



Rules for Youth Soccer 2023-2024

1. Sportsmanship- Any player who is ordered off the field due to receiving a Red Card cannot be replaced. A player who gets a yellow card can be replaced and must sit for at least 5 minutes out (cooling off period, longer if necessary). A player or coach receiving a red card must leave the field and will be suspended from the next game. A player or coach involved in a fight will be suspended for the remainder of the current season and will not be allowed to participate for 12 consecutive months.
2. **Each player present shall play a minimum of one half of the game, barring injury or unless limited by a medical, physical problem or other unforeseen circumstances.**
3. **Shin guards MUST be worn in all divisions.** Shoes with metal cleats are not permitted. Football cleats are allowable if the “toe cleat” is removed.
4. All PLAYERS & COACHES will line up and courteously shake hands at the end of the game.
5. **Coaches- coach, Referees- referee, Parents- cheer. Stick to YOUR role.**
6. All jewelry, including earrings, watches, necklaces, barrettes must be removed. Small non-removable earrings may, at the referee’s discretion, be taped.
7. No one but players and officials should ever be on the field unless invited by the official or coach due to an injury.
8. If you are unhappy with the calls that an official make, then Don’t speak at, nor speak to the officials. Don’t make loud comments nor complain about the officiating. Officials will miss calls just like players will miss shots or makes bad passes. Everyone makes mistakes.

9. **Referees are in charge** from the time they arrive until the time they depart the field of play. Referee decisions cannot be appealed.
10. Only the **head coach** is permitted to address the referee.
11. **Scheduled start times**: games will not begin earlier than the scheduled start time, unless both coaches agree to start earlier. In the case where an earlier games runs over, then the following game will start within 3 to 5 minutes immediately after the pre-ceding games ends. Therefore, teams should arrive ahead of scheduled start time to warm up and be ready to play. No grace period will be allowed to wait for players or coaches to arrive after the scheduled start time.
12. Players may protect their chest and groin areas with their arms as long as their arms are in contact with the body at the time contact is made. Casts and braces are allowed if they are well padded and are not used in a dangerous manner and are only allowed at the referee discretion.
13. Substitutions are permitted by either team after a goal is scored, on a goal kick and by the team controlling the ball on throws- ins. Substitutions are not permitted by either team on corner kicks. An injured player may be substituted for at any time. Substituted players may return to the game.



Division Specific Rules

U6 & U8 U6 (Little kickers) (4-5 & 6-7 yr. olds -as of Sep. 30th of the current year)

Don't keep score

Size 3 ball

5 players on the field (play less and equal numbers if necessary)

10 minute quarters

No penalty kicks

Referees will explain infractions; referee Shall allow players to "re-do" throw-ins with instruction

No offside

No slide tackles or heading the ball

2 coaches allowed on the field to give verbal instruction and encourage, but should not interfere with the game

If players get "bunched up" play will stop & award one team a free kick. (Not right in front of the goal)

U11 (8-10 yr. olds - as of Sep. 30th of the current year)

10 minute quarters

Size 4 ball

11 players on field (play less and equal numbers if necessary)

Score will be kept by the Head official

Standings will be kept, 2 pts for a win, 1 pt. for a tie

No slide tackles

A second try will be given if a throw- if a foul is committed on the first try, after the 2nd attempt the possession of the ball goes to the other team at the same place.

Substitute on any game stoppage

No offside (but no "excessive offside allowed ") Unless Leading by 3 Goals then Offside will be called.

Tiebreaker: Penalty shots will determine the winner, unless it is a playoff game. Playoffs game will be two (2) five minute periods. If there is a tie after that, we will go to penalty shots.

U15 (11-14 yr. olds) (as of Sep. 30th of the current year)

30 minute halves

Size 5 ball

11 players on field (play less and equal numbers)

No slide tackles

VHSL rules apply

Substitute on any game stoppage

Tiebreaker: Penalty shots will determine the winner, unless it is a playoff game. Playoffs game will be two (2) five minute periods. If there is a tie after that, we will go to penalty shots.

SOCCER RULES & TERMS

Start of play: Choice of end and possession is decided by a coin toss. Captains meet with the referee (or coaches in the younger groups)

Goalkeeper: May pick up the ball with his/her hands, within the penalty box

Must have a different color shirt or penny

Must either throw or kick the ball to his/her teammates.

Ball in & out of play:

The ball is out of play when:

It is completely over the side or end line

The referee has stopped the game

The ball is in play when:

It bounces off the goal, corner flag or the referee.

Goal: A goal scored when the ball is completely over the goal line between the goalposts.

Fouls: push, trip intentionally handling the ball to gain advantage.

Free kicks: awarded to a player after a foul. Direct kick- may be kicked into the goal.

Throw in: When the ball completely crosses the sideline, a throw-in is awarded to the team who did not touch it last. It is thrown from the point where it crossed the line. The thrower, at the moment of delivery of the ball,

1. Must face the field of play
2. Part of each foot must be on the ground either on or behind the sideline
3. Both hands must be used, the ball must be delivered from behind and over the head.
4. Play begins when the ball enters the field of play. The thrower cannot play it until it has touched by another player.
5. A goal cannot be scored from a throw in.

Goal kick: Taken by the defending team after the attacking team puts the ball over the end line. The ball is placed within the goal box. Opponents must be outside the penalty box. The ball must clear the penalty box.

Corner kick: Will be taken by the attacking team when the defenders put the ball over the end line. The ball is placed within the corner arc. A goal may be scored directly from this kick.

At kick off: The ball can now be kicked in any direction, including backwards so no team-mates allowed to stand in opponents' half.