

# **Y City Sports**



## **Youth Soccer Rules 2020**

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## U6 Division Rules

**Age group:** As of Aug 1, 2020 players must be 4 or 5 years of age or have league approval

**Field #'s:** 6-9

**Number of Players on the Field:** Combination of 3 v 3 (no goalie, 3 field players) & 4 v 4 with a goalie

**Games:** Consist of four 6-minute qtrs, 2-minutes between qtrs, and a 5-minute half time.

**Goalie:** Goalies will only be used in the first two quarters. If a goalie box is not present, coaches should teach goalies to "stay close" to their goal and to be alert at all times. If a goalie box is painted, goalies must only use their hands within that area.

**Coaches or assistant coaches will officiate the games.**

### FOCUS ON:

- Intentional hand balls are to always be called, which will result in a direct free kick for the team awarded the ball.
- The Kick-In: many U5/U6 players do not yet have the eye-hand coordination to execute a throw-in to the letter of the law. This leads to endless retakes from one team to the other. Additionally, with a kick-in the ball is on the ground and stationary so the player has a better chance of striking it correctly. This may lead to some intentional passes. However, this is still unlikely given that whether it is a throw or a kick all of the kids on the field will be yelling for the ball at the same time and the child putting the ball into play will be confused.
- The Goal Kick: the kick should be allowed to be taken from anywhere along the goal line over which the ball traveled. This is so the ball can be put back into play quickly. The ball should be placed two or three yards into the field of play to make it easier for the child taking the goal kick to get the ball well into the field of play once it is kicked. The defending players must stand at least four yards away from the ball until it is in play.
- The Corner Kick: per FIFA. The defending players must stand at least four yards away from the ball until it is in play. At the beginning of the season, these can be treated like any other "kick in"
- Playing Time: A minimum of at least 50% playing time is required. The goal of the U6 division is to achieve 100% playing time for each child.
- No score or standings should be kept.

#### **ADVANTAGES OF PLAYING SMALL SIDED GAMES**

- More time with the coach/facilitator
- Energetic workouts due to playing both offense and defense
- Children are physically more efficient in smaller space
- Children are actively involved for a longer period of time
- It takes less time to score a goal or advance to goal
- Greater success rate for the players

#### **US Youth Soccer Recommendations**

- Opposing coaches, players and parents should shake hands after each match.
- Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- Spectator and team benches should be on opposite sides of the field.
- No slide tackles to be allowed in this age group.

## U9 Division Rules

**Age group:** As of Aug 1, 2020 players must be 6, 7, or 8 years of age or have league approval

**Field #'s:** 1-4

**Number of Players on the Field:** 7 v 7 (1 goalie, 6 field players)

**Subbing:** Players should be subbed at every quarter with the exception of injuries

**Games:** Consist of four 8-minute quarters, with a 5-minute half time.

**-Do not change #'s of players on the field unless one team does not have 7 players. At that point teams can play 6 v 6 (1 goalie, 5 field players)**

Coaches or assistant coaches will officiate the games. If you have a parent that is willing to do this, please make sure they have a whistle and know all of these rules and expectations.

### FOCUS ON:

1. Throw-Ins – (Both feet on ground with a 2 hand overhead throw). Everyone gets a second try if first throw-in is not correct.
2. Corner kicks will be taken. A Corner kick is a direct free kick awarded to the attacking team when a defender last touched a ball that crossed entirely over the goal line.
3. Goal kicks will be taken. A Goal kick is a free kick taken by a defensive player after the ball, having last been touched by an offensive player, has gone out of bounds over the goal line.  
(The goal kick has to be kicked outside of the goalie box and cannot be touched by an offense or defensive player until that happens)
4. Offside will not be called, but do not encourage "cherry picking."
5. Hand balls are to always be called, which will result in a direct free kick for the team awarded the ball.

## U13 Division Rules

**Age group:** As of Aug 1, 2020 players must be 9, 10, 11 or 12 years of age or have league approval

**Field #'s:** 5

**Number of Players on the Field:** 9 v 9 (1 goalie, 8 field players)

**Subbing:** Free substitution can be used at any stoppage in play (goal kicks by either team, own team throw in, etc.) The running clock does not stop unless a time-out is called. All players should play a minimum of half the game mins available.

**Time-outs:** Coaches are awarded two 1-min timeouts per half if they choose.

**Games:** Consist of two 20-minute halves, with a 5-minute half time.

**-Do not change #'s of players on the field unless one team does not have 9 players. At that point teams are permitted to play 7 v 7 or 8 v 8**

**Referees:** Coaches are often asked to combine to referee this age group. The league is working on supplying referees to work our games. Many times these referees could be HS soccer players or volunteers; their decisions on all game related events are FINAL! They are instructed to not allow vulgar language or constant arguments by coaches, players, OR parents. They have the authority to ask someone to leave the fields.

### FOCUS ON:

1. No retry for bad throw-ins. (Both feet should be on the ground with a 2 handed overhead throw)
2. All handballs are called.
3. Off-sides will be called if blatant.
4. Goal Keepers cannot pick up a ball if passed back to them from their teammate. They have to use their feet to play the ball out.
5. This division will follow all soccer rules with very little modifications. The true exception is number of players on the field. Expanded soccer definitions are attached.

When the ball is in play the rules of soccer are fairly simple. You cannot touch the ball with your hands or arms intentionally unless you are the goalie. You cannot foul another player or be offside (these soccer rules are described below). Other than that, the main rules of soccer are around the starting and stopping of play.

## **The Starting and Stopping of Soccer Play**

At the start of a soccer period or after a goal, there is a kick-off from the center circle. At the kick-off all of the soccer players must be on their side of the field (the side they are defending). Only the player kicking the kick-off is allowed inside the center circle. After the kick-off the ball will be in play until the ball goes out of bounds or the referee calls a penalty.

Other ways of restarting soccer include:

**Throw-in:** When the soccer ball has gone out of bounds, the team that last touched the ball loses possession and the opposing team gets to throw-in the ball from the point where the ball crossed out of bounds.

**Corner kick:** When the defending team last touches the ball and it crosses the goal line (and not scoring a goal), the opposing team gets to kick the ball from the corner of the field.

**Goal kick:** When the offensive team last touches the ball before it crosses the goal line, the goalie gets to kick the ball from the goal box.

**Penalty kick:** When a foul occurs in the penalty area, the fouled team is awarded a penalty kick.

## **Soccer Fouls**

Soccer fouls can be any number of unfair advantages taken by a player that are called by the referee. These can include tripping, pushing, and touching the ball with the hands. Free kicks or penalty kicks may be awarded to the opposing soccer team. Very unsportsmanlike behavior may result in a yellow card or a red card. Players that get red cards are ejected from the game.

## **Offside Rule**

The offensive player is offside if they are nearer to the opponent's goal line than both the second and last opponent and the soccer ball.

## **Out of Bounds**

Out of bounds occurs when the ball completely crosses over the boundary line.

## **Throw-in**

When throwing the ball in at throw-in, the ball must be thrown from behind and over the head using both hands. When the ball leaves the thrower's hands, both of his/her feet must be touching the ground.