

OFFICIAL RULES OF OUTDOOR SOCCER (WITH MODIFICATIONS FOR CVYSC)

Rule #1 – **THE FIELD OF PLAY:** Field size will be established by the league based on available space, number of participants, and age group of players.

Rule #2 - **THE BALL:**

<u>AGE GROUP</u>	<u>BALL SIZE</u>
U-6	#3
U-8	#3
U-10	#4
U-11, U-12	#4
U-13 through U-19	#5

Home team provides the game ball.

Rule #3 - **NUMBER OF PLAYERS:**

U-6 Teams play with 3 players (no goalie) on a short field.

U-8 teams play with 4 field players and no goalkeeper.

U-10 Teams play with 7 players including a goalie on a short field.

U-11 through U-19 Teams play with 11 players on a full field.

For exact field size refer to “FIELDS, GOALS, AND BALLS: SPECIFICATIONS – page 41”

Rule #4 - **PLAYER EQUIPMENT:** All players on a team must wear identical colored jerseys, except for the goalie, who must distinguish himself from the other players. All players must wear shin guards. Rubber “spikes” or cleats are suggested. (Players may wear rubber soled gym shoes if so desired.) **NO METAL CLEATS ARE PERMITTED.** No bracelets, necklaces, earrings, watches or jewelry of any kind is permitted on the playing field.

Rule #5 - **REFEREES:** One referee is appointed for each game. Referees are encouraged to explain their calls to help educate the players. His or her decisions are final. Control of coaches, players, and spectators is the responsibility of the head coach.

Rule #6 **LINESMAN:** Prior to each game, the coach from each team will be asked to provide a linesman to indicate when the ball has gone out of play, and which team is entitled to a corner kick, goal kick or throw-in. The linesman should be instructed that the ball is not out of play until it has completely crossed the end line or touchline, whether on the ground or in the air. The referee can overrule a linesman’s call if he or she sees the play differently.

Rule #7 - **DURATION OF THE GAMES:** The in-house rules are set by CVYSC. Intramural Travel rules are determined by the organizations with which we participate. The girls play with LCGSA. The boys play with LCBSA. Both leagues

exist for the purpose of organizing and scheduling games for clubs without enough teams to play in-house. The LANCO rules are in line with USYSA and EPYSA rules.

The duration of games are only listed for the age groups with which CVYSC presently participates.

	<u>INTRAMURAL IN-HOUSE</u>	<u>INTRAMURAL TRAVEL</u>	<u>LANCO TRAVEL</u>
U-6 Boys and Girls	8 Min. Quarters	N/A	N/A
U-8 Boys and Girls	10 Min. Quarters	N/A	N/A
U-10 Girls	12 Min Quarters	12 Min. Quarters	25 Min. Halves
U-10 Boys	12 Min. Quarters	25 Min. Halves	25 Min. Halves
U-11/U-12 Girls	N/A	15 Min. Quarters	30 Min. Halves
U-11/U-12 Boys	N/A	30 Min. Halves	30 Min. Halves
U-13/U-14 Girls	N/A	18 Min. Quarters	35 Min. Halves
U-13/U-14 Boys	N/A	35 Min Halves	35 Min. Halves
U-16 Girls	N/A	40 Min. Halves	40 Min. Halves
U-16 Boys	N/A	40 Min. Halves	40 Min. Halves
U-19 Girls	N/A	45 Min. Halves	45 Min Halves
U-19 Boys	N/A	45 Min Halves	45 Min. Halves

- THERE WILL BE NO OVERTIME PERIODS OR PENALTY KICKS FOR TIES.
- 2-MINUTE BREAK BETWEEN QUARTERS
- 5-MINUTE BREAK AT HALFTIME.
- RUNNING CLOCK EXCEPT FOR INJURIES
- COACHES AND REFEREES SHOULD STRIVE TO KEEP THE GAMES ON SCHEDULE

Rule #8 - **START OF PLAY:** A flip of coin will decide which team chooses goal to attack. The loser of the coin toss kicks off. Each team must stay on its own side of the field and the defending players must be at least 10 yards from the ball until it is kicked.

After a goal, the team that was scored upon will kick off. At the end of each quarter, or at halftime, the team opposite to that which kicked off the previous quarter (or half) will kick off. At halftime, the teams change ends and defend the opposite goal to that of the first half.

Rule #9 - **BALL IN AND OUT OF PLAY:** The ball is out of play when (A) it has wholly crossed the goal line or touch line, whether on the ground or in the air, or (B) when the game has been stopped by the referee.

Rule #10 - **SCORING:** A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the cross bar.

Rule #11 - **OFFSIDE:** A player is in an offside position if he is nearer his opponents' goal line than the ball UNLESS:

- (A) He is in his own half of the field of play, OR
- (B) There are at least two of his opponents nearer (or of equal distance) to their own goal as he/she is.

A player shall only be declared offside and penalized for being in an offside position if, at the moment the ball touches or is played by one of his teammates, he is, in the opinion of the referee:

- (A) Interfering with play or with an opponent, OR
- (B) Seeking to gain an advantage by being in that position.

A Player shall NOT be declared offside by the referee:

- (A) Merely for being in an offside position OR
- (B) If he receives the ball direct from a goal kick, corner kick, throw-in, or when it has been dropped by the referee.

If a player is declared offside, the referee shall award an indirect free kick, which shall be taken by a player from the opposite team at the place where the infringement occurred, unless the offense is committed by a player in his opponents goal area, in which case the free kick shall be taken from a point within the goal area.

Rule #12 - **FOULS AND MISCONDUCT:** A player who intentionally attempts to or actually:

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|-------------------|--------------------------------|---------------------|
| Kicks an opponent | Strikes | Charges from behind |
| Trips | Holds | |
| Jumps at | Pushes | |
| Charges violently | Intentionally handles the ball | |

Shall be penalized by a **DIRECT FREE KICK**. Any one of these nine offenses committed in the penalty area by a defender will result in a **PENALTY KICK** awarded to the offensive team.

[NOTE: For CVYSC In-House U-10 players, there will be NO direct kicks awarded only indirect kicks. On indirect kicks the ball must be touched by a teammate before scoring (must make a pass.)]

A player committing less flagrant fouls such as:

- Off Side
- Obstruction

Dangerous Plays
Unsportsmanlike Conduct

- Rule #13 - Shall be penalized by an **INDIRECT FREE KICK**
FREE KICKS: There are two types of free kicks:
DIRECT – from which a goal can be scored directly by the kicker.
INDIRECT – from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before entering the goal.
- For all free kicks the defending team must be at least ten yards from the ball until it is kicked. If the penalty occurs within ten yards of the goal, the defending team may line up on the goal line.
- Any free kick awarded to the **DEFENDING** team inside its own 6-yard line (goal area) may be taken from any point inside the goal area. This includes goal kicks.
- Any indirect kicks awarded to the **ATTACKING** team within its opponents goal area should be taken from the 6-yard line at the nearest point where the infraction occurred.
- Rule #14 **PENALTY KICK:** A direct free kick taken at the penalty mark (12 yards directly in front of the goal.) All players except the player taking the kick and the goalkeeper must stay outside the penalty area and at least 10 yards from the ball (hence the arc at the edge of the penalty area.) The goalkeeper must have both feet touching the goal line until the ball has been kicked.
- Rule #15 **THROW IN:** When the ball has wholly crossed the touch line, it is put back in play by a throw-in from the spot where it went out by a player from the opposite team that last touched it. The player throwing the ball in must have both feet touching the ground, and must throw the ball with two hands from behind his head and directly over his head. A goal cannot be scored directly from a throw-in.
- Rule #16 **GOAL KICK:** When the ball has wholly crossed the goal line (but not in the goal) after last being touched by a player from the attacking team, it is put back into play by a kick from anywhere inside the goal area by a member of the defending team. All members of the opposing team must be outside of the penalty area, and the ball cannot be played until it has passed beyond the penalty area. If the ball is played before it leaves the penalty area, the kick shall be retaken. The kicker may not kick the ball a second time until it has been touched by another player.
- Rule #17 **CORNER KICK:** When the ball has wholly crossed the goal line (but not in the goal) after being last touched by a player from the defending team, it is put back into play by a kick by the attacking team from the corner on the side of the field that the ball went out. The ball shall be placed inside the quarter circle in the corner, and the flag post cannot be moved. A goal may be scored directly from a corner kick. Players from the defending team must be a least 10 yards from the ball until it

is put into play. The kicker may not touch the ball a second time until it has been touched by another player.

Rule #18 **PASSES TO THE GOALKEEPER:** Any time a player DELIBERATELY kicks the ball to his own goalkeeper, the goalkeeper is not permitted to touch the ball with his/her hands. The goalie can play the ball with his feet, body or head as a normal field player, but cannot touch the ball with his hands. The penalty for doing so is an indirect kick at the point of the infraction.

The goal keeper may play with his/her hands if:

- A. The ball was last touched by a player on the opposing team.
- B. The ball is passed to him by a teammate with a part of his/her body other than the feet.
- C. A teammate unintentionally kicks or deflects the ball to the goalie.

Rule #19 **ONE-SIDED GAMES:** We want our teams to be as competitively matched as possible, and we try to choose teams so that talent is evenly distributed. In cases where one team is dominating over another (5 goal lead) coaches should try to keep the game from getting out of control by mutual agreement. For example, the dominant team could play their stronger players in defensive positions, or play with one less player (8 vs. 7). Another option is to add another player to the team that is behind (8 vs. 9). The coaches should agree, but remember we want this to be fun for everybody!!

CVYSC follows US Youth Soccer Guidelines for our In House Intramural U6, U8, and U10 programs. For more information please visit the US Youth Soccer web site.

http://www.usyouthsoccer.org/doc_lib/Small_Sided_Games_Manual.pdf

SPECIAL RULES FOR CVYSC: UNDER-6 PROGRAM

3v3 FORMAT RULES

U-6 Game Rules:

1. 3 players; no goalie (do not have a player stand in front of the goal all game, the defender should stay connected, and play about 10 yards behind the ball)
2. Game Duration - 4 quarters - 8 minutes each - 2 minute break between quarters with a 5 minute break at halftime. The clock will be stopped at the 5 minute mark of each quarter for both teams to substitute.
3. Running clock except for injuries and mid-quarter substitutions.
4. No penalty kicks or direct kicks - indirect kicks only.
5. Throw-ins from the sidelines and goal or corner kicks from the end line. Please allow some latitude on throw-ins while emphasizing proper technique.
6. Each player must play two full quarters (also before one player plays four quarters all players must have played in three quarters). Substitutions at mid-quarter break, quarter break, or injury only.
7. U6 games do not have a referee assigned and coaches should share referee responsibilities.
8. Try to ensure a competitive game. If the game starts to get lopsided (3 goals), the stronger team should move better players to the back, or take a player off the field.
9. Coaches should confer with opposing coach and referee to review game rules so that all parties understand the way the game will be structured.
10. No score shall be kept.
11. Players must shake hands after the game, preferably at the center line.

SPECIAL RULES FOR CVYSC: UNDER-8 PROGRAM

4v4 FORMAT RULES

12. U-8 B/G Game Rules:
13. 4 players; no goalie (do not have a player stand in front of the goal all game, the defender should stay connected, and play about 10 yards behind the ball)
14. Game Duration - 4 quarters - 10 minutes each - 2 minute break between quarters with a 5 minute break at halftime. The clock will be stopped at the 5 minute mark of each quarter for both teams to substitute.
15. Running clock except for injuries and mid-quarter substitutions.
16. No penalty kicks or direct kicks - indirect kicks only.
17. Throw-ins from the sidelines and goal kicks or corner kicks from the end line. Please allow some latitude on throw-ins while emphasizing proper technique. Six yards (goal) kicks are taken from anywhere on the end line. Defending team players should back-up to midfield line.
18. Each player should play half of each game. Before one player plays four quarters all players must have played in three quarters. If a child refuses to participate for any reason, please let his/her parent know at the end of the game why the child did not participate. If you have trouble with a child, please attempt to work it out by discussing the problem with the child's parent(s). If you are still unable to resolve the problem, please contact the coordinator so he/she can assist.
19. Substitutions at mid-quarter break, quarter break, or injury only.
20. All players must wear shin guards. Cleats are optional.
21. All players must remove jewelry and watches before practices and games.
22. U8 games do not have a referee assigned and coaches should share referee responsibilities. Coaches should instruct and encourage players throughout the game. U-8 soccer does not keep score. This is a time for players to build confidence and skills while having fun.
23. There are no off-sides.
24. Players and coaches must shake hands after the game, preferably at the center line.
25. Coaches must use discretion with dominate players. Encourage passing to less dominate players. Try to ensure a competitive game. If the game starts to get lopsided (3 goals), the stronger team should move better players to the back, or take a player off the field.
26. Kick-offs that begin each quarter are taken from the center of the field.
27. Players can score from anywhere on the field. The entire ball must pass over the goal line.
28. Goals cannot be scored directly from a kick off, goal kick, or a free kick. There are no penalty kicks.

29. After a goal is scored, the ball is put back into play by a kick-off from the center of the field.

SPECIAL RULES FOR CVYSC: UNDER-10 PROGRAM

UNDER-10 GIRLS WILL BE GOVERNED BY THE RULES OF THE LAGS
(LANCASTER AREA GIRLS SOCCER)

UNDER-10 BOYS WILL BE GOVERNED BY THE RULES OF THE LABS
(LANCASTER AREA BOYS SOCCER)

A. These rules apply for both travel intramurals and in-house intramurals.

30. Each player must play at least two full quarters and at least two different positions during each game. (Different positions are defined as Line, HB, FB, Goalie.) Before a player plays a fourth quarter all other players must have at least played three. If for any reason a player is not going to play at least one half of any game the Age Group Coordinator should be notified in advance of the game being played. The Coach should use the utmost discretion if this rule is to be circumvented.

31. During a game only 2 Coaches may be coaching from the team sideline at one time.

32. FIFA rules apply to LAGS and LABS play.

B. In seasons when Under-10's stay in-house, the following special rules are applied.

- 1) 8 players including goalie
- 2) Game Duration - 4 quarters - 12 minutes each - 2 minute break between quarters with a 5 minute break at halftime.
- 3) Running clock except for injuries.
- 4) No score will be kept.

- 5) 5. No penalty kicks or direct kicks - indirect kicks only.
- 6) 6. Each player must play two full quarters(also before one player plays four quarters all players must have played in three quarters), and it is encouraged to rotate the players into different positions during the games.
- 7) 7. Substitutions at quarter breaks only, except for injury.
- 8) 8. Coaches should confer with opposing coach and referee to review game rules so that all parties understand the way the game will be structured.
- 9) 9. Coaches, remember that most of the referees will be young men and women. They are learning how to referee a game just as your players are learning how to play. Please encourage appropriate behavior and language from your players, parents and your assistant coaches.
- 10) 10. For the first four games, flagrant offsides will be called. The rule will be explained to players throughout the season. After the fourth game, offsides will be called in accordance with rule#11 on page 17. This is designated to teach offsides so players will be prepared for the next level of play.
- 11) 11. Use discs to mark the keeper area.
- 12) All players must wear shin guards. Cleats are optional.
- 13) All players must remove jewelry and watches before practices and games.
- 14) 14. Try to ensure a competitive game. If the game starts to get lopsided (3 goals), the stronger team should move better players to the back, or take a player off the field.
- 15) 15. Players and coaches must shake hands after the game, preferably at the center line.
- 16) 16. No sliding tackles are permitted. The penalty is an indirect kick. Sliding may be permitted to stop a ball or when shooting, as long as it is not in the vicinity of opposing players. However, sliding should not be encourage at this age level. If the referee feels that an opposing player was in danger because of a slide, a foul should be called.