



YOUTH SOCCER RULES

SECTION 1: GENERAL RULES

1. Only City of Peoria registered players may participate in games and practices.
2. Players with a hard cast cannot participate in practices or games.

SECTION 2: TEAM COMPOSITION

1. Team composition will be:
 - a. 5 & 6 and 7 & 8 Divisions
 - i. 5 players and 1 goalkeeper
 - ii. One coach is allowed on the field per team for the 5 & 6 division.
 - iii. No coaches allowed on field for 7 & 8 division.
 - b. 9 & 10 Division
 - iv. 6 players and 1 goalkeeper
 - c. 11 & 12 and 13 & 14 Division
 - v. 7 players and 1 goalkeeper
 - vi. A minimum of 5 players are needed for an official game.
2. Parents 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.
3. Players with a hard cast cannot participate in practices or games.

SECTION 3: GAME TIME & SUBSTITUTIONS

1. A game will consist of (2) twenty-four minute halves with a 5 minute haltime 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 1 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. No game scores or standings will be kept in any division.

SECTION 5: GOALKEEPER

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. **Exception: (9 & 10, 11 & 12 and 13 & 14 Divisions):** *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. When the ball is headed by a player in one of these divisions, the following will occur:
 - a. The play will be stopped by the official.
 - b. The official will instruct the player, as well as all of the other players on the field, that they cannot head the ball.



- c. A Direct Free Kick will be awarded to the opposing team at the location of the incident.
- 3. Coaches in these age divisions should educate and inform their players that heading is not allowed.

SECTION 7: OFFSIDES

1. 5 & 6 and 7 & 8 Divisions

- a. Traditional soccer offside will not be called in these age divisions.
- b. All players on a team must attempt to return to their half of the field when defending the oppositions attack. Teams will not be allowed to position attacking players near the opposition's goal box when defending (IE: "Cherry Picking").
- c. The penalty for "cherry picking" will be a free kick positioned at the center mark of the half way line.

2. 9 & 10, 11 & 12 and 13 & 14 Divisions

- a. Traditional soccer offside will be called in this age division.
- b. There are three distinct aspects of the Offside Rule. All three must be in effect on the same play in order for OFFSIDE to be called against the offense.

i. THE OFFSIDE POSITION

- 1. Being in an offside position means...
 - a. Must be in line with the second to last defender. (the goalkeeper counts as a defender)
 - b. A player that is in the opponent's half of the field unmarked.

ii. INVOLVED IN ACTIVE PLAY

- 1. Interfering with Active Play means...
 - a. Playing or touching the ball when it has been passed or touched by a team-mate; while the player is in an offside position.
- 2. Interfering with an Opponent means...
 - a. Preventing an opponent from playing or being able to play the ball by obstructing the opponent's line of vision or movements.
 - b. Making a gesture or movement by which, in the opinion of the game day official, deceives or distracts an opponent.
- 3. Gaining an advantage by being in an offside position means...
 - a. Playing a ball that rebounds off a goal post or cross bar after having been in an offside position.
 - b. Playing a ball that rebounds off an opponent after having been in an offside position.

iii. THE OFFENSE

- 1. If conditions i and ii are met, then and only then, can a player be called for Offside.
 - a. The result of the offside foul will be an indirect free kick at the location where the player was initially ruled to be in an offside position.

ADDITIONAL OFFSIDE RULE CLARIFICATION

Offside can only occur in the opponent's half of the field.

The opposing goalkeeper counts as a defender.

Players are allowed to be in an offside position and not be guilty of offside.

- A player can be in an offside position, but if not involved in the active play, then there is no offside.

In order for a player to be guilty of offside, the player must meet both of the following conditions:

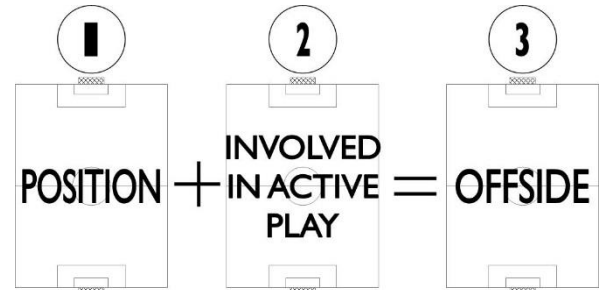
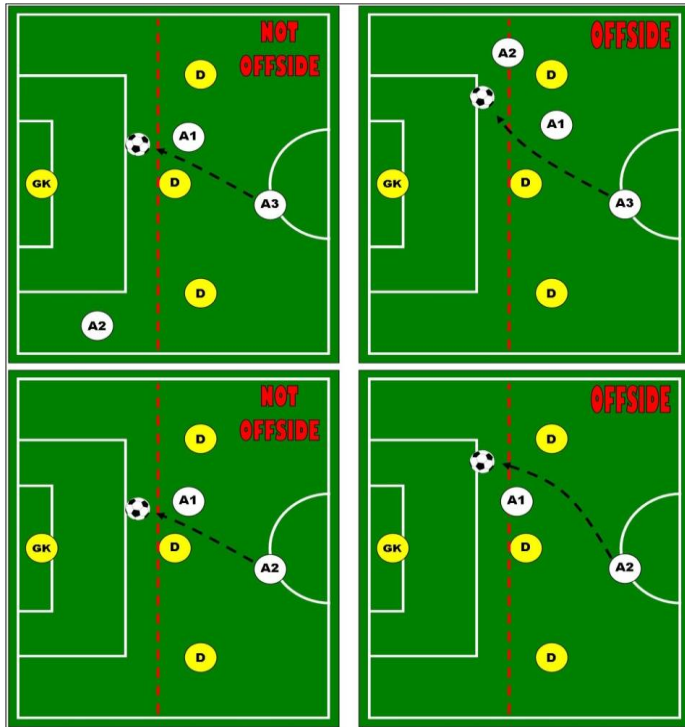
- Be in an offside position.
- Be involved in the Active Play.

All offside rule violations are re-started with an Indirect Free Kick

- An Indirect Free Kick must be touched by two players (from either team) before the play is considered to have re-started.
- Goals cannot be scored directly from an Indirect Free Kick (only one player touching the ball).
- Two players must touch the ball before the ball crosses the goal line to be considered a goal.
- In the event the ball enters the goal prior to a second touch, the re-start will be a goal kick for the opposing



team.



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 into 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

1. 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	120'	200'	200'
FIELD WIDTH	90'	120'	120'
# OF FIELD PLAYERS	6 v 6	7 v 7	8 v 8
GOAL KEEPER	YES	YES	YES
PENALTY BOX	24'L x 52'W	36'L x 88'W	36'L x 88'W
GOAL BOX	N/A	12' L x 30' W	12' L x 30' 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



City of Peoria
Parks, Recreation and Community Facilities Department - Youth Sports Division

