

GENERAL RULES



EASTHAMPTON Youth Soccer Association

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PO Box 1174, Easthampton, MA 01027

Easthampton Youth Soccer Association General Rules

Grade Division & Ball Size

<u>Grade Division</u>	<u>Ball Size</u>
Pre-K	3
K	3
1-2	4
3-4	4
Roots U8,9,10,11,12	4
Roots U13,14, HS	5

Times of Games

<u>Grade Division</u>	<u>Times</u>
Pre-K	No Games
K	2 (15 Minute) halves
1-2	4 (12 Minute) quarters
3-4	2 (25 Minute) halves
Roots U7, U8	3 (15 Minute) thirds
Roots U9, U10	2 (25 Minute) halves
Roots U11, U12	2 (30 Minute) halves
Roots U13, U14	2 (35 Minute) halves

All times may be longer for stoppage of play. Referee should let coaches know when each half is near mid-point for substitution purposes.

Players

<u>Grade Division</u>	<u>Number of Players</u>
Pre-K	Not applicable
K	5 players per side (no goalie/pug net)
1-2	7 players per side including the goalie (you may have one coach on the field to assist through the season)
3-4	7 players per side including the goalie
Roots U7, U8	5 players per side including the goalie
Roots U9, U10	7 players per side including the goalie
Roots U11, U12	9 players per side including the goalie
Roots U13, U14	11 players per side including the goalie

- All players are required to wear shin guards at all times. All players will **NOT** wear jewelry, watches, etc.
- All players must wear their uniform during the games and the goalie should wear a contrasting colored shirt.
- All players are entitled to play at least ½ of each game (unless of an infraction against the player or disciplinary action).
- A player can only play ½ of a game in goal.

Coaches

- All coaches should be in control of their players and their own tempers at all times.
- No coaches for any divisions can stand on the end lines, you may have one coach on the opposite side of the players bench and the coaches on the players bench side shall stay on their half of the field.
- All coaches must wear their coach shirt at all games.

Substitutions

- Substitutions during the game will enter and exit the field from the center line and only during injuries, throw ins, goal kicks and corner kicks; and then only when given the approval from the referee.

Referees

- Will enforce the rules of soccer and will use their own discretion on some plays. Referees decisions are final. Remember that most recreation and U12 and under travel referees are still learning this challenging position – do your best to support them, especially when they make mistakes.

Disciplinary

- All players and coaches should be on their best behavior and fair play is encouraged. Players who are given a warning must be substituted with another player immediately and can return to the game on the next substitution.

Remember to have fun, be positive and become a role model to these children.

Rules of the Game

Center Line Kick Off

- The ball can be kicked in any direction.
- The opposing team must be behind the circle line on their side of the field until the ball is played.
- An infraction will result in an indirect kick for the opposing team.

Scoring

- A goal is scored when the entire ball goes over the goal line.

Throw-ins

- A throw-in is awarded when the entire ball goes over the sidelines.
- The ball is given to the opposing team that it was last touched by before going out of bounds at that location.
- The player throwing in must have both feet on the ground, on or behind the line and with both hands on the sides of the ball, and throw the ball over their head with one continuous motion.
- A goal cannot be scored from a throw-in and a player cannot be off sides during a throw-in.
- The player cannot touch the ball again until touched by another player.
- The opponents cannot distract or impede the person throwing in.
- Bad throw-ins result in the opposing team throwing in at that spot.
- When there is no obvious person that last touched the ball before going out of bounds, a drop ball will occur.

Corner Kicks

- A corner kick is awarded to the attacking team when the defending team last touches the ball over their end line and the ball is placed at the closest corner to where it went out.
- The player kicking may not touch the ball again until another player touches it.
- A goal can be scored by a corner kick.
- The opposing team must be at least ten yards away from the ball.

Goal Kicks

- A goal kick is awarded to the defending team when the attacking team last touches the ball over the defending teams end line and is kicked at either goal box corner.
- The opposing team must be outside the penalty box.
- The ball may not be touched until it clears the penalty box.
- If the ball does not clear the penalty area, the ball is re-kicked.
- The kicker cannot touch the ball again until another player plays it.

Off sides

- A player is in an off side position when they are nearer to their opponents goal line than the ball unless: a) the player is in their own half of the field or b) the player is not nearer to the opponents goal line than at least two opponents.
- A player with the ball cannot be off sides.
- A player is not called off side if in the opinion of the referee they were not involved in the play when they were in an off side position.
- An indirect kick is awarded for off sides at the point of the infraction.
Note – Off sides is not called in Grade Division 1-2.

Goalies

- Goalies are the only players allowed to touch the ball with their hands within their penalty box.
- Goalies steps: unlimited steps and six seconds to release the ball.
- The goalie cannot intentionally drop or roll the ball on the ground and then pick it up again, and the goalie cannot pick up the ball with their hands if the ball is played to them by their teammate with their feet.
- All these infractions will result in an indirect kick for the opposing team on the eighteen-yard line parallel to where the infraction took place.
- When the goalie has control of the ball, they must be given room.

Indirect Kick

- On an indirect kick, the ball cannot score unless touched by another player on either team.
- The ball can be played right away unless the offensive team requests a ten-yard buffer, in which case the ball is played upon the whistle.
- The ball must be stopped before it can be played.

Infractions:

- Obstructing an opponent
- Off sides
- After a card
- Dangerous play
- Goalie infractions
- Ball touched again by the same player kicking or throwing in without touching another player first.
- Stoppage of play because of injury when the other team has the ball. Offensive team encroaching on a penalty kick when a goal is not scored.
- ALL indirect kick infractions caused by the defending team within the penalty box will result in an indirect kick for the opposing team on the eighteen-yard line parallel to where the infraction took place.

Direct Kick

- On a direct kick the ball may enter the goal without touching another player.
- The ball can be played right away unless the offensive team requests a ten-yard buffer, in which case the ball is played upon the whistle.
- The ball must be stopped before it can be played.

Infractions:

- Kicking a player
- Tripping
- Jumping at a player
- Charging
- Striking or spitting at a player
- Holding or pushing
- Touching the ball with your arms or hands
- ALL direct kick infractions within the penalty box caused by the defending team will result in a penalty kick for the attacking team.

Penalty Kicks

- One player from the attacking team will kick the ball at the goal on the mark.
- All other players must stay out of the area until the ball is played.
- The goal keeper must stand on the goal line until the ball is played. Lateral movement is allowed, but the goal keeper must not come off the line until the ball is played.
- The player kicking the ball may not touch the ball again until another player touches it.
- If the offensive team encroaches and a goal is scored, the penalty kick is retaken.