

South Cache Soccer Recreational Soccer Playing Rules

[JUMP TO APPENDIX BOOKMARKED SUMMARY TABLE](#)

Law 1 - Field

Recommended field size (in yards)

U8 (5v5) 25x40yds (75'x120') can vary 20-30yds x 35-45yds

U9 & U10 35x55yds (105'x165') can vary 35-45yds x 55-65yds

U11 & U12 50x75yds (150'x 225') can vary 45-55yds x 70-80yds

The Goal Area

A goal area is defined at each end of the field as follows (in feet)

U8 9' x 21'

U9 & U10 12'x 24'

U11 & U12 15'x 48'

The Penalty Area

A penalty area is defined at each end of the field as follows (in feet)

U8 24' x 51'

U9 & U10 36' x 72'

U11 & U12 42'x 108' no

Goals

Goals must be placed at the center of each goal line. **Goals must be anchored securely to the ground.**

Recommended goal sizes

U8 6' x 12'

U9 & U10 6'x 12' or 6.5' x 18.5'

U11 & U12 6.5' x 18.5' or 7' x 21'

Law 2 - Ball

Sizes by age

U8 Size 3

U9 - U12 Size 4

U13+ Size 5

Law 3 - Players

A match is played by two teams, each consisting of not more than the following

U8 5 players total (4 field players, 1 keeper)

U9 & U10 7 players total (6 field players, 1 keeper)

U11 & U12 9 player's total (8 field players, 1 keeper)

A match may not start if either team consists of fewer than the following

U8 (4 players)

U9 & U10 (5 players)

U11 & U12 (7 players)

Goal Differential Rule (U8 Only)

A team behind by 4 goals may add an additional player. If a team is behind by 8 goals, the team may add another player, with a maximum of two additional players. The trailing team must subtract the additional player if the goal

differential returns to 3 or 7..

Goal Lines

No one is permitted behind the goal lines during gameplay. The referee will warn the appropriate coach upon the first infraction and suspend play if the individual is not removed. The game will be terminated if the individual persists and will not move to the touchline (sideline).

Law 4 - Players Equipment

Safety

A player may not use equipment or wear anything dangerous or confusing to himself or another player, including any kind of jewelry (unless it's a medical bracelet or necklace & needs to be secured to the player). **Earrings must be removed. This includes earrings that are new, taped, or bandages over them.**

Hats, gloves, jackets, and sweats are allowed in cold weather if the jersey is visible on top of other clothing. The referee should always inspect equipment and clothing and ensure they are not dangerous to themselves and other players. What is considered dangerous equipment is at the discretion of the referee.

Basic Equipment

The basic equipment of a player is

- Shirt (jersey) All players must wear an identical club jersey. The home team will wear dark, and the visiting team will wear light color.
- Shorts (sweats may be worn over shorts in cold weather)
- Socks
- Shinguards
- Shoes (athletic or soft-cleated shoes). No toe cleat will be allowed.

Shinguards

Shinguards are **mandatory** and are worn inside the socks. Shinguards should be made of a suitable material (rubber, plastic, or similar substances) and provide reasonable protection.

Goalkeepers (U8 - U12)

Each goalkeeper wears colors that distinguish them from the other players and the referees.

Law 5 & 6 - Single Center Referee

Decisions of the Referee

The referee's decisions regarding facts connected with play are final.

The referee may only change a decision on realizing that it is incorrect or, at his discretion, provided that he or she has not restarted play.

Referee to call for captains at beginning of games to determine which team starts with ball and which teams defends which half. Determination to be decided by flipping of coin or other random method. Winning team to decide if they want ball or can select which half side they desire. Losing team to make the opposite decision.

Duties

At least one referee shall be assigned to officiate each game. Each team is to assign one club linesman. Club linesman help on their half with ball in/out, help on subs, help opposing players move outside of Build Out Line. Club linesman can not call fouls or offsides.

Law 7 - Games

Time and Interval by Age Group

U8 - Four 10-minute quarters; quarter breaks are a maximum of 2 minutes. Half time interval below.

U9 & U10 - Two 25-minute halves

U11 & U12 - Two 30-minute halves

Half Time Interval

The half-time interval for all games shall be **5 minutes**.

Penalty Kick (U8 - U12)

Additional time is allowed for a penalty kick at the end of each half if applicable.

Law 8 - The Start and Restart of Play

The home team supplies 3 balls for the game.

Kick-off

A kick-off is a way of starting or restarting play

- At the start of the match.
- After a goal has been scored.
- At the start of the second half of the match.

A goal may be scored directly from a kick-off. (U9 - U12 only)

The proper procedure for kick-off is as follows

- All players are in their half of the field except the kicker.
- The opponents of the kicking team must be outside the center circle until the ball is in play.
- The ball is stationary on the center mark.
- The referee gives a signal.
- The ball is in play when it is kicked. The ball may move forward or backward.
- The kicker cannot touch the ball a second time until another player touches it.

Kick-Off, Throw or Kick-in, Free Kick, Corner Kick Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player, an **indirect free kick** is awarded to the opposing team at the spot where the infringement occurred. For any other infringement of the kick-off procedure, the kick is retaken.

Dropped Ball

A dropped ball is a way of restarting play when play is stopped due to injury, outside interference, or any other reason occurring off the field of play. The proper procedure for a dropped ball is:

- The referee drops the ball at the place it was located when the play was stopped.
- Play is restarted when the ball hits the **ground**.
- Drop ball in the penalty area is dropped at the closest intersecting line of the area.
- For any infringement, the ball is dropped again.

Substitution Procedure

Unlimited substitutions may be made at any stoppage of play.

*U8 may substitute on the fly if only one player is exiting and entering the field at a time.

Substitution of players

- After either team scores a goal, a substitution is to be made before the ball is kicked and play restarted.
- After a goal kick is awarded to either team, a substitution is to be made before the ball is placed back into play by the goal kick.
- After a throw-in or kick-in is awarded to your team--substitution is to be made by either team before the ball is placed back into play by the throw-in or kick-in **ONLY IF** the team awarded the throw-in or kick-in chooses to make a substitution. If the team taking the throw-in or kick-in does not substitute, the opposing team **IS NOT** allowed to substitute.

- When a player is injured, and the referee has stopped playing to permit the coach to care for the injured player, the team for which the injured player plays may substitute for the injured player before play resumes. If the injured player is substituted from the game, the opposing team may also make a substitution, one-for-one.
- At the quarter or half-time intervals.

Note: Substitution is not permitted upon award of a penalty kick, corner kick, direct free kick, or indirect free kick.

Making a Substitution

Before a substitution (except for substitutions made after an injury, between quarters, or at half time), A substitute only enters the field and the coach must

- At the halfway line and during a stoppage in the match
- Advise the referee that the coach wants to make a substitution
- Receive the referee's permission to make a substitution
- Remove the field player who is to exit and then send on the player who is to enter; players entering the field must do so at halfway line on the substituting team's side of the field. Players exiting the field may do so at any point on the field.

Player or players ejected by the referee may not participate any further in the match, and the team must play with one fewer player for the remainder of the game.

Changing the goalkeeper

Any of the other players may change places with the goalkeeper provided that the referee is informed before the change and the change is made during a stoppage of play.

Law 9 & 10 - Conform to Normal Rules for Ball Out of Play and Scoring

Law 11 - Offside

Offside is not called in the U8 ages. Players at this age are in the early stages of learning the game and generally would not fully comprehend the concept of Offside. Their emphasis should be on getting a foot on the ball.

Offside Position

It is not an offense in itself to be in an offside position.

A player is not in an offside position if

- he or he or she is in their half of the field of play.
- he or he or she is level with the second-last opponent.
- he or he or she is even with the ball.

Offense

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he or he or she is, in the opinion of the referee, involved in active play by

- Interfering with play
- Interfering with an opponent
- Gaining an advantage by being in that position

No Offense

There is no offense if a player receives the ball directly from

- A goal kick
- A throw-in
- A corner kick

The penalty for offside is an indirect kick to the opposing team at the spot of occurrence.

Build Out Line (U8 - U10)

Purpose of the Build-Out Lines

- The purpose of the Build Out lines is to facilitate player development by allowing the goalkeeper to play out the ball with less pressure and giving him/her the time to think about how to do this. Infractions of this USSF Youth Play change are not fouls and should not be treated as such.
- U8 Only - half line constitutes the Build Out Line

Procedures

- If the goalkeeper receives the ball into his/her hands, whether from a save or during play when the opposing team plays the ball into the keeper's penalty area, the opposing team **MUST** retreat beyond the Build Out Line. The Keeper may wait for this to happen. The coach of the opposing team and the referee should be reminding the opposing players to retreat.
- The Keeper must then pass (with ball on ground), roll, or throw the ball. Once the Keeper passes/rolls/throws the ball, the opposing team can cross the Build Out Line to get the ball.
- The Keeper is not allowed to punt or drop-kick the ball. The Keeper can put the ball on the ground and kick (pass) it out. If the Keeper punts or drop-kicks the ball, the referee is to stop play and award an indirect free kick (IFK) to the opposing team. THIS IS NOT a Penalty Kick. If the Keeper does this inside the goalbox area, the IFK is taken from the top of the goal box area line.
- There is no restriction on the ball's roll/throw/pass with regard to how far it goes. If the Keeper is strong enough, they can throw, roll, or pass the ball beyond the Build Out Line. If the ball is placed on the ground and passed, it is not required to stay on the ground; it can be kicked into the air, provided it is not punted or drop-kicked.
- During goal kicks and free kicks, the Build Out Line applies. The opposing team can cross the Build Out Line when the offensive team kicks the ball.

Summary

- The defensive team must retreat behind the build-out line when the ball is in the goalkeeper's hands or any restart kick.
- The defensive team can come in once the ball has been put into play.
- No offside between the midfield line and build-out line. A player is in an offside position if he or she is between the build-out line and nearer to his opponent's end or out-of-bounds line than both the ball and the second-last opponent.

Law 12 - Misconduct

Cautionable Offenses (yellow card)

A player is cautioned and shown the yellow card if he or she commits any of the following seven offenses

- Guilty of unsporting behavior
- Shows dissent by word or action
- Persistently infringes the Laws of the Game
- Delays the restart of play
- Fails to respect the required distance when play is restarted with a corner or free kick
- Enters or re-enters the field of play without the referee's permission
- Deliberately leaves the field of play without the referee's permission.

Sending-Off Offenses (red card)

A player is sent off and shown a red card if he or she commits any of the following seven offenses

- Guilty of serious foul play (e.g., a tackle from behind, which endangers the safety of an opponent)
- Guilty of violent conduct
- Spits at an opponent or any other person
- Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball
- Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or penalty kick
- Uses offensive, insulting, or abusive language or gestures
- Receives a second caution in the same match

Heading the Ball

Heading the ball is not allowed for U8 – U12. If the ball is deliberately headed, the referee will call an indirect free kick for the opposing team.

CONCUSSION POLICY

A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game will be removed from the field immediately. They may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion AND receives written clearance to return to play from that health care provider.

This policy is signed by each parent before a youth is allowed to play. For current up-to-date information on concussion go to <https://www.cdc.gov/concussion/headsup/index.html> under the youth sports tab.

Law 13 - Free Kicks

For both direct and indirect free kicks, the ball must be stationary when the kick is taken, and the kicker cannot touch the ball a second time until it has touched another player.

The Direct Free Kick

A goal is awarded if a direct free kick is kicked directly into the opponent's goal.

A direct free kick is awarded to the opposing team if a player commits any of the following offenses in a manner the referee considers careless, reckless, or using excessive force

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent to gain possession of the ball, making contact with the opponent before contacting ball
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his own penalty area) A direct free kick is taken from where the offense occurred, with regard to the special circumstances previously mentioned.

The Indirect Free Kick

The referee indicated an indirect free kick by raising his arm above his head until the ball is touched by another player or goes out of play.

A goal can be scored only if the ball touches another player before it enters the goal. If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded. If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offenses

- Touches the ball again with his hands after it has been released from his possession and has not touched any other player
- Touches the ball with his hands after it has been deliberately kicked to him by a teammate
- Plays in a dangerous or unsportsmanlike manner (e.g., high kick toward player, yells at other player, etc.)
- Impedes the progress of an opponent
- Commits any offense not previously mentioned in law 12, for which play is stopped to caution or dismiss a player

The indirect free kick is taken from where the offense occurred, with regard to the special circumstances previously mentioned.

Law 14 - The Penalty Kick

The Penalty Kick

A penalty kick is awarded against a team that commits one of the ten offenses for which a direct free kick is awarded inside its own penalty area while the ball is in play. Additional time is allowed for a penalty kick at the end of each half.

Position of the Ball and the Players

- The ball is placed on the penalty mark.
- The player taking the penalty kick is correctly identified.
- The defending goalkeeper remains on his goal line, facing the kicker, between the goalposts until the ball has been kicked.
- The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark, and at least 10 yards from the penalty mark.

The referee does not signal for a penalty kick to be taken until the players have taken up position in accordance with the law and also decides when a penalty kick has been completed.

Procedure

The player taking the penalty kicks the ball forward. he or she does not play the ball a second time until it has touched another player. The ball is in play when it is kicked and moves forward.

Infringements/Sanctions

The player or a teammate of the player taking the penalty kick infringes the Laws of the Game.

- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is not retaken. A restart will be an indirect free kick for the defending team.

The goalkeeper or a teammate of the goalkeeper infringes the Laws of the Game.

- If the ball enters the goal a goal is awarded.
- If the ball does not enter the goal the kick is retaken.

If players from both teams infringe upon the Laws of the Game, the kick is retaken.

If the player taking the kick touches the ball a second time before it touches another player, an indirect free kick is awarded to the defending team at the spot where the offense took place unless it is within the defending team's goal area, in which case the kick may be taken anywhere within that penalty area.

Law 15 - The Throw-In

Award a Throw-In

- When the whole of the ball passes over the touchline, either in the air or on the ground
- From the point where it crossed the touchline
- To the opponents of the player who last touched the ball

A goal may **not** be scored directly from a throw-in.

Throw-In Procedure

At the moment of delivering the ball, the thrower

- Faces the field of play
- Has part of each foot either on the touchline or on the ground outside the touchline
- Uses both hands
- Delivers the ball from behind and over his head

For infringements of this procedure, a throw-in is awarded to the opposing team.

Law 16 - The Goal Kick

A Goal Kick is Awarded

Awarded when the whole of the ball having last touched an attacking player passes over the goal line either on the ground or in the air and a goal is not scored in accordance with Law 10.

A goal may be scored directly from a goal kick.

Procedure

The ball is kicked from any point within the goalbox area by a player of the defending team. Opponents remain **behind the break-out line** until the ball has left the penalty area.

Infringement/Sanctions

If the kicker touches the ball a second time after it is in play but before it touches another player, an indirect free kick is awarded to the opposing team.

Law 17 - The Corner Kick

Awarding a Corner Kick

A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

A goal may be scored directly from a corner kick.

Procedure

- The ball is placed inside the corner arc at the nearest corner flagpost
- The corner flagpost is not moved
- Opponents remain at least 10 yards away from the corner arc until the ball is in play (5 yards for U8)
- The ball is in play when it is kicked and moves
- The kicker does not play the ball a second time until it has touched another player

<u>Age</u>	<u>Ball Size</u>	<u>Players</u>	<u># of Players To Start</u>	<u>Goal Diff Rule</u>	<u>Keeper</u>	Dropkicks	<u># of Refs</u>	<u>Duration</u>	<u>Breaks</u>	<u>Subs</u>	<u>Offsides</u>	<u>Build-Out Line</u>	<u>Headers</u>	<u>Slide Tackle</u>	<u>Free Kicks</u>	<u>Penalty Kicks</u>	<u>Throw Or Kick-in</u>
U8	3	5v5	4	Y	Y	N	1	4 - 10 min quarters	2&5 min	On the fly	N	Y	N	N	Both	Y	Throw
U9-U10	4	7v7	5	N	Y	N	1	2 - 25 min halves	5 min	Stoppage	Y	Y	N	Safely	Both	Y	Throw
U11-U12	4	7v7	5	N	Y	Y	3	2 - 30 min halves	5 min	Stoppage	Y	N	N	Safely	Both	Y	Throw