

# U8/U10/U12 LEAGUE RULES AND GUIDLINES

## A. FIELD

1. All field sizes are approximate and may vary based on each league partner's resources.
  - i. Field markings will be adjusted proportionately.
2. Field sizes:
  - i. U8 & U10      60 x 45 yards
  - ii. U12            80 x 50 yards



## B. EQUIPMENT

1. Game ball:
  - i. Both teams should provide multiple sanitized balls. Teams are encouraged to place multiple sanitized balls on their sideline and be prepared to enter a sanitized ball into the game at any time.
  - ii. Soccer ball shall be size 3 for U8
  - iii. Soccer ball shall be size 4 for U10 and U12
2. Goal size:
  - i. All goals are approximate and may vary based on each league partner's resources.
  - ii. U8                    6' x 12'
  - iii. U10                6.5' x 18.5'
  - iv. U12                6.5' x 18.5'
3. Player equipment:
  - i. All players are required to wear shin guards; shin guards must be covered by socks.
  - ii. Soccer cleats are recommended. Athletic shoes are also acceptable.
    1. Metal cleats, baseball cleats (have front toe cleat), boots, sandals, or playing in bare feet are prohibited.
  - iii. Goalies must wear a uniform or pull-over pinnie of a different color than their team's regular uniforms. No pinnies will be provided by the Town, teams should have all players who are playing goalie bring their own different color shirt, jersey or pinnie for games.

## C. ROSTERS

1. **Team sizes:**
  - i. U8 & U10      7v7 (includes goalkeepers)
  - ii. U12            9v9 (includes goalkeepers)
2. **Minimum team sizes to start a game:**
  - i. U8 & U10      Four players with goalkeeper
  - ii. U12            Five players with goalkeeper

### 3. Substitutions

- i. Can be made at any game stoppage.
- ii. Will occur at midfield.
- iii. Players must wait to be waived in by the game official.

## D. TIMING AND SCORING

1. Teams will play two 20-minute halves with running clock.
2. Game official will keep game time and score.
3. Scoring:
  - i. A legal goal: The ball crosses over the whole goal line, between the goal posts and under the cross bar.
    1. If a defending player causes the ball to cross over their own goal line, the goal is scored for the opponent.
  - ii. If at any point during a game there is a five goal differential, the scoreboard will be turned off; however, the game official will continue to keep an official score.
    1. A maximum of a five goal differential per game will be counted in the final standings.
    2. Once the goal differential is five, the opposing team has the option to add one player to their lineup. This extra player is allowed to stay in the game until the goal differential is less than five goals.
4. Regular season games: There will be no overtime period; games can end in a tie.
5. During the end of season tournament winner for games that are tied at the end of regulation will be determined by playing a 5 minute "Golden Goal" overtime period. If score is still tied at the end of overtime, winner will be determined using penalty kicks. Officials will go over penalty kick rules in the event they are used.
6. Timeouts
  - i. No team time outs will be allowed.
  - ii. Halftime may not exceed three minutes.

## E. LEAGUE REGULATIONS

1. Start of Game
  - i. If a team cannot field the minimum number of players at the scheduled game time, the game official will start the game clock. The team has 10 minutes to field an eligible team.
    1. If the team does not have the minimum number of players after the initial 10 minutes, the match will result in a forfeit.
  - ii. Prior to beginning the match, only one coach from both teams and a game official will gather at midfield for a pre-game meeting. Masks and social distancing are required during pre-game meetings.

1. The game official will conduct a coin toss to determine the choice of ends and which team will kick off to begin the game.
  - iii. To begin the game, the ball will be placed at the center spot and will be played with an indirect kick after the game official blows whistle.
    1. No defending player may be inside the center circle at the time the ball is played.
    2. The player kicking the ball into play may not touch the ball again until another player of either team has touched the ball. If this occurs (double touch), the opposing team shall be awarded an indirect free kick at the point of infraction.
    3. After a goal is scored, the game will restart with a kick off.
2. Out-of-Play
  - i. The ball is in play until it has completely crossed over the sideline or goal line.
  - ii. Players are allowed to step outside the field of play to keep the ball from crossing the sideline or goal line.
3. Throw-Ins
  - i. For all throw-ins the ball must pass directly over the player's head and both feet must remain on the ground and out of bounds when the ball is released. Younger/inexperienced players may get one redo at the official's discretion, but in most cases an illegal throw-in will result in a turnover.
4. Headers
  - i. Players may not "head" the ball at any time. Heading the ball will result in a dangerous play foul and indirect kick for the other team.
5. Offsides
  - i. Offsides will be enforced at the position of the receiving player when the ball is kicked and not where the ball is received.
  - ii. The game official will determine whether the player is attempting to gain an advantage.
    1. Therefore the game official may not always make an offside ruling even though a player is in the offsides position.
  - iii. A player is offsides when:
    1. They are ahead of the ball in the opponents half of the field.
    2. They are closer to the goal than any opposing player (not including the goalie) and the ball is passed to them.
6. Type of Kicks
  - i. Direct Free Kick

1. All defending players must be at least 10 yards away from the placement of a free kick.
    - a. New 2021 - U12 Only – The team taking the free kick must request defensive players be 10 yards away. If no request is made, play can continue once the official has set the ball.
  2. A goal may be scored directly off a direct free kick.
  3. See *Fouls and Penalties* for a list of fouls that qualify for a direct free kick.
- ii. Indirect Free Kick
1. All defending players must be at least 10 yards away from the placement of a free kick.
    - a. New 2021 - U12 Only – The team taking the free kick must request defensive players be 10 yards away. If no request is made, play can continue once the official has set the ball.
  2. A goal cannot be scored directly off an indirect free kick.
  3. Indirect free kicks may be awarded for: dangerous play offside, obstruction, wasting time, and any other actions deemed by the game official.
  4. See *Fouls and Penalties* for a list of fouls that qualify for an indirect free kick.
- iii. Goal Kick
1. Awarded to the defending team when the ball crosses the end line and was last touched by the attacking team.
  2. A defensive player must leave the ball in the penalty area when kicking the ball back into play; the defensive player has 10 seconds to do so before the game official awards the opposing team with a corner kick.
  3. New 2021 – U12 Only – When a goal kick is taken players may enter the penalty area and play the ball as soon as the ball is kicked.
- iv. Corner Kick
1. Awarded to the attacking team when the ball crosses the end line and was last touched by the defending team.
  2. The ball must be placed inside the one-yard arc in the corner area nearest where the ball went out-of-play.
  3. The attacking player has 10 seconds to kick the ball into play before the game official awards the opposing team with a goal kick.
  4. A goal can be scored directly from a corner kick.
- v. Penalty Kick
1. Awarded when the defending team commits a foul in its own penalty area.

2. The ball is placed at the center of the 10 yard mark and the attacking team is awarded a direct free kick.
  3. Other than the goalie and the designated kicker, no players are allowed within 10 feet of the ball and designated kicker prior to the kick.
    - a. On a penalty kick that remains in play, the ball must touch another player on either team before designated kicker may play the ball.
7. Build Out Line: (U8 & U10 only)
- i. The build out line is to be a line of different color or dotted, across the field equidistant between the penalty area line and the halfway line.
    1. The build out line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball, either during play from an opponent (made a save), or from at the taking of a goal kick, the opposing team must move behind the build out line until the ball is put into play. The ball is considered "in play" when the GK's intended recipient has received the ball, not the moment that the GK releases the ball.
    2. Goalkeepers in possession of the ball may pass with feet, throw or roll the ball into play when the opponents have retreated behind the build out line. Once the ball has been put back into play the opposing team can cross the build out line and play resumes as normal.
    3. Teammates of the GK may receive the ball from the GK between the goal line and build out line, and when the opponents played by the teammate may cross the build out line.
    4. Goalkeepers may NOT punt the ball. Drop kicking the ball is the same as punting. If the GK punts or drop-kicks the ball the referee will stop play with the whistle and award an indirect free kick to the opposing team at the location where the punt occurred. If the GK punts from within the goal area, the indirect free kick is taken from anywhere on the build out line.
8. Fouls and Penalties
- i. The following are prohibited and doing so will result in a foul and a direct free kick to the opponent:
    1. Slide tackling or attempting to slide tackle an opponent.
    2. Kicking/striking or attempting to kick/striking an opponent.
    3. Jumping at an opponent.
    4. Holding/pushing an opponent.
    5. Excessive contact or attempting excessive contact with an opponent.
    6. Handling the ball with a hand or an arm that results in a clear advantage to one's team, whether intentional or not.

- a. Goalies are allowed to use their hands and arms inside of the goalie box.

ii. Indirect Free Kicks – All other fouls not listed above will result in an indirect free kick.

iii. Yellow Card

1. Shall be issued as a warning of unsportsmanlike behavior.
2. If a player or coach receives two yellow cards in a game, they are suspended from the rest of the game and may face further disciplinary actions.

iv. Red Card

1. Shall be issued as an automatic disqualification for unsportsmanlike behavior.
2. If a player or coach receives one red card in a game, they are suspended from the rest of the game and may face further disciplinary actions.

#### **F. Other**

1. Only coaches are allowed to coach/instruct players during the game.
2. Coaches and non-active players will not be allowed to pass the midfield of their sidelines.
3. Spectators will be asked to sit on the opposite side of the field from their team and must socially distance on the sidelines.
4. Spectators must be 12 ft back from the sidelines and athletes at all times during game play.