

Summerville Family YMCA

Youth Soccer

The 7 Most Commonly Misunderstood Rules – Clarification

In order to give you, the parent or coach, a better understanding of some of the rules of soccer we offer you these 5 most commonly misunderstood rules of the game. It is important that we understand a few of the basic rules in order to create an atmosphere that is conducive to learning, understanding, and development of our players.

HANDBALLS - **The rule for a handball includes any part of the body from the tips of the fingers to the shoulder. The proper way to determine a handball is to view it from the perspective of whether or not a player "handled" or made an action to "handle" the ball. A ball that is kicked or thrown and hits a player's hand or arm IS NOT a handball. The referees must use their judgment in determining whether or not a handball was accidental or a purposeful attempt to gain an advantage. This is a judgment call by the referee and cannot be argued. Restart is a direct kick.**

There are also occasions when the **keeper cannot use his or her hands**: 1) If the keeper is outside of their box, 2) If a back-pass occurs. A keeper cannot pick up a pass that came directly from one of their teammates. In these situations, the keeper may only use their feet. Situation (1) is a direct kick, (2) is an indirect kick.

TWO-TOUCH RULE – A player cannot touch the ball twice in a row when putting the ball into play. If a player kicks or throws the ball to begin play, they cannot touch it again until another player has made a play on the ball. This applies to all kicks and throw-ins with the exception of a drop-ball restart. During a goal kick, if the ball does not leave the penalty area, the kick will be retaken.

FOULS – Soccer is a contact sport. Bumping and going shoulder-to-shoulder while competing for the ball IS permitted – even if one of the players falls to the ground. Players can and will be kicked during the game. Such activity and contact is considered fair play. However, hands and elbows must not be used. Some tripping of players also occurs. If a player is deemed by the referee to be making a legitimate attempt at the ball or if a player contacts the ball resulting in the opposing player tripping, the play is legal. However, desperate attempts at the ball or intentional tripping, is illegal. This is a judgment call by the referee and cannot be argued. Play resumes with a direct or indirect kick, depending on the infraction. Kick determination is made by the referee.

OFFSIDE – An offensive player cannot be ahead of the ball and involved in a play unless there is a defender between them and the keeper. This rule is to prevent a player from "cherry picking" – hanging out at the goal, waiting for the ball. It is not a violation of the rules for a player to situate themselves in such a location until the player becomes involved in the play. Offside will be called when the ball is kicked to the player, not when the player receives the pass. Players cannot be called offside when they are on their own half of the field or during a corner kick, goal kick, or throw-in. Offside rule will be enforced in the U10 – U18 age divisions. Play restarts with an indirect kick.

GOALS – A player can score directly from a kick off. A player cannot score directly from a throw-in. If a defender accidentally causes the ball to go into their goal, it counts as a goal for the opposing team, unless the goal occurs during a goal kick. This would result in a corner kick for the opposing team.

DIRECT and INDIRECT KICKS – Play can begin with both direct and indirect kicks. Examples of the most common follow:

Formal starts such as centerfield kickoff, goal kicks and corner kicks are all direct. A goal may be scored without the ball touching another player from these restarts. Direct kicks also apply to handball infractions and tripping fouls.

Indirect kicks apply mainly to offside and dangerous play situations. Dangerous play may be from a high kick or playing on the ground, or too aggressive play. Dangerous play is solely the referee's call to make. A high kick is generally considered dangerous when the foot raises above the hip area and is in close proximity to other players. A referee considers the players, skill involved, proximity to other players, etc. when making these calls.

SUBSTITUTIONS – A team may substitute on their own throw-in possession, during either team's goal kick, or during center kick-off (after goal is scored or half time). There is no substitution during a corner kick or a penalty kick. If there is a player injury, that player may be substituted.

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Youth Soccer League Rules (General)

Micro Soccer

Field: U6 size field, 75' x 60'

Ball: size 3

Players: 8-10 per team, 4v4

Time: 45 minute practices, 4: 6 minute quarters

Equipment: shoes (cleats optional), shin-guards, ball, shirt, shorts, socks

Referees: none/coach

General Rules:

- No Headers per concussion protocol
- No offside calls
- No Goalies
- Ball goes out of bounds – no whistle, coach to put ball back in play, play-on
- No over-aggressive play
- Begin play with kickoff from center circle with forward progression

Emphasize FUN!

U6

Field: 75' x 60'

Ball: size 3

Players: 10-12 per team, 5v5

Time: 4: 7 minute quarters

Equipment: shoes (cleats optional), shin-guards, ball, shirt, shorts, socks

Referees: none/coach

General Rules:

- No Headers per concussion protocol
- No offside calls
- Ball goes out of bounds – no whistle, coach to put ball back in play, play-on
- No over-aggressive play
- Begin play with kickoff from center circle with forward progression
- No goalies
- Defensive players are allowed

Emphasize FUN!

U8

Field: 120' x 75'

Ball: size 3

Players: 12-14 per team, 7v7

Time: 2x 25 minute halves

Equipment: shoes (cleats), shin-guards, ball, shirt, shorts, socks

Referees: 1

General Rules:

- No Headers per concussion protocol
- No offside calls
- Throw-ins – feet on ground, ball behind head
- No sliding or over-aggressive play
- All free kicks are indirect (no penalty kicks)
- Begin play with direct kickoff from center circle with forward progression
- **Emphasize FUN!**

U10**Field:** 180' x 120'**Ball:** size 4**Players:** 14-16 per team, 8v8**Time:** 2: 25 minute halves**Equipment:** shoes (cleats), shin-guards, ball, shirts, shorts, socks**Referees:** 1**General Rules:**

- No Headers per concussion protocol
- Offside calls will be made
- Throw-ins – feet on ground, ball behind head
- No sliding or over-aggressive play
- Direct and Indirect kick rules apply
- Penalty kicks are taken 8 yds. from goal line
- Begin play with direct kickoff from center circle with forward progression
- **Emphasize FUN!**

U12**Field:** 210' x 135'**Ball:** size 5**Players:** 16 per team, 10v10**Time:** 2: 30 minute halves**Equipment:** shoes (cleats), shin-guards, ball, shirts, shorts, socks**Referees:** 1- 2**General Rules:**

- No Headers per concussion protocol
- Offside calls will be made
- Throw-ins – feet on ground, ball behind head
- No sliding or over-aggressive play
- Direct and Indirect kick rules apply
- Penalty kicks are taken 10 yds. from goal line
- Begin play with direct kickoff from center circle with forward progression

Emphasize FUN!U14**Field:** 330' x 210'**Ball:** size 5**Players:** 18 per team, 11v11**Time:** 2: 35 minute halves**Equipment:** shoes (cleats), shin-guards, ball, shirts, shorts, socks**Referees:** 2-3**General Rules:**

- Headers are allowed
- Offside calls will be made
- Slide tackles allowed, must be clean and not over-aggressive at referee's discretion!
- Throw-ins – feet on ground, ball behind head
- Direct and Indirect kick rules apply
- Penalty kicks are taken 12 yds. from goal line
- Begin play with direct kickoff from center circle with forward progression

Emphasize FUN!U18**Field:** 330' x 210'**Ball:** size 5**Players:** 15 or 18 per team, 9v9 or 11v11 (dependant on number of participants in league)**Time:** 2: 40 minute halves**Equipment:** shoes (cleats), shin-guards, ball, shirts, shorts, socks**Referees:** 2- 3**General Rules:**

- Headers are allowed
- Offside calls will be made
- Throw-ins – feet on ground, ball behind head
- Slide tackles allowed, must be clean and not over-aggressive at referee's discretion!
- Direct and Indirect kick rules apply
- Penalty kicks are taken 12 yds. from goal line
- Begin play with direct kickoff from center circle with forward progression
- **Emphasize FUN!**

GAME DURATION

U8—20 minute halves
 U10—25 minute halves
 U12—30 minute halves
 U14—35 minute halves
 U18—40 minute halves

BALL SIZE

U8-3
 U10-4
 U12-5
 U14-5
 U18-5

of players

U8-7v7
 U10-8v8
 U12-10v10
 U14-11v11
 U18-11v11

HAND BALL

U8—indirect kick
 U10—direct kick from the location where occurred
 U12—direct kick from the location where occurred
 U14—direct kick from the location where occurred
 U18—direct kick from the location where occurred

HAND BALL IN THE BOX

U8—indirect kick
 U10—penalty kick unless keeper which is a indirect kick
 U12—penalty kick unless keeper which is a indirect kick
 U14—penalty kick unless keeper which is a indirect kick
 U18—penalty kick unless keeper which is a indirect kick

FOUL

U8--indirect kick
 U10—direct kick from where foul occurred
 U12—direct kick from where foul occurred
 U14—direct kick from where foul occurred
 U18—direct kick from where foul occurred

FOUL IN THE BOX

U8—indirect kick
 U10 - penalty kick
 U12—penalty kick
 U14- penalty kick
 U18—penalty kick

OFF SIDES

U8---NONE
 U10--indirect kick for the opposing team
 U12—indirect kick for the opposing team
 U14—indirect kick for the opposing team
 U18—indirect kick for the opposing team

HEADER

U8—not allowed
 U10—not allowed
 U12—not allowed
 U14- -allowed

U18--allowed

HEADER IN THE BOX

U8—indirect kick
 U10—indirect kick
 U12—indirect kick
 U14- -allowed
 U18--allowed

YELLOW CARD

In essence, a yellow card is given as a caution or warning. It provides players receiving them another chance to stay on the field for the remainder of the game, whereas a red card means that the player has to leave the pitch with immediate effect.

In essence, however, there are six offenses that will bring out a yellow card:

- Unsportsmanlike behavior
- Dissent by word or deed
- Repeated infringement of the rules
- Delaying the restart of play
- Not maintaining the correct distance from a corner or free kick.
- Leaving or re-entering the field of play without the referee's permission.

How many yellow cards equal a red card?

- Accumulating two yellow cards in a single game will result in a red card and an ejection from the match. Repeat violators over multiple games also face stiff penalties.

RED CARD

Red cards make up the fabric of soccer, with some suspensions as minimal as a one-game but more severe ones can result in a ban of three matches

SUBSTITUTIONS

Substitutions can occur on any stoppage of play at the referees' discretion as long as subs are at the center line.

PARENT SAFETY LINE

Parents should be behind the orange safety line.

SLIDE TACKLING

U8-not allowed
 U10-not allowed
 U12-not allowed
 U14-allowed
 U18—allowed

Legal to play from the ground.