



White Lake Youth Sports Club

Condensed Rules of Soccer

Ball Sizes:

U4, U5, U6, U8: Size 3

U10, U12: Size 4

Number of Players:

Number of players per team varies based on age group.

U4, U5, U6: 3v3 (2 Field Players and 1 Goalkeeper)

U8: 5v5 (4 Field Players and 1 Goalkeeper)

U10: 7v7 (6 Field Players and 1 Goalkeeper)

U12: 9v9 (8 Field Players and 1 Goalkeeper)

Player's Equipment:

Shirts (provided by the club).

***When it's colder, soccer shirts must be worn on top of other clothing while on the field. ***

Shorts/Pants

Shin Guards: All players MUST wear shin guards

Soccer Socks: Any color/style. MUST go OVER shin guards

Shoes: Hard rubber cleats or tennis shoes. (No metal cleats, hard soled leather shoes or toe cleats)

*For the safety of the players: No jewelry may be worn during practice or games. If a child has earrings that cannot be taken out they must cover them with tape.

Micro Soccer Referees:

Please expect 2-3 referees per field. Communication with referees is permitted by coach only and acceptable if it pertains to questions/clarifications on rules or other game play activity. Challenges or concerns regarding game-time calls or referee behavior must be done through the Field Manager, Soccer Commissioner or a WLYSC Board Member Only. No jeering, name-calling, yelling or profane language directed towards the referee will be tolerated. Violations to these policies will result in verbal warnings, immediate removal from grounds and/or future game(s) suspension depending on severity of incident.

Duration of Games:

U4: Six 3-minute Rotations with a 5-minute half-time

U5 & U6: Eight 3-minute Rotations with a 5-minute half-time

U8: Two 20-minute periods with a 5-minute half-time

U10 & U12: Two 25-minute periods with a 5-minute half-time

Please note: If games are running late, half-time or game time may be shortened at the referee's discretion.

Start of Play: Referees will check all players prior to start of game for shin guards and shoes without a toe cleat.

A coin flip determines which team will kick off and which goal each team defends. Before the start of play, each team will be on its own half of the field with defending players at least 10 yards from the ball until it's kicked. After a goal, the team that was scored upon will kick off. After half-times, the teams change ends (Exception U4, U5, U6) and the kickoff shall be taken by the team that didn't kick off to start the game. *In Micro Soccer, a goal cannot be scored directly from the kickoff.* (This rule is used due to the smaller size of the playing fields)

Ball in or Out of Play:

The ball is out of play when:

- a. It has totally crossed the goal line or the touch line, whether on the ground or in the air. (This means the total ball has crossed the line)
- b. When the game has been stopped by a referee.

Method of Scoring

A goal is scored when the total ball crosses the goal line between the goalposts and under the crossbar.

U10 & U12 Level: Coaches may not stand beside the goals.

Off-sides:

A player is offsides if he/she is closer to his/her opponent's goal line than to the ball at the moment the ball is played unless:

- a. He/she is in his/her own half of the field.
- b. There are at least two of his/her opponents nearest to the goal line than he/she
- c. The ball last touched an opponent or was last played by him/her.
- d. He/she receives the ball directly from a goal kick, corner kick, throw-in, or when it was dropped by a referee.

Note: *there are no off-sides in U4, U5, U6, U8, U10, but please make the players aware that this is not to be taken advantage.*

Offsides WILL be called in U12!

Fouls and Misconduct:

A direct free kick is awarded to the opposing team if a player commits to any of the following seven offenses in a manner considered by the referee to be careless, reckless, or using excessive force:

1. Kicks or attempts to kick an opponent.
2. Trips or attempts to trip an opponent.
3. Jumps at an opponent.
4. Charges at an opponent
5. Strikes or attempts to strike an opponent.
6. Pushes an opponent.
7. Tackles an opponent.

A direct free kick is also awarded to the opposing team if a player commits any of the following three offenses:

1. Holds an opponent.
2. Spits at an opponent
3. Handles the ball deliberately.

A penalty kick is awarded if any of the above ten offenses is committed by a player inside his own penalty area. A player committing less flagrant violations such as off-side, playing in a dangerous manner, obstruction, or unsportsmanlike conduct, will be penalized by an **indirect free kick** being awarded to the opponent.

For U10 & U12 Only... Yellow cards may be used for a cautionable offense such as unsporting behavior or dissent (arguing) by word or action. **Red Cards** may be issued, and the player sent off for the remainder of the game as a result of a second cautionable offense, serious foul play, or violent conduct. **In most cases, only the whistle should be blown; the offense should be communicated to the offending player, and the opposing team be given a direct free kick. This should be done before issuing a card is considered.** Teams do not play down if a red card is issued.

Free Kicks:

Direct Free Kick: A goal can be scored directly from the kick.

Indirect Free Kick: A goal cannot be scored directly from the kick unless the ball is touched by another player other than the kicker before entering the goal. For all free kicks, the offending team must be at least 10 yards from the ball until it's kicked, if asked for by the players on the field.

Note: in U8, all free kicks are indirect, and the referee will explain all infractions

Penalty Kick: A direct free kick from the penalty mark. All players except the player taking the kick and the goalkeeper must stay outside the penalty area and at least 10 yards from the ball until it's kicked. The goalkeeper must be at the center of the goal, on the goal line at the time of the kick. A goal is scored or play resumes with the kick.

Note: No penalty kicks for U4, U5, U6, U8 Micro Soccer

Throw In: When the ball totally crosses the touchline, it's put back in play by awarding a throw-in to the team opposite the team last touching the ball before it went out of play. A goal can't be scored directly from a throw-in. The player taking the throw-in must remain behind the touchline, must keep both feet touching the ground, and must throw the ball with two hands from behind the player's head. A violation of these requirements will result in a change of possession and a throw-in for the other team.

Note: No change of possession for bad two-handed overhead throw-ins for U4,U5, U6, and U8. Players will re-throw after instructing the correct method for throw-in.

Goal Kicks: When the ball totally crosses the goal line after being last touched by the attacking team, it's put back in play by the awarding of a goal kick to the defending team with the kick being taken from the front corner of the goal nearest the point where the ball went out of play.

U4, U5, U6, and U8 will not return the ball into play by drop kicking. The ball will be placed on the ground and kicked back into play.

Corner Kick: (U8, U10 & U12 Only) When the ball totally crosses the goal line after being last touched by the defending team, it's put back in play by the awarding of a corner kick to the attacking team with the kick being taken from the corner of the field nearest the point where the ball went out of play. A goal can be scored directly from a corner kick.

Substitutions (Varies by Age Group)

U4, U5, U6: All 3 players will be substituted after 3-minute.

rotation

U8, U10, & U12: Unlimited substitutions (Both teams) will be allowed when the ball is out of play (out, over the touch line, throw-in, out over the goal line, goal kick) with the referee's permission or before the kickoff, after a goal has been scored. Players must wait at centerline for the referee to approve substitution into the game.

Note: Each coach will be provided with 2 pennies to use for goalie shirts and ask that you please have them ready when it is time to substitute them in.

Bicycle Kick: Bicycle Kicks are not allowed! This attack on the ball is executed by a player's feet being off the ground generally above their head and it is considered dangerous play in our league.

Slide tackles: Will NOT be allowed. A defensive attack on a player with possession of the ball in which the defensive player slides on the ground and sweeps at the ball with the leg. A referee will call it a dangerous play.

Playing Time: All players must play at least half of each half.

U10 Only: Build-Out Line

The build-out line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball in hand in the run of play (from the opponent) or from a goal kick, the opposing team must move behind the build-out line. The retreated team can resume normal play once the ball is in play. Allowing an extra moment for the build-out team to actually build out will help develop our players in the long term.

The Build Out Line is to be used only for the 7v7 playing format. (U9 & U10)

Once the opposing team is behind the build-out line, the goalkeeper can pass, throw, punt or roll the ball into play. If the Goalkeeper chooses to play the ball before the opposing team retreats to the build-out line - all players resume normal play immediately upon release from GK.

****Heading (intention or accidental) of the ball is not permitted.**

All headers will result in an Indirect Free Kick**