



YOUTH SOCCER RULES

SECTION 1: GENERAL RULES

1. Only City of Peoria registered players may participate in games and practices.
2. In the 5 & 6 and 7 & 8 divisions: Volunteer coaches will be on field running the game (no City of Peoria referees).
 - a. Volunteer coaches are responsible for keeping track of time, mandatory substitutions, and game flow (throw-ins, re-centering ball after goal scored, goal kicks, corner kicks).
3. Players with a hard cast cannot participate in practices or games.
4. Spectators and coaches are not allowed near or behind the goal for all divisions. Parents/coaches standing near or behind goals will be asked to move to the appropriate sideline.

SECTION 2: TEAMS

1. Team composition will be:
 - a. 5 & 6 and 7 & 8 Divisions
 - i. 3 v 3 (NO Goalkeeper)
 - ii. One coach allowed on the field per team for the 5 & 6 and 7 & 8 divisions.
 - b. 9 & 10, 11 & 12, and 13 & 14 Divisions
 - i. 5 v 5 (With Goalkeeper)

SECTION 3: GAME TIME & SUBSTITUTIONS

1. A game will consist of (2) twenty-four minute halves with a 5 minute halftime break.
 - a. **MANDATORY SUBSTITUTIONS (Ages 5 & 6, 7 & 8, and 9 & 10)** will happen three times per half (at the 6, 12, and 18 minute mark).
 - b. **MANDATORY SUBSTITUTIONS (Ages 11 & 12 and 13 & 14)** will happen twice per half (at the 8 and 16 minute mark).
2. The clock will not stop during substitutions. Teams should take no longer than one minute to substitute players
3. Substitution of players occurs only during Mandatory Substitutions and in case of a player injury.
4. All players not in the game should be substituted into the game at this time.

SECTION 4: SCORING

1. A goal is scored when the whole ball crosses the goal line and is between the goalposts and under the crossbar.
 - a. Goals can only be scored when on attacking half of field.
 - b. No game scores or standings will be kept in any division.

SECTION 5: GOALKEEPER (Age divisions 9+ Only)

1. The City of Peoria highly encourages coaches to rotate their goalkeeper during each game.
2. The goalkeeper may catch, throw, punt, kick or bounce the ball within the designated goal area.
 - a. Any kick, throw, or punt of the ball by the goalkeeper may not go beyond midfield. A player on offense must touch the ball before it passes midfield.
 - b. *The goalkeeper cannot pick up a ball with their hands if it was passed directly to them by the feet of a teammate.*
3. Possession by the goalkeeper occurs when their hands make contact with the ball and an effort has been made to pick up the ball.

SECTION 6: HEADING THE BALL

1. Heading the soccer ball is not allowed in the 5 & 6, 7 & 8 and 9 & 10 divisions.
2. Coaches in these age divisions should educate and inform their players that heading is not allowed.



SECTION 7: OFFSIDE

I. ALL DIVISIONS

- a. Traditional soccer offside will not be called in any age division.
- b. All players on a team must attempt to return to their half of the field when defending the oppositions attack.

SECTION 8: TYPES OF FOULS

1. **5 & 6 and 7 & 8 Division: All Free Kicks are Indirect Free Kicks**
2. **9 & 10, 11 & 12 and 13 & 14 Divisions: Free Kicks will be either Direct or Indirect Free Kicks**

A. DIRECT FREE KICK FOULS (9-10, 11-12, and 13-14 Divisions ONLY)

A player is penalized and the opposing side awarded a Direct Free Kick when they purposely:

- i. Kick or try to kick an opponent
- ii. Deliberately trip an opponent
- iii. Jump at or into an opponent
- iv. Hold onto or Jostle an opponent in a vigorous or dangerous manner
- v. Push an opponent
- vi. Deliberately touch the ball with their hands
- vii. Strike or try to strike an opponent
 - a. If a player commits one of the above infractions intentionally in their own penalty area, the opposing team is awarded a Penalty Kick.

B. INDIRECT FREE KICK FOULS (All Age Divisions)

A player is penalized and the opposing side is awarded an Indirect Free Kick when they purposely:

- i. Play in a dangerous manner (NO SLIDING ALLOWED)
- ii. Obstruct their opponents without trying to go for the ball
- iii. The goalkeeper, in the referee's opinion, intentionally slows down the game
- iv. A goal cannot be scored directly from the kick; the ball must first come in contact with another player (from either team) after being kicked the first time.
- v. **No Penalty Kicks** will be awarded or taken. (For age division 5 & 6 and 7 & 8 coed)
- vi. If a rule violation occurs inside the goal area, the In-Direct free kick will be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

SECTION 9: TYPES OF STARTS AND RE-STARTS OF PLAY

I. DIRECT FREE KICKS

- a. A goal can be scored directly without another player having to touch it.
- b. Kick is taken from the position of the ball at the time of the violation.
- c. Opponents must be at least 10 yards away from the ball.

2. INDIRECT FREE KICKS

- a. A goal can only be scored when the ball is touched by another player first.
- b. Kick is taken from the position of the ball at the time of the violation.
- c. Opponents must be at least 10 yards away from the ball.

3. PENALTY KICKS

- a. A defensive player commits a foul within their own penalty area.
- b. The kick is taken from the penalty spot with only the goalkeeper and the kicker.

4. CORNER KICKS

- a. Ball goes out-of-bounds over the goal line and has been touched last by a player on the defending team.
- b. The kick is taken from the inside of the quarter-circle and on the side of the goal where the ball went out.
- c. A goal can be scored directly from a corner kick.



5. GOAL KICKS

- a. A ball goes over the goal line and was last touched by the player of the offensive team.
- b. The kick is taken in the goal area.
- c. Opposing players must be outside the penalty area until the ball is in play.
- d. A goal cannot be scored directly from a goal kick.

6. THROW-INS

- a. Throw ins are given when the ball crosses completely over the sidelines.
- b. Players shall throw the ball in a forward manner holding the ball with 2 hands behind their head.
- c. The feet must not leave the ground – one retry allowed after explanation by referee.

SECTION 10: QUICK GLANCE GENERAL INFORMATION

| AGE DIVISION | 5 & 6 / 7 & 8 | 9 & 10 | 11 & 12 / 13 & 14 |
|--------------------|---------------------|--------------------------|--------------------------|
| FIELD LENGTH | 90' | 150' | 150' |
| FIELD WIDTH | 60' | 90' | 90' |
| # OF FIELD PLAYERS | 3 v 3 | 5 v 5 | 5 v 5 |
| GOAL KEEPER | NO | YES | YES |
| PENALTY BOX | N/A | 36'L x 72' W | 36'L x 72' W |
| GOAL BOX | 5' L x 13' W | 15' L x 48' W | 15' L x 48' W |
| GOAL DIMENSION | 9'W x 4 1/2'H x 4'D | 18 1/2'W x 6 1/2'H x 4'D | 18 1/2'W x 6 1/2'H x 4'D |
| BALL SIZE | Size 3 | Size 4 | Size 5 |