

Basic Soccer Rules

- 1) **Field Size**—Field size and goal size will reflect the age of the players in each grade category.
- 2) **Equipment**
 - a) **The Ball**
 - i) U6—Size #3
 - ii) U8—Size #3
 - iii) U10—Size #4
 - iv) U12—Size #4
 - b) **Jerseys**
 - i) Goal keeper—for U10 and U12, the goal keeper must wear a penny or jersey different from either team to distinguish them from the rest of the team.
 - ii) All other players will wear a jersey as provided by LYSA
 - c) **Shin-guards** are mandatory and must be covered by socks.
- 3) **Start of Game**
 - a) **Coin toss**—prior to the game a coin toss will take place. The winner of the “coin toss” chooses a goal to defend. The team not winning the coin toss gets first possession.
 - b) **Number of Players on the Field**
 - i) U6—4 v 4 No Keeper
 - ii) U8—5 v 5 No Keeper
 - iii) U10—7 v 7 (1 in goal and 6 on field)
 - iv) U12—8 v 8 (1 in goal and 7 on field)
 - c) **Kick-off**
 - i) All players must be on their own side of the field for the kick-off
 - ii) No defensive plays may be within the center circle for a kick-off. There may be multiple offensive players within the center circle, but typically there will only be two.
 - iii) The offensive player must progress the ball forward across the center line and toward the opponent's goal.
 - iv) The player that kicks off must not touch the ball twice in a row, i.e., the player kicking off must pass the ball and cannot just start dribbling.
- 4) **Length of Game**—Time will be kept by the referee on a continuous clock, i.e., the clock does not stop when the ball goes out-of-bounds, for fouls, etc., but a referee may add extra time at the end of the game for time lost during injuries or other significant breaks in play.
 - a) U6—8 minute quarters, 2 minute quarter breaks 5 minute halftime.
 - b) U8—10 minute quarters, 2 minute quarter breaks, 5 minute halftime.
 - c) U10—25 minutes halves, 5 minute halftime
 - d) U12—30 minute halves, 5 minute halftime
- 5) **Substitutions**
 - a) Substitutes report at the mid-field line until there is a break in play and can only enter the field when recognized by the referee.
 - b) For U6 and U8, substitutions can be made during any break in play.
 - c) For U10 and U12, substitutions can only be made during the following game stoppages:
 - i) Any goal kick
 - ii) On a team's own throw-in (NOTE: You cannot substitute when the other team has a throw-in unless the other team is also substituting a player.)
 - iii) Injury
 - iv) After a goal
 - v) At quarter breaks or halftime.
- 6) **Goalkeeping**

- a) The goalie is the only player allowed to use hands and arms, but only within the penalty area. When outside of the penalty area, the goalie is restricted from use of hands/arms.
 - b) Once a goalie has possession of the ball, opposing team members may not attempt to kick at the ball. NOTE: Possession is defined as one hand/finger or foot on the ball.
 - c) The goalie may punt or throw the ball into play.
 - d) The goalie may not play a ball with their hands from a direct pass from a teammate. (Does not apply to U6 and U8)
- 7) **Fouls and Misconduct:** Fouls result in free kicks from the point of the infraction as described below. The team defending against the free kick must be 10 yards away from the ball.
- a) Fouls resulting in a *Direct Free Kick* from the point of the infraction (NOTE: A goal can be scored directly from a Direct Free Kick):
 - i) Handling the ball with hands or arms
 - ii) Holding, pushing, or striking opponent intentionally
 - iii) Tripping, kicking, or jumping at opponent intentionally
 - b) Fouls resulting in an *Indirect Free Kick* from the point of the infraction (Note: A goal can be scored only if the ball is touched by a second player on either team before entering the goal):
 - i) Dangerous play (e.g., high kicks, player on the ground kicking the ball in a crowd, slide tackles)
 - ii) Dissents by word or action of a referee's decision
 - iii) Too many players on the field.
 - c) Fouls resulting in a *Penalty Kick* from the penalty spot:
 - i) Any penalty listed above under Direct Free Kicks that is committed by the defending team in the penalty box in front of their own goal results in a Penalty Kick taken from the Penalty Spot in front of their goal.
 - ii) All players except the goal keeper and the player taking the kick must be outside the penalty area when a penalty kick is taken
 - iii) The goal keeper must remain stationary on the goal line until the kick is taken.
- 8) **Offside**
- a) Offside will be applied differently to different age groups:
 - i) U6, U8 and U10—Offside will not be called
 - ii) U12—Offside will be enforced the entire season
 - b) Definition: A player is offside if he/she is nearer to the opposing team's goal line than the ball at the moment the ball is played, unless:
 - i) He/she is in their own half of the field OR
 - ii) Two opposing players are nearer their goal line than he/she is (this includes the opposing goalie)
 Penalty—if offside, an indirect free kick from the spot where the player was offside is awarded to the opposing team.
 NOTE: A player may be in an offside position, but not called offside if, in the opinion of the referee, he/she is not seeking to gain advantage. There is no offside offense on a goal kick, a throw in, or a corner kick.
- 9) **Restarting play after the ball leaves the playing field:** The ball is out of bounds when the entire ball has crossed the whole of the goal-line or touch line (sideline).
- a) **Throw-ins:** A throw-in is used when the ball leaves the field over the touchline.
 - i) Part of both feet must be on the ground
 - ii) After throwing the ball in, the thrower must not touch the ball until another player has touched it.
 - iii) The ball must be thrown with equal pressure from both hands and must be delivered from behind and over the head.
 - iv) For U6 the ball shall be played in by kicking or throwing in no penalty or retakes.
 - v) U8 may kick or throw the ball into play. Players will be given a second chance if they make an illegal throw-in.
 - vi) For U10 players will be given a second chance if they make an illegal throw-in during the first two games, but a throw-in will be awarded to the other team after an illegal throw-in during any games after the second game of the season.
 - vii) For U12 a throw-in will be awarded to the other team after an illegal throw-in.
 - b) **Goal Kick:** A goal kick is awarded to the defending team after the ball crosses the goal line outside of the goal posts and was last touched by the offensive team.
 - i) The ball is kicked from any point within the goal box area by a player of the defending team.
 - ii) All offensive players must be outside of the penalty box.
 - iii) After the ball is kicked no one can touch the ball until it leaves the penalty box.

- iv) Any defensive player may take the goal kick.
- c) Corner Kick: A corner kick is awarded to the offensive team after the ball crosses the goal line outside of the goal posts and was last touched by the defensive team.
 - i) The ball is placed in the arc at the corner of the field on the side the ball went out
 - ii) Defensive players must be 10 yards from the ball.

Special Notes

- **Playing time: Each player SHALL play a minimum of 50% of the total playing time**
- **ZERO Tolerance Policy for Abuse of Referees.**

Restricted Punt Rule for Goalkeepers

- Punting and/or Drop Kicks are allowed, however the ball may not land past midfield without touching the ground or another player first in the U6, U8 and U10 divisions. Standard soccer rules apply to U12. Throwing, Rolling, and/or putting the ball down on the ground and kicking it beyond midfield line in air is allowed. In the case of an infraction, an indirect free kick will be awarded. The indirect free kick will be placed at the midfield line at the point of the infraction.

Running up the score is considered un-sporting.

If a team has a 4 goal advantage the team is to stop the attack and control the ball.