

SOUTH VALLEY ATHLETICS YOUTH SOCCER RULES Fall 2019

*LAWS OF THE GAME
MODIFIED FOR SMALL SIDED SOCCER*



Table of Contents

Law 1: The Field.....	3
Law 2: The Ball.....	3
Law 3: Number of Players.....	3
Law 4: Equipment.....	4
Law 5: Referees.....	5
Law 6: Line Judges.....	6
Law 7: Duration of Game.....	6
Law 8: The Start of Play.....	7
Law 9: Ball In And Out Of Play.....	7
Law 10: Method of Scoring.....	7
Law 11: Off-Sides.....	8
Law 12: Fouls and Misconduct.....	8
Law 13: Free-Kick.....	11
Law 14: Penalty Kick.....	11
Law 15: Throw-ins.....	13
Law 16: Goal Kick.....	13
Law 17: Corner Kick.....	13
Law 18: Player Playing Time.....	14

Law 1: The Field

AGE	SIZE (Yards)	GOAL SIZE
U6	20x30	4x6 pugg
U8	30x40	5x6
U10/11	50x80	6x12
U12/14	50x100	8x24

PENALTY AREA AND GOAL AREA: Penalty and goal box areas will be clearly marked and will be proportionate to the size of the field. U12/14 penalty box will be 40 yards wide x 18 yards long, and the goal box will be 12 yards wide x 6 yards long. The penalty mark will be halfway between the edge of the goal box and the edge of the penalty box, and aligned with the center of the goal.

CORNER ARC: A one-yard radius arc will be marked in each corner of the field.

ONE YARD LINE: Substitute players, coaches and spectators will remain at least one yard away from the field during play.

GOAL END: No one will be allowed to stand next to or behind the goal or goal line/ends of the field.

PARENTS & FAMILY: All parents and family of coaches and players must sit on the spectator side of the field, which will be determined each season by the Board of Directors.

Law 2: The Ball

GRADE	BALL SIZE
U6/U8	Size 3
U10/11	Size 4
U12/14	Size 5

Law 3: Number of Players and Substitutions

GRADE	FIELD PLAYERS	GOAL KEEPERS
U6	3	none
U8	4	1
U10/11	8	1
U12/14	10	1

Player Substitution

1. The overall number of substitutions during a game is unlimited.
2. To substitute a player during play, the coach must first beckon the referee and receive their permission. Teams may sub at the quarter breaks and at halftime without notifying the referee.
3. Substitutions during play, including subbing goalkeepers, may only occur at the following times:
 - a. Goal kicks, throw-ins, or corner kicks when **your** team has the ball, except for U6. They may substitute on any dead ball.

- b. If the opposing team has the ball **AND** is making a substitution
 - c. After goals
 - d. When the referee has stopped play for an injury, the injured player(s) may be subbed.
4. The players may enter the field only at the center line, only after the referee signals the players to do so, and after the player s/he is substituting for has left the field.
 5. An official may prohibit substitutions during the final two minutes of a game if s/he feels that a substitution at that time would cause too great a time delay and/or confer an unfair advantage.

Goal Keepers

1. No U8 goalkeeper shall play more than two quarters as goalie.
2. U10 and older goalie may play the entire game.

Player Shortage

1. U6 Must have at least 3 players.
 U8 Must have at least 4 players.
 U10/11 Must have at least 7 players.
 U12/14 Must have at least 9 players.
- a. Less than minimum number of players will constitute a forfeit.
 - b. No team is required play "short" to match a team that is forced to play at a reduced level of players. **However, it is strongly recommended in the spirit of fair play.**
 - c. If, in the opinion of the referee and/or SVA board member, the advantage creates an unsafe playing environment, the game shall be deemed a forfeit.
 - d. If the two coaches involved in a game forfeited (for lack of players) choose to scrimmage, they may do so with the understanding that the play is practice, that both sides will be evenly matched, and that no official will sanction play by his participation.
 - e. A forfeit game is counted as a 0-1 loss for the forfeiting team in the official standings.

Law 4: Equipment

1. Each player must wear team jersey and shorts/sweats. Team jersey must be on the outside of all other clothing.
2. Goalkeepers must wear a shirt that is different from both teams and the referee. SVA will provide shirts and/or pinnies. Goalkeepers may wear goalie gloves, but they are not provided.
3. Molded soccer cleats are recommended. No toe cleats (football cleats), no metal cleats. Shoes with any metal are prohibited.

4. Shin guards are required and must be covered by soccer socks. **Shin guards are mandatory in all practices and games.**
5. Mouthpiece and athletic cup are optional but recommended. Players may wear soft protective headgear (“concussion headband”).
6. Players with casts or splints may not participate in practices or games. Supportive braces such as knee braces must not have any exposed metal parts.
7. Players may not wear any jewelry, including earrings, necklaces, rings, bracelets, metal/hard plastic hair clips, or watches. Ears pierced within 6 weeks may be taped over rather than removed, at the discretion of the player and parent. Only prescription glasses/sunglasses may be worn (but sports goggles are recommended). Only the goalkeeper may wear a baseball-style hat or sun visor.

Law 5: Referees

1. Referee equipment shall be provided by SVA and will include:
 - a. Referee shirt
 - b. Whistle
 - c. Coin
 - d. Yellow and Red Cards
 - e. Pen or pencil
 - f. Notepad
 - g. Stopwatch
2. At least one referee will officiate each game.
3. When two officials referee the same game, both shall wear identical jerseys.
4. Referees are encouraged to explain infractions to U6/U8 and let the player try again.
5. Referees will be 6th grade or above for U6 and U8.
6. Referees will be 9th grade or above for U10 and older.
7. The referee will:
 - a. Enforce the laws of the game as written here, from the time they enter the field to the time they leave.
 - b. Refrain from penalizing in cases where s/he is satisfied that by doing so, s/he would be giving an advantage to the offending team.
 - c. Keep a record of the game, act as a timekeeper and allow the full or agreed upon time, adding the time lost through accident or other cause.

- d. Stop the game if a player has been injured. The player should be removed as soon as possible from the field of play and the game will continue. Any player bleeding from a wound must leave the field of play. S/he may not return until the referee is satisfied that the bleeding has stopped. A player is not permitted to wear bloodstained clothing.
- e. Signal for recommencement of the game after all the stoppages.

Law 6: Line Judges

- 1. SVA will not provide line judges for age groups younger than U14. U14 games may be officiated by one or two referees, and may or may not have line judges.

Law 7: Duration of Game

GAME	PERIODS	PLAY TIME	BREAKS
U6	4	8 min/quarter	2 min
U8	4	10 min/quarter	2 min
U10/11	2	25 min half	5 min
U12/14	2	30 min half	5-10 min

- 1. All games will be “running clock.” The referee will not stop the clock for throw-ins, goal kicks, corner kicks, goals, etc.
- 2. The referee may, at his/her discretion, stop the clock for an injury or other unexpected event.
- 3. If a clear victor is not determined after the end of regular play during a regular season game, the game ends in a tie.
- 4. If a clear victor is not determined after two full halves of play during a U12/14 tournament game ONLY, the teams will play a “sudden death” overtime period, up to 20 minutes.
 - a. Two 10-minute periods of extra time will be allowed.
 - b. The overtime period will begin with a coin flip, as stated in Law 8, Start of Play.
 - c. The teams will switch sides of the field between the two 10-minute periods.
 - d. If either team scores a goal during extra time, the game ends immediately and the scoring team becomes the winner.
 - e. If neither team scores by the end of the extra time, a five-player shootout will be held.
- 5. Five player shootout:
 - a. Each coach will appoint five offensive players to each take one shot.
 - b. Each coach will appoint one goalie to defend against shots.
 - c. The referee will flip a coin, and the team who wins the coin toss decides if they want to shoot first or second.
 - d. Shots will be taken at the same goal, in an alternating format.
 - e. Shots will be taken once the offensive player and the goalie have signified to the referee that they are ready to proceed.
 - f. The shoot-out format will only be attempted two times. If a clear victor is not determined after two shoot-out attempts, the game will be declared a tie.

- g. Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.
- h. An eligible player may change places with the goalkeeper at any time.

Law 8: The Start and Restart of Play

Start of Game

1. At the beginning of the game, choice of ends and kick-off will be decided by a toss of a coin or by guessing a number, one through five.
 - a. The team winning the toss will have the option of choice of ends, or kick-off.
 - b. Home team calls the toss.
2. For every kick-off, players must be in their own half of the field of play. Opponents of the team taking the kick-off must be outside the center circle.
3. After the referee gives a signal, the game will start by a player taking a place-kick. The ball does not have to go forward.
4. The kicker shall not play the ball a second time until it has been touched by another player.
 - a. Infraction – indirect free kick.

After a Goal

1. After a goal has been scored, the game shall be restarted in like manner to the “Start of Game” by a player of the team allowing the goal.

After Each Period

1. When playing four periods:
 - a. The team that won the toss the first period will also start the second period.
 - b. The team who starts the third period will also start the fourth period.
2. When restarting after half-time:
 - a. Teams shall exchange ends of the field. This will not be enforced for U6 players because it may cause confusion.
 - b. Kick-off shall be taken by a player of the team that did not kick-off at the start of the game.

Law 9: Ball In And Out Of Play

1. The ball is out of play when:
 - a. The entire ball has crossed the entire goal-line or touch line, whether on the ground or in the air.
 - b. The game has been stopped by the referee.

Law 10: Method of Scoring

1. A goal is scored when:
 - a. The entire ball has crossed the entire goal-line between the goal posts and under the crossbar.
 - b. A goal may **not** be scored directly from:

- i. Throw-in
- ii. Indirect free kick

OR these unlikely scenarios, which would involve the ball travelling the entire length of the field and/or the wrong direction:

- iii. Goalkeeper throwing the ball from their own end directly into the opponents' goal
- iv. Defending team taking a goal kick and kicking the ball directly into their OWN goal
- v. Attacking team taking a corner kick and kicking the ball directly into their OWN goal

Law 11: Off-Sides

1. The off-sides law does not apply to U6 and U8. For older players:
2. It is not an offense to BE in an offside position. A player is in an off-side position if:
 - a. Any part of his body, except hands/arms, is in the opponents' half of the field AND
 - b. Any part of his body, except hands/arms, is nearer to the opponents' goal (end) line than BOTH the ball AND the second-last opponent.
 - c. The hands/arms of all players are not considered.
3. Offside offense- A player in an offside position at the moment the ball is played or touched by a teammate is only penalized on becoming involved in active play by:
 - a. Interfering with play by playing or touching a ball passed or touched by a teammate OR
 - b. Interfering with an opponent by preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or challenging an opponent for the ball.
 - c. Infraction – indirect free kick from the place where the offense occurred.
4. There is no offside offense if a player receives the ball directly from a goal kick, corner kick or throw-in.

Law 12: Fouls and Misconduct

1. ALL free kicks will be INDIRECT for U6 and U8.
2. A **direct** free kick (or indirect for U6-U8 only) is awarded if a player commits any of the following offenses against an opponent in a manner considered by the referee to be careless, reckless, or using excessive force:
 - a. charges
 - b. jumps at
 - c. kicks or attempts to kick
 - d. pushes
 - e. strikes or attempts to strike, including head-butt
 - f. tackles or challenges

- g. trips or attempts to trip

If an offense involves contact, it is penalized by a direct free kick.

A **direct** free kick (or indirect for U6/U8 only) is also awarded if a player:

- h. holds an opponent
 - i. impedes an opponent with contact
 - j. bites or spits at someone (this will also result in immediate removal from the game)
 - k. any sliding or slide tackling
 - l. commits a handball offense (except for the goalkeeper in their own penalty area)
3. Handling the ball- a **direct** free kick (or indirect for U6/U8 only) is awarded if a player:
- a. Deliberately touches the ball with their hand/arm, including moving the hand/arm towards the ball
 - b. Gains possession/control of the ball after it has touched their hand/arm and then scores or creates a goal-scoring opportunity
 - c. Scores in the opponents' goal directly from their hand/arm, even if accidental
 - d. It is **USUALLY** an offense if a player touches the ball with their hand/arm when it is in an "unnatural position", ie:
 - i. When the hand/arm is above/beyond their shoulder level
 - ii. The hand/arm is at a position that has made their body "bigger"

The above offenses apply even if the ball touches a player's hand/arm directly from the head, body, or foot of another player who is close.

- e. Except for the above, it is **NOT USUALLY** an offense if the ball touches a player's hand/arm:
 - i. directly from the head, body, of foot of another player who is close
 - ii. if the hand/arm is close to the body and does not make the body "bigger"
 - iii. when a player falls and the hand/arm is between the body and the ground to support the body, but not extended away from the body

A goalkeeper, except when within their own penalty area, is subject to handball offenses the same as any other player.

4. The following fouls shall be penalized by the award of an **indirect** free kick to be taken by the opposing team from the place where the infraction occurred.
- a. Dangerous play **without contact**:
 - i. Any action that, while trying to play the ball, threatens injury to someone (including the player themselves)

- ii. This includes preventing a nearby opponent from playing the ball for fear of injury (“high kick” and “cleats up” are considered dangerous play)
 - b. Dissent, using offensive, insulting, or abusive language, noises, and/or gestures (will also result in caution and/or sending off)
 - c. Obstructing or impeding an opponent **without contact**
 - d. Playing the ball or attempting to play the ball when “on the ground”, ie after falling/before regaining a standing position
 - e. Preventing the goalkeeper from releasing the ball or kicking/attempting to kick the ball when the goalkeeper is holding it, either in their hands or between their hand and the ground
 - f. Goalkeeper holding the ball for more than six seconds before releasing it (U10 and older only)
 - g. Goalkeeper touches the ball with hand/arm after releasing it but before it has touched another player (U10 and older only)
 - h. Goalkeeper picking up a ball that was deliberately kicked to them by a teammate or thrown in to them by a teammate (U10 and older only)
 - i. Off-sides offense (U10 and older only)
 - j. Any other offense not mentioned in the laws for which play is stopped
- 5. A player or coach shall be cautioned (yellow card) for:
 - a. Persistent offenses (no specific number or pattern of offenses is required)
 - b. Delaying restart or failing to respect the required distance when play is restarted
 - c. Dissent
 - d. Unsporting conduct, including but not limited to:
 - i. excessive celebration of a goal, including removing their shirt
 - ii. lack of respect of the game, playing area, and/or equipment
 - iii. deliberate deception of the referee, e.g. feigning injury or having been fouled
 - iv. verbally distracting an opponent during play or restart
- 6. A player or coach shall be sent off (red card) for:
 - a. Foul or abusive language and/or gestures toward ANY PERSON PRESENT
 - b. Violent conduct or serious foul play
 - c. Denying a goal or obvious goal-scoring opportunity by handball offense
 - d. Persistent misconduct after caution
 - e. Receiving a second caution (yellow card) in the same game
 - f. The opposing team is awarded an indirect free-kick from the place where the offense occurred.
 - g. The player or coach must leave the vicinity of the field immediately, and will be suspended for the remainder of the game and the entirety of the next game.
- 7. If a fan or a parent engages in abusive, profane, or unsportsmanlike conduct, the official can issue a warning to the offender or ask them to leave the playing area.
 - a. Failure to leave in a satisfactory manner will result in suspension of play and the game forfeited to the opposing team.
 - b. **Re-admittance to SVA games after suspension will be decided upon by the Board.**

Law 13: Free-Kick

1. Direct and indirect free kicks are awarded to the opposing team of a person guilty of an offense. U6 and U8 will NOT use direct kicks; all free kicks will be indirect.
2. A direct free-kick is a kick from which a goal can be scored directly, without touching another player.
3. An indirect free-kick is a kick from which a goal cannot be scored unless the ball has been touched by a player other than the kicker. The referee must indicate an indirect free kick by raising the arm above the head. This signal is maintained until the kick has been taken.
4. An indirect free-kick must be retaken if the referee fails to signal that the kick is indirect and the ball is kicked directly into the goal.
5. All free kicks are taken from the place where the offense occurred, except:
 - a. Indirect free kicks to the attacking team for an offense inside the opponents' goal area will be taken from the nearest point on the goal area line which runs parallel to the goal (end) line (ie "from the closest spot on the top of the goal box").
 - b. Free kicks to the defending team in their goal area may be taken from anywhere in the goal area
6. The ball must be stationary when a free kick is taken and the kicker shall not play the ball a second time until it has been touched by another player.
 - a. Infraction – indirect free-kick is awarded to the opposing team, unless the touch was a handball offense, in which case a direct kick is awarded. If the handball offense occurred inside the penalty box, a penalty kick is awarded.
7. U6 and U8: opposing players must remain at least five yards away until the ball is played and must be outside of the opponents' penalty area.
8. U10 and older- opposing players must remain at least ten yards away until the ball is played, unless they are on their own goal line between the goalposts. Players must be outside of the opponents' penalty area.

Law 14: Penalty Kick

1. A penalty kick is awarded when a player commits an offense for which a direct free kick is awarded, when it is committed inside their penalty area.
2. Penalty kicks will not be used for U6 or U8.
3. Penalty kick shall be taken from the penalty spot by a clearly designated kicker.
4. With the exception of the kicker and the opposing goalkeeper, all other players shall remain ten yards away, outside of the penalty box, and behind the penalty mark until after the kick is taken.

5. The opposing goalkeeper may move laterally on goal line prior to kick, but at least one foot must remain on the goal line, keeper must be facing the kicker and be between the goalposts, not touching any part of the goal.
6. The kicker must kick the ball forward.
7. The kicker shall not play the ball a second time until it has been touched by another player.
8. Infractions will depend on the outcome of the kick, as summarized in the table below:

3. Summary table

	Outcome of the penalty kick	
	Goal	No Goal
Encroachment by attacking player	Penalty is retaken	Indirect free kick
Encroachment by defending player	Goal	Penalty is retaken
Offence by goalkeeper	Goal	Penalty is retaken and caution for goalkeeper
Ball kicked backwards	Indirect free kick	Indirect free kick
Illegal feinting	Indirect free kick and caution for kicker	Indirect free kick and caution for kicker
Wrong kicker	Indirect free kick and caution for wrong kicker	Indirect free kick and caution for wrong kicker
Goalkeeper and kicker at the same time	Indirect free kick and caution for kicker	Retake and caution for kicker and goalkeeper

Law 15: Throw-ins

1. A throw-in is awarded to the opponents of the player who last touched the ball, when the entire ball passes completely over the touch-line (sideline) either on the ground or in the air. A goal cannot be scored directly from a throw-in.
 - a. The referee will signal with their arm where the ball should be thrown from and which team will be throwing the ball. It should be thrown in from a point within one yard from where it crossed the line.
2. The thrower, at the moment of delivering the ball:
 - a. Must stand, facing the field of play
 - b. Part of each foot shall be either on the touch-line (sideline) or on the ground outside the line.
 - c. Throw the ball with both hands from behind and over the head.
 - d. If the ball touches the ground before it enters the field of play, the throw is retaken.
 - e. If the throw is done incorrectly (infraction), a throw is awarded to opposing team.
3. Incorrect throw-ins for U6 and U8 players shall be retaken once and then an infraction will be called if still incorrect.
4. All players must stand at least two yards away from the point at which the throw is taken.
5. The thrower must not touch the ball again until it is touched by another player. If the kicker touches it again, an indirect kick is awarded to the opposing team, unless the touch is a handball offense, in which case a direct kick is awarded. If a handball offense is committed inside the penalty area, a penalty kick is awarded.

Law 16: Goal Kick

1. A goal kick results when the entire ball passes over the goal-line (endline) either in the air or on the ground, having last been played by one of the attacking team.
2. A goal can be scored from a goal kick, but only against the opposing team, not against your own team (own goal). If the ball directly enters the kicker's goal (an unlikely occurrence), a corner kick is awarded to the opposing team.
3. The ball can be placed anywhere within the goal area and must be stationary prior to the kick.
4. The kicker must not touch the ball again until it is touched by another player. If the kicker touches it again, an indirect kick is awarded to the opposing team, unless the touch is a handball offense, in which case a direct kick is awarded. If a handball offense is committed inside the penalty area, a penalty kick is awarded.
5. Incorrect kicks for U6/U8 players shall be retaken once and then an infraction will be called if still incorrect.

6. Opponents must stay outside of the penalty area until the ball is in play. In case of an infraction, the kick is retaken.

Law 17: Corner Kick

1. A corner kick results when the entire ball passes over the goal-line, either in the air or on the ground, having last been played by one of the defending team.
2. A goal can be scored directly from a corner kick, but only against the opposing team, not against your own team (own goal). If the ball directly enters the kicker's own goal from a corner kick (extremely unlikely occurrence) then a corner kick is awarded to the opponents.
3. Any member of the attacking team may take the kick by placing the ball within the arc at the nearest corner flag.
 - a. The ball must be kicked from this position.
 - b. The flag may not be removed.
4. U6 and U8- opposing players must remain at least five yards away from the ball until the ball is played.
5. U10 and older- opposing players must remain at least ten yards away from the ball until the ball is played.
6. The kicker must not touch the ball again until it is touched by another player. If the kicker touches it again, an indirect kick is awarded to the opposing team, unless the touch is a handball offense, in which case a direct kick is awarded. If a handball offense is committed inside the penalty area, a penalty kick is awarded.

Law 18: Player Playing Time

1. Coaches should attempt to play all players an equal amount of time per game.
2. If players continually miss practice, it is up to the coach's discretion to the amount of play.
3. Each player should play a minimum of half of each game unless being disciplined or other reasons require less playing time.
4. Teams may not practice outside of their scheduled two practices per week. U6/U8 are limited to 2 hours per week. U10 and older are limited to 3 hours per week. Any changes to practice locations, days and/or times MUST be cleared through SVA beforehand.

*****Rules not revised in these modifications will defer to current FIFA rules.*****

Updated 8/19/19