

## **YOUTH SOCCER RULES AND REGULATIONS**

### **TEAM COMPOSITION**

Team composition will be:

- **5-6 Divisions**
  - **5 Players with no goalkeeper on the field during play.**
- **7-8 Divisions**
  - **5 players and 1 goalkeeper on the field during play.**
    - **If 6 players are not present, teams will play 5 vs 5 with no goalie.**
- **9-10 Division**
  - **5 players and 1 goalkeeper on the field during play**

#### **Reasons for Small Sided Games:**

***More Playing Time*** ----- This provides more opportunities for player to solve the problems that only the game presents.

***More Individual Teaching Time*** ----- With less player on each team, the players will have more opportunities to learn.

***More Opportunities to Score Goals*** ----- Honestly, who doesn't like to score goals? This provides pure excitement to the players!

***Less Players = More Touches of the Ball*** ----- This allows for better Technical, or Skill, Development.

***Reduces the Amount of Complicated Decisions for the Players*** ----- This allows for better Tactical, or Strategy, Development.

***Allows Players to be more Physically Efficient in the Field Space they Play In*** ----- This is achieved with the reduced field size.

### **GAME TIME & SUBSTITUTIONS**

- A game will consist of (2) twenty minute halves with a 5 minute halftime break.
- **MANDATORY SUBSTITUTIONS (Ages 5-6, 7-8, and 9-10), will happen three times per half (at the 15, 10, and 5 minute mark).**
  - **The clock will stop during substitutions. Teams should take no longer than 1 minute to substitute players.**
  - Substitution of players occurs only during Mandatory Substitutions and in case of a player injury.
- All players not in the game should be substituted into the game at this time.
- All players should play at least 20 minutes per game.

### **SCORING**

A goal is scored when the whole ball crosses the goal line and is between the goalposts and under the crossbar.

- **NO GAME SCORES OR STANDINGS WILL BE KEPT IN ANY DIVISION.**

### **GOALKEEPER**

- Goalkeeper may catch, throw, punt, kick or bounce the ball within the designated goal area.
  - **Exception: In the 9/10 age group & higher a goalie may not play a ball with their hands that has been passed to them by the feet of a player on their same team.**
- Possession by the goalkeeper occurs when their hands make contact with the ball or an effort has been made to pick up the ball.

### **OFFSIDES**

- 9-10 Division and Below
  - Players will be required to return to their teams side of midfield when the ball is in there defensive end.
  - If the ball is kicked by a player on that team and crosses mid field while a teammate is on the other side of midfield it will be called offsides and the opposing team will receive an indirect free kick from the spot on the midfield line closest to where the ball crossed it when offsides was called.

## **TYPES OF FOULS**

**5-8 year olds free kicks are always Direct Free Kicks - 9-17 year olds follow both Direct & Indirect Free Kick rules**

- A player is penalized and the opposing side awarded a Direct Free Kick when they purposely:
  - Kick or try to kick an opponent.
  - Deliberately trip an opponent.
  - Jump at an opponent.
  - Jostle an opponent in a vigorous or dangerous manner.
  - Hold onto an opponent.
  - Push an opponent.
  - Deliberately touch the ball with their hands.
  - Strike or try to strike an opponent.
  - Push an opponent from behind when the latter is not blocking him/her.
  - If a player commits one of the above infractions intentionally in their own penalty area the opposing team is awarded a Penalty Kick.
- A player is penalized and the opposing side awarded a Indirect Free Kick when they purposely:
  - Play in a dangerous manner (NO SLIDING ALLOWED).
  - Obstruct their opponents without trying to go for the ball.
  - The goalkeeper, in the referee's opinion, intentionally slows down the game.

## **TYPES OF KICKS & THROW-INS**

- Direct Free Kicks
  - A goal can be scored directly without another player having to touch it.
  - Kick is taken from the position of the ball at the time of the violation.
  - Opponents must be at least 10 yards away from the ball.
- Indirect Free Kicks
  - A goal can only be scored when the ball is touched by another player first.
  - Kick is taken from the position of the ball at the time of the violation.
  - Opponents must be at least 10 yards away from the ball.
- Penalty Kicks
  - A defensive player commits a foul within their own penalty area.
  - The kick is taken from the penalty spot with only the goalkeeper and the kicker.
- Corner Kicks
  - Ball goes out-of-bounds over the goal line and has been touched last by a player on the defending team.
  - The kick is taken from the inside of the quarter-circle and on the side of the goal where the ball went out.
  - A goal can be scored directly from a corner kick.
- Goal Kicks
  - A ball goes over the goal line and was last touched by the player of the offensive team.
  - The kick is taken in the goal area.
  - Opposing players must be outside the penalty area until the ball is in play.
  - A goal cannot be scored directly from a goal kick.
- Throw -Ins
  - Throw ins are given when the ball crosses completely over the touchline.
  - Players shall throw the ball in a forward manner holding the ball with 2 hands behind the head.
  - The feet must not leave the ground.
  - One retry allowed after an explanation by the referee.

## **FIELD DIMENSION & BALL SIZE**

<b><i>Age Division</i></b>	5-6	7-8	9-10
<b><i>Field Length</i></b>	120'	120'	200'
<b><i>Field Width</i></b>	90'	90'	120'
<b><i>Penalty Box</i></b>	24'L x 52'W	24'L x 52'W	36'L x 88'W
<b><i>Goal Dimension</i></b>	6'W x 4'H x 4'D	6'W x 4'H x 4'D	18'W x 6'H x 4'D
<b><i>Ball Size</i></b>	Size 3	Size 4	Size 4