



## YOUTH SOCCER RULES AND REGULATIONS

### RULE 1: TEAM COMPOSITION

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- I. Team composition will be:
  - a. 4 & 5 Division
    - i. 4 players and NO goalkeeper.
  - b. 5 & 6 & 7 & 8 Divisions
    - i. 5 players and 1 goalkeeper will be on the field for play.
  - c. 9 & 10 Division
    - i. 6 players and 1 goalkeeper will be on the field at one time.
  - d. 11 & 12 and the 13 & 15 Division
    - i. 7 players and 1 goalkeeper to start a game.
    - ii. A minimum of 5 players are needed for an official game.

### RULE 2: GAME TIME & SUBSTITUTIONS

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1. A game will consist of (2) twenty-four minute halves with a 5 minute halftime break.
  - a. **MANDATORY SUBSTITUTIONS (Ages 4 & 5, 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 to 15)**, will happen twice per half (at the 8 and 16 minute mark).
    - i. The clock will not stop during substitutions. Teams should take no longer than 1 minute to substitute players.
    - ii. Substitution of players occurs only during Mandatory Substitutions and in case of a player injury.
2. All players not in the game should be substituted into the game at this time.
3. All players should play at least 24 minutes per game.

### RULE 3: SCORING

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1. A goal is scored when the whole ball crosses the goal line and is between the goalposts and under the crossbar.
  - a. **4 & 5 Division** – Goals can only be scored when the attacking players in the offensive half of the field.
  - b. No game scores or standings will be kept in any division.

### RULE 4: GOALKEEPER

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1. The City of Peoria highly encourages coaches to rotate their goalkeeper during each game.
2. Goalkeeper may catch, throw, punt, kick or bounce the ball within the designated goal area.
  - a. **Exception: (9 & 10, 11 & 12, and 13 to 15 Divisions):** *The goalkeeper cannot play a ball with their hands if it has passed directly to them by the feet of a teammate.*
3. Possession by the goalkeeper occurs when their hands make contact with the ball or an effort has been made to pick up the ball.

### RULE 5: OFFSIDES

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1. 4 & 5, 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 to 15 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. A player that is nearer to the opponent's goal line than the ball AND the second last defender (the goalkeeper counts as a defender)
        - b. A player that is in the opponent's half of the field.
    - 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 of 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.



### TYPES OF FOULS

1. **5 & 6, and 7 & 8 Division: All Free Kicks are Direct Free Kicks**
2. **9 & 10, 11 & 12, and 13 to 15 Divisions: Free Kicks will be either Direct or Indirect Free Kicks**

#### A. DIRECT FREE KICK FOULS

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 an opponent
- iv. Jostle an opponent in a vigorous or dangerous manner
- v. Hold onto an opponent
- vi. Push an opponent
- vii. Deliberately touch the ball with their hands
- viii. Strike or try to strike an opponent
- ix. Push an opponent from behind when the latter is not blocking him/her
  - 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

A player is penalized and the opposing side awarded a 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

### 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 touchline.
  - b. Players shall throw the ball in a forward manner holding the ball with 2 hands behind the head.
  - c. The feet must not leave the ground.
  - d. One retry allowed after an explanation by the referee.

### QUICK GLANCE GENERAL INFORMATION

AGE DIVISION	4-5	5-6 & 7-8	9-10	11-12 & 13-15
FIELD LENGTH	120'	120'	200'	200'
FIELD WIDTH	90'	90'	120'	120'
# OF FIELD PLAYERS	4 v 4	6 v 6	7 v 7	8 v 8
GOAL KEEPER	NO	YES	YES	YES
PENALTY BOX	24'L x 52'W	24'L x 52'W	36'L x 88'W	36'L x 88'W
GOAL BOX	N/A	N/A	12' L x 30' W	12' L x 30' W
GOAL DIMENSION	8'W x 4'H x 4'D	8'W x 4'H x 4'D	12 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 3	Size 4	Size 5

#### Field Dimension for Age Divisions: 4 & 5, 5 & 6, and 7 & 8.





**Field Dimension for Age Divisions: 9 & 10, 11 & 12, and 13 to 15..**

