs from game to game who has and who has not played extra time. Extra time should not be given as a reward for advanced ball players; instead, all players should have an equal opportunity to play.
- Substitutions are only allowed on your own team's throw-in, any goal kick, for an injured player, or at halftime.
- Throw-in rules will apply. One yard from spot, both feet on the ground, ball thrown in over the head facing the field.
- Goalkeepers are used in all interleague games. No harassment of goalkeepers is allowed. Opposing players must move away from the goalie once he/she has taken possession of the ball. The ball may not be played by the opposing players until it has left the penalty area. The six-second rule still applies.
- The Offside rules apply at U10, U12 and U14.
- For U10 only the goalie must play as much time in the field as in the goal.
- Slide tackling is not permitted for U6, U8 and U10

Sportsmanship

All coaches, parents, school representatives, etc, share in the responsibility for the success of our league, and for maintaining our reputation as a home of good sportsmanship, character, and class.

- NO PLAYER, COACH, PARENT, OR SPECTATOR MAY HARASS OR DISAGREE WITH A REFEREE.
- *"The kids will play and the officials will officiate"*. For example: A player is in an offside position and an entire team and their sideline of spectators yell out "offside". The ability of that official to referee competently, and his/her authority on the field have now been compromised.
- Any coaches or parents displaying unsportsmanlike conduct may be asked to leave the playing area for the duration of the game. Head Coaches will be responsible for all adults associated with their team.
- Coaches will be aware of the score at all times and will actively refrain from "running it up". Scores of 9-1 and 11-2 don't make our league stronger, instead they have the opposite effect. Coaches are expected to reposition stronger/advanced players when ahead by three goals or more.

Fouls and Misconduct

- If a foul is committed and to stop play would give an advantage to the offending team the referee may continue play by calling ADVANTAGE.

Common Soccer Terms and Definitions

It is important that all coaches and players learn the rules of the game and associated tactics. We encourage you to do this outside of practice and games. Learning the rules will also help parents enjoy the games. Soccer, like all games, has a number of rules and buzzwords. Here are a few key terms to understand:

Throw-in – when the whole of the ball passes over a sideline, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower at the moment of delivering the ball must be: Facing the field of play, touching the ground with both feet (neither of which are in the field of play), and delivering the ball from behind and over the head using both hands. Throw-ins are not used in U6 and U8 games.

Offside - A player in an offside position is only penalized if, at the moment the ball touches or is played by another team member, the player is, in the opinion of the referee involved in active play by:

1. interfering with play
2. interfering with an opponent
3. gaining an advantage by being in that position

Free Kicks – Free kicks and penalties can be difficult to understand. It is essential that all players understand the referee's signal on free kicks. An indirect free kick is signaled by a raised hand, which remains raised until the kick is taken. Players can score directly from a corner, a penalty, a kick-off or a direct free kick.

Handball – deliberate handling of the ball; carrying, propelling, or striking the ball with the hands or arms.

Ball In and Out of Play - The ball is out of play when it has wholly crossed the goal-line or side-line, either on the ground or in the air, or when play has been stopped by the referee. The ball is in play at all times, except as listed above, and including: If it rebounds off of a goalpost, corner flag, referee, or coach, on all throw-ins, goal kicks, corner kicks, or free kicks when the action is taken.

Goal Kick – when the whole of the ball crosses over the goal-line (not in the goal), either in the air or on the ground, having last been touched by a member of the attacking team it shall be kicked into play by the defending team inside the goal area.

Corner Kick – when the entire ball crosses over the goal-line (not in the goal), either in the air or on the ground, having last been touched by a member of the defending team it shall be kicked into play by the attacking team in the corner nearest to where the ball left the field of play. All defending players must be at least 5 yards away from the ball. There are no corner kicks at U6.

Second Touch – a player putting the ball into play cannot touch the ball again until it has been touched or played by another player; violation will result in a free kick for the opposing team.

Game Duration - the duration of games depends on the age group. See the following pages for your age group. For interleague games time is added at the referee's discretion to accommodate time lost through injuries and substitutions, etc.

Substitutions - substitutions are unlimited. For interleague games they may be made with the consent of the referee prior to a throw-in in our favor, prior to a goal kick by either team, after a goal by either team, after an injury to any player which stops play, or after a caution "yellow card" to any player.

If you want more information on the soccer laws go to www.fifa.com, where all 17 laws are described in easy to read detail.

Laws of the Game – By Age Group

Rules - Kindergarten (U6)

- 3 v. 3 with no goalkeepers
- Recommended Field Size: 30 yds. x 20 yds.
- Goal Size: 4' x 6'
- Size 3 ball
- Roster Size: 4 to 6 players
- No off-sides or penalty kicks
- Balls going out-of-bounds are dribbled back into play (no throw-ins)
- No corner kicks. Kick-in will be performed from sideline (5 yds. from endline) in place of corner kick.
- Goal kicks: opponents must be (3) yards from ball. Balls are dribbled back into play from any point on the goal line.
- Duration of Game: 4 x 8-minute quarters
- 2-min. break between Q1 and Q2; 2-min. break between Q3 and Q4; 5-min. break at halftime.
- Substitutions at quarter breaks, halftime, and for injured players. There is no mid-quarter break.
- All players must play minimum of 50% of each game
- Only one coach per team is allowed on field
- No scorekeeping
- There will be a 3-yard arc will be around the goal. Players will be allowed to move into and through the zone but will not be allowed to stay there unless they are playing the ball. The arc is meant to keep the children in the active play of the game. Please do not station a child at the top of the arc; this defeats the purpose.

Rules – U8 (1st / 2nd Grade)

- 4 v. 4 with no goalkeepers
- Recommended Field Size: 50 yds. x 30 yds.
- Goal size: 6' x 12'
- Size 3 ball
- Roster Size: 6 to 8 players
- No offsides, penalty kicks or throw-ins
- Balls going out-of-bounds are kicked back into play
- Corner kicks apply
- Goal kicks: opponents must be (5) yards from ball.
- Duration of Game: 4 x 12-minute quarters
- 2-min. break between Q1 and Q2; 2-min. break between Q3 and Q4; 5-min. break at halftime.
- All players must play minimum of 50% of each game
- Only one coach per team is allowed on the field
- There are no goalies at U-08, allowing all of the players to get more touches on the ball.
- There will be a 5-yard arc will be around the goal. Players will be allowed to move into & through the zone but will not be allowed to stay there unless they are playing the ball.
- The arc is meant to keep the children in the active play of the game. Please do not station a child at the top of the arc; this defeats the purpose.
- Substitutions at quarter breaks, halftime, and for injured players.

Laws of the Game – By Age Group

Rules – U10 (3rd / 4th Grade)

- 6 v. 6 with goalkeepers.
- Each team must have at least 4 players to start game.
- Recommended Field Size: 70 yds. x 40 yds.
- Goal size: 6' x 18'
- Size 4 ball
- No co-ed teams
- Roster Size: 8 to 10 players
- Offsides rules apply
- Penalty kicks apply
- Balls going out-of-bounds are put back into play via throw-in
- Duration of Game: 2 x 25-minute periods; 5-min. break at halftime.
- Substitutions only during following situations: own team's throw-in, any goal kick, for injured player, at halftime.
- Coaches not allowed on field except for extenuating circumstances (e.g. injury, etc.)
- There will be no slide tackling at U-10. A penalty for slide tackling will be an indirect kick from where the infraction occurred.
- The goalie must play as much time on the field as in the goal. If he/she plays the entire 1st half in goal, he/she must play the entire 2nd half on the field. Remember that if a child plays the entire game because of the goalie rule, this may cause another player to lose playing time.
- In U-10 regular season games, no player shall play the full game unless all players have played at least three quarters of the game, if the met practice participation to the coaches satisfaction.
- Players shall NOT play with a CAST. NO EXCEPTION.
- Footwear for U-10 must wear molded cleats or flats.
- All players must wear commercially manufactured shin guards under their socks.
- A player shall not wear anything that is dangerous to themselves or another player.
- NO PLAYER, COACH OR SPECTATOR MAY HARASS OR DISAGREE WITH A REFEREE.
- If a foul is committed and to stop play would give an advantage to the offending team then the referee may continue play by calling ADVANTAGE, then take care of the situation after play.
- Penalty kicks will be 7 yards from goal line.
- Goal kicks are taken anywhere within the small 2-yard goal box.
- Throw-in from within one yard of spot or will lose possession of ball, also both feet on the ground, over the head, and facing the field.
- Harassment of Goal Keeper Rule. When the goalkeeper has taken possession of the ball within his own penalty area, opposing players are required to move away and to the side so as not to interfere with the goalkeeper putting the ball into play. Opposing players shall not play or touch the ball until it has left the penalty area. Bottom line is opponents must step out and away for GK to put ball in play.
- For U-10 age groups, there will be the understanding that when a team is three (3) goals ahead that the team will reposition players so that the leading team's offense is unimportant. As a minimum, while at least a three (3) goal lead is maintained, the leading teams coach shall move any of his players who have scored a goal in this game into a position where he/she is unlikely to score another goal (i.e. substitute, goalkeeper, or fullback).
- Coach and teams will be on one side of field with spectators on the other side. Coach and subs must stay on their own side and end of the field (this is called the technical area).

Laws of the Game – By Age Group

Rules – U12 (5th/6th Grade)

- 8 v. 8 with goalkeepers.
- Each team must have at least 6 players to start game.
- Recommended Field Size: 80 yds. x 50 yds.
- Goal size: 6' x 18'
- Size 4 ball
- No co-ed teams
- Roster Size: 10 to 14 players
- Offsides rules apply
- Penalty kicks apply
- Duration of Game: 2 x 30-minute periods; 5-min. break at halftime.
- Substitutions only during following situations: own team's throw-in, any goal kick, for injured player, at halftime.
- Coaches not allowed on field except for extenuating circumstances (e.g. injury, etc.)
- Players shall NOT play with a CAST. NO EXCEPTION.
- Footwear must be safe; referee call.
- All players must wear commercially manufactured shin guards.
- Playing without shirt or shoes is not allowed.
- A player shall not wear anything, which is dangerous to themselves or another player.
- NO PLAYER, COACH OR SPECTATOR MAY HARASS OR DISAGREE WITH A REFEREE.
- If a foul is committed and to stop play would give an advantage to the offending team then the referee may continue play by calling ADVANTAGE (PLAY ON), then take care of the situation after play.
- Penalty kicks will be 8 yards from goal line.
- Throw-in from within one yard of spot or will lose possession of ball, also both feet on the ground, over the head, and facing the field.
- Harassment of Goal Keeper Rule. When the goalkeeper has taken possession of the ball within his own penalty area, opposing players are required to move away and to the side so as not to interfere with the goalkeeper putting the ball into play. Opposing players shall not play or touch the ball until it has left the penalty area. Bottom line is opponents must step out and away for GK to put ball in play.
- No one behind goal line, between corner flag and penalty area along touchline.
- Coach and teams will be on one side of field with spectators on the other side. Coach and subs must stay on their own side and end of the field (this is called the technical area).

Laws of the Game – By Age Group

Rules – U14 (7th/8th Grade)

- 11 v. 11 with goalkeepers.
- Each team must have at least 7 players to start game.
- Recommended Field Size: 100 yds. x 60 yds.
- Goal size: 8' x 24'
- Size 5 ball
- No co-ed teams
- Roster Size: 12 to 17 players
- Offsides rules apply
- Penalty kicks apply
- Duration of Game: 2 x 35-minute periods; 5-min. break at halftime.
- Substitutions only during following situations: own team's throw-in, any goal kick, for injured player, at halftime.
- Coaches not allowed on field except for extenuating circumstances (e.g. injury, etc.)
- Players shall NOT play with a CAST. NO EXCEPTION.
- Footwear must be safe; referee call.
- All players must wear commercially manufactured shin guards.
- Playing without shirt or shoes is not allowed.
- A player shall not wear anything, which is dangerous to themselves or another player.
- NO PLAYER, COACH OR SPECTATOR MAY HARASS OR DISAGREE WITH A REFEREE.
- If a foul is committed and to stop play would give an advantage to the offending team then the referee may continue play by calling ADVANTAGE (PLAY ON), then take care of the situation after play.
- Penalty kicks will be 12 yards from goal line.
- Throw-in from within one yard of spot or will lose possession of ball, also both feet on the ground, over the head, and facing the field.
- Harassment of Goal Keeper Rule. When the goalkeeper has taken possession of the ball within his own penalty area, opposing players are required to move away and to the side so as not to interfere with the goalkeeper putting the ball into play. Opposing players shall not play or touch the ball until it has left the penalty area. Bottom line is opponents must step out and away for GK to put ball in play.
- No one behind goal line, between corner flag and penalty area along touchline.
- Coach and teams will be on one side of field with spectators on the other side. Coach and subs must stay on their own side and end of the field (this is called the technical area).