

Youth Soccer Rules

SDRC staff reserves the right to interpret or change any rules, schedules, game locations and game time length as we see fit. Referees adhere to FIFA soccer rules modified for youth soccer, and use their best judgment.

3-6 Year Olds

6-vs-6

20 minute practice is scheduled for before game.

Games will be four- 8 minute quarters.

Game time may not exceed 40 minutes.

Each coach will officiate the game

No parents allowed on the field during game

Coaches will be given 5 minute warnings to start/end game

Please make sure children are not hanging on the goals

No goalies

7-11 Year Olds

10-vs-10

20 minute practice is scheduled before the game

Games will be two- 15 minute halves.

Game time may not exceed 40 minutes

SDRC will provide 2 officials per game.

Goalies are necessary

Pre-Game Check-List:

Shin Guards, cleats/shoes, uniforms

NO long fingernails, NO jewelry

If parents, coaches or players are showing unsportsmanlike behavior they will be given ONE verbal warning, before being asked to leave. The second verbal warning, will result in the parent/coach/player being asked to leave and will be given 2 minutes to leave. If they do not leave, the game will end, and if necessary, the authorities will be called to escort them off the fields.

Scoring Points. To score points, athletes must successfully get the ball into the other team's goal. This means the ball must go all the way between the posts and under the bar and past the goal line before being stopped by the defender.

Contact with the Ball. Players are not allowed to use their hands or arms to touch the ball while it is in play. An exception to this rule would be if a player is throwing the ball back into play after it has gone out of bounds. Players usually use their feet to maneuver the ball, but they are allowed to use their bodies, chests and heads to move the ball. Goalies are allowed to touch the ball with their hands when they are attempting to stop the ball from scoring a goal while in the penalty area surrounding the goal.

Fouls and Misconduct. If a player breaks a rule while the ball is in play, that player may be called by the referee for a foul. Activities that constitute fouls include but are not limited to touching the ball with the hands or arms, tripping, kicking or pushing another player. Depending on the severity of the offense, the referee can award the other team with a penalty kick.

Equipment and Clothing. The usual equipment for a soccer game is a jersey, shorts, long socks, cleats and shin guards. Players are REQUIRED to wear shin guards while playing. Players should never wear jewelry or any article of clothing that could injure themselves or another player or referee. Defenders may wear gloves to help them grip the ball.

Officials. The game is monitored by a referee, who manages the clock, determines when the ball is in and out of play, and calls fouls on players acting inappropriately. The referee is distinguished from the players and is in constant movement with them so that they are aware of the game's movements. The referee determines when and where the ball comes back into play.

- Whistle is **NOT NEEDED** for: a goal kick, corner kick, throw-in, or a goal.
- Whistle is commonly used: to start play, stop play, penalty kick, half-time/end of game, injury, substitution

Substitutions. When can you substitute?

- Coach **MUST** call "substitution" and wait for referee to beckon/signal player to enter the game.
- When substitutions are allowed: your team's throw in, goal kicks, half-time, injury
- When substitutions are not allowed: the opposing team's throw in, corner kicks, free kicks

Off-sides. A player is in offside position when they are near to their opponent's goal line than both the ball and the second last opponent. 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 is, in the opinion of the referee involved in active play by: interfering with play or interfering with an opponent or gaining an advantage by being put in that position.

Throw-In. At the moment of delivering the ball, the thrower: faces the field of play, has each foot either on the touch line or on the ground outside the touchline, uses both hands, delivers the ball from behind and over his head. The thrower may not touch the ball again until it has touched another player. All players must stand no less than 2 meters from the point at which the throw-in is taken. The ball is in play immediately after it enters the field of play.

Injured Players. The referee shall ensure an injured player is safely removed from the field of play. In some circumstances, clearance from a doctor is required to re-enter game after an injury.

Equipment: Players are **NOT** allowed to hang on goals or nets. Parents/coaches are **NOT** to push stakes further into the ground than has already been set up by staff.