



Youth Soccer Rules

This rulebook is a guide to procedures, rules, and responsibilities for playing and officiating for the Canon City Recreation and Park District Youth Soccer Program. Safety, fair play and sportsmanship are the primary concerns. This program is intended as a recreational activity and its purpose is the enjoyment of the sport with fellow participants.

It is recommended that you read through this rule book and address any concerns you may have before the season begins.

THE PROGRAM

Program Goals: The goals of the youth soccer program are to help develop the physical, mental and social skills of all the participants, provide a safe environment for the children to participate in athletics promote sportsmanship, and to allow the children to have fun.

Warning Statement: To participants, parents and coaches: Although participating in supervised athletics can be one of the least hazardous activities in which a person will engage: by nature, athletics include a chance of injury. Players must obey all the safety rules, and report all physical problems to their coaches.

Safety: For protection and safety of all participants, wearing jewelry is not allowed. If the article cannot be removed, then it must be taped.

Insurance/Injuries: We DO NOT carry insurance for players, coaches or officials. Participants are responsible for all charges resulting from medical emergencies. We do provide some first-aid equipment for minor injuries.

In the event of an injury on the field, the site supervisor will assist by calling for medical help upon request of the coach or parents.

Cancelled or Rescheduled Games: We will contact all the coaches in the case of game cancellation and/or rescheduled games. I will also post any cancellations and/or rescheduled games on our website www.ccrec.org.

Game Site: All games will be played at Pathfinder Regional Park

Equipment/Field: Uniforms shirts will be provided by the Recreation District. The players are responsible for shorts, shoes (no metal cleats) and shin guards. The socks must be worn over the shin guards.

*Coaches must wear the shirt that is provided by the Recreation District.

Players and Substitutes

- A regulation team consists of 7 players (one of which will be the goalkeeper). A team may start with a minimum of 5 players.
- Each player must play in half of the game. If a player is a non-starter, then the next scheduled game he/she must be in the starting line-up. For the safety of all players, rotate substitutions frequently throughout the game if possible. Head coaches do not carry out the substitution rule in full will be subject to disciplinary action. EXCEPTION: If a player continuously misses practice or never comes to practice, then the coaches can decide to play or not to play the individual equally. Make sure that you give the parents and players prior warning.

A team must notify the referee on all substitutions. No player may come onto the field without permission of the referee. Either team may substitute under the following conditions:

1. On either team's goal kick or their own throw-in or their own corner kick.
2. When a player has been injured, and only for the injured person. The opponents may substitute a like number of players.
3. When a player has been cautioned (yellow card). Each team may substitute one player for each player cautioned. The player cautioned must leave the field until his/her team's next substitution opportunity. D. After a goal.

The Game

Length of Game:

- Strikers League 5 & 6 year olds – (4) 10 minute quarters (1 minute break between quarters and 5 minute break at halftime)
- World Cup and United Leagues:
 - The game will consist of two 25 minutes halves with a continuous running clock. Halftime will not exceed 5 minutes
- The clock will stop for all injuries.
- The referee reserves the right to stop the clock at his/her discretion for player(s) actions that violate the spirit of the game.
- Time outs will not be allowed.
- Winner of the coin toss will choose which goal they want to defend and will receive ball in second half.
- The referee will whistle the ball into play. The kickoff must be taken from the center of the field. Each team must be on their own half, and the defensive team must be 10 yards off the ball at the time of the kickoff. To kickoff the ball, it must roll forward. The player who kicked off the ball may not touch the ball until another player touches the ball. Violation of the forward rule will result in a retake of the kickoff. A goal may be scored directly from the kickoff.

- A goal may be scored during play directly from a direct free kick, penalty kick, corner kick, goal kick, drop ball. A goal may not be scored directly from an indirect free kick or a throw-in. To score a goal, the ball must completely cross the goal line. After the goal, the ball is returned to the center of the field for another kickoff. The team that gave up the goal will kickoff.
- Teams will change ends at halftime. The team that did not kickoff in the 1st-half will kickoff in the 2nd half.
- The ball is out of play when it completely crosses the sidelines or the end lines. The referee will blow his/her whistle to signify when the ball is out of play.
- The referee blowing his/her whistle warrants a dead ball (even if inadvertent).
- To restart play, the following methods are used:
 - A. Throw-ins: When the ball crosses the sidelines.
 - B. Goal kick: When the ball crosses the end line and the offense touched the ball last.
 - C. Corner kick: When the ball crosses the end line and the defense touched the ball last. The ball is placed a yard away from the corner marker and kicked. A goal may be scored directly from the corner kick.
 - D. Direct and indirect free kicks: Taken after a foul has been called.
- Ball in play: The ball is still in play if it stays in-bounds after rebounding off the goal, referee, or corner flags.
- A drop ball will be called when play is stopped due to an injured player, inadvertent whistle or when it is not clear whom the ball last touched before going out of bounds. A drop ball is when the referee drops the soccer ball between a player from each team; the ball has to touch the ground before it can be kicked by either player.

Offside

- A player is in an offside position when nearer to their opponent's goal line than the ball, unless (1) the player is in his/her own half of the field of play or (2) the player is not nearer to the opponents' goal line than at least two opponents (3) the player is level with the last two defenders.
- A player will be penalized for offside if, at the moment the ball touches/is played by a teammate, that player is, in the opinion of the officials:
 - a. Interfering with the play or an opponent.
 - b. Gaining an advantage by being in that position.
 Penalty: Indirect free kick at the spot of the foul.
- Player shall not be penalized for offside if they receive the ball direct from a:
 - A. corner kick
 - B. throw in
 - C. drop by an official

Fouls and Misconduct:

Fouls and misconduct are penalized as follows:

- **Red Card:** Any player who receives a red card must sit out the remainder of the game in which they received the red card and the next scheduled game.
 - If a player receives another red card during the same season, then that player will sit out the remainder of the season.
- **Direct Free Kick:** A direct free kick is awarded to the opposing team if a player commits any of the following ten offenses in a manner considered by the referee to be careless, reckless or using excessive force:
 - A. Kicks or attempts to kick an opponent
 - B. Trips or attempts to trip an opponent
 - C. Jumps at an opponent
 - D. Charges an opponent
 - E. Strikes or attempt to strike an opponent
 - F. Pushes an opponent
 - G. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
 - H. Holds an opponent
 - I. Spits at an opponent
 - J. Picks up the ball or touches the ball with their hands

A direct free kick is taken where the offence occurred. **All opponents must be 10 yards away from the ball.**

- **Penalty Kick:** A penalty kick is awarded if one of the ten offences listed above is committed inside their own penalty area.
- **Indirect Free Kick:** An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offences:
 - A. Takes more than six seconds while controlling the ball with his hands, before releasing it from his possession.
 - B. Touches the ball again with his hands after it has been released from his possession and has not been touched by another player.
 - C. Touches the ball with his hands after it has been deliberately kicked to him by a teammate.

An indirect free kick is also awarded to the opposing team if any player commits any of the following offences:

- A. Plays in a dangerous manner
- B. Impedes the progress of an opponent
- C. Prevents the goalkeeper from releasing the ball from his hands
- D. Commits any other offence, not previously mentioned, for which play is stopped to caution or dismiss a player.

An indirect free kick is taken where the offence occurred. **All opponents must be 10 yards away from the ball.**

- **Goal Kick:** May be taken from any point inside the goal area. Opponents must be 10 yards away.
- **Corner Kick:**
 - Opponents must be 10 yards away from the ball.
 - A goal can be directly scored from a corner kick.
 - The player who kicks the corner kick cannot touch the ball a second time until after another player has touched the ball.