

GHCSA – YOUTH SOCCER

SNAPSHOT OF LOCAL LEAGUE RULES FOR UNDER 7 & Under 8 (5 versus 5) GAMES

08/11

This is not a comprehensive definition of the rules, only a summary. All rules are to be based upon the principles of the FIFA Laws of the Game with modifications allowed for small-sided play.

LAW 1 – THE FIELD:

- A. Recommended dimensions: **35 yards by 45 yards**
- B. Field Markings to include touchlines, halfway line, goal lines, and;
 - 1) Center Mark with a **6 yard** radius Center Circle.
 - 2) Goal Area Arc measuring **10 yards** wide and **4 yards** deep
 - 3) Penalty Mark is set at mid-field (center mark)
 - 4) Penalty Area is not used
 - 5) Corners marked with 2 foot radius arc and corner flags.
- C. Goals: 4 feet high by 6 feet wide with net in good condition

LAW 2 – THE BALL:

Size three (3) ball, properly inflated, in good condition.

LAW 3 – PLAYERS:

- A. Each team will have at least **4** and a maximum of **5** players on the playing field at any one time.
- B. Each player to be given opportunity to play at least 50% of game.
- C. No Goal Keeper or stationary defender used. A roaming defender may be used but must move with the flow of the ball. After second warning is issued by the referee for rule violation, a penalty kick from mid-field will be awarded to the opposing team for each subsequent violation.
- D. Unlimited substitutions may be made with permission from Referee at:
 - 1) a throw-in for team in possession only. (No substitutions on corner kicks will be allowed)
 - 2) a goal kick, after a score, or injury by either team,
 - 3) start of each quarter and at half time by either team.

LAW 4 – PLAYERS EQUIPMENT:

- A. YMCA provided jersey and solid black shorts to be worn on top of all other clothing and must be tucked in. If the opposing team jerseys are of same color, then the home team must put on pinnies over jersey.
- B. Tennis shoes or soft cleated soccer shoes.
- C. Proper shin-guards are mandatory, worn under the sock.
- D. Absolutely no jewelry (includes ear rings), wristwatches, or casts.

LAW 5 – REFEREE:

- A. Scheduled by Referee Assignor - USSF Grade 9 Referee certification required.
- B. Enforces the Laws of the Game, keeps time and game report, stops play for foul or injury, determines if field and equipment appear safe, stops game if needed, may require Coach to leave field for improper conduct, gives advantage when warranted, determines proper restart, has final decision on play and fouls.
- C. Holds pre-game meeting with Coaches and Players.
- D. Indicates direction of play after each whistle or stoppage of play
- E. May correct a decision if ball has not yet been put back into play.
- F. Referee may decide to stop the game for weather. Play continues if cold or light rain. Any indication of lightening = immediate stop.
- G. Referee to report all misconduct to the league.

LAW 6 – REFEREE LINESMAN:

Not used in Under 7 & Under 8, 5 V 5.

LAW 7 – DURATION OF THE GAME:

- A. Four continuous **12 minute** quarters with breaks given between quarters (2 minutes) and at half time (5 minutes).
- B. Referee game clocks will begin at designated game times. Referee to deduct time from game if start is delayed to prevent delay to next game.

LAW 8 – START OF PLAY:

- A. Prior to commencement of game, the Referee shall conduct equipment check, prayer, and coin toss.
- B. Referee to toss coin and give the call to visiting team captain. Winner has choice of goal. Opposing team is awarded kickoff.
- C. Game starts by player kicking ball forward from Center Mark. The kicker cannot be the first player to re-touch the ball. Opposing team must be outside center circle until ball is played.
- D. After a score, opposing team kicks off in the same manner.
- E. At half time, teams change ends and opposite team kicks-off.
- F. A goal may not be scored directly from a kick-off (no Goalie).

LAW 9 – BALL IN AND OUT OF PLAY:

The ball is in play at all times except for:

- 1) When ball has wholly crossed a goal line or touchline.
- 2) When game has been stopped by the Referee. Referee to use best effort to stop play when there is a risk of injury due to fallen players kicking at the ball or being near active play on ball.

LAW 10 – METHOD OF SCORING:

- A. Goals must be scored from outside the Goal Area arc. Referee to disallow goal (goal kick restart) if attackers score from within arc.
- B. Defenders may enter Goal Area arc after ball has crossed into arc to play the ball out but cannot use hands. Defenders shall not be 'set' within Goal Area and defensive walls shall not be formed inside the arc line. Goals scored within arc by defenders (own net) count.
- C. **Four attackers** must be on the attack-side of field to score. Referee to use best effort to confirm number of attackers.
- D. Ball must wholly cross goal line between goal posts.
- E. Referee should point at Center Mark to indicate a scored goal.
- F. **Scores will be recorded and reported by Referee.**

LAW 11 – OFFSIDE:

Not used in Under 7 & Under 8, 5 V 5.

LAW 12 – FOULS AND MISCONDUCT:

- A. Fouls include hitting, kicking, tripping, jumping upon, charging, pushing, holding, handling or other dangerous or non-sportsmanlike conduct. No sliding tackles allowed for Under 7 or Under 8.
- B. Deliberate ball "handling" (hand or arm) for the purpose of gaining control of the ball or preventing a score is a foul. Protecting oneself from a hard kicked ball is not a foul.
- C. All fouls will be explained to the offending player, and a free kick is awarded to the other team at the spot of the foul.
- D. When a free kick is taken, the kicker cannot be the first player to re-touch the ball. "Two touches" on a kick-off or free kick is a foul.
- E. Players may be warned (yellow card) for unsporting behavior, dissent, repeatedly breaking rules, delaying restarts, not respecting required distances, and leaving or entering field without Referee permission.
- F. Referee may send off (red card) players for serious foul play, violent conduct, spitting at others, denying an obvious goal by handling or by foul, insulting or abusive language or gestures, or by receiving two cautions in same game.

LAW 13 – FREE KICKS:

- A. All free kicks in Under 7 & Under 8, 5 V 5 shall be "indirect", meaning a goal can only be scored if the ball subsequently touches another player before it enters the goal.

- B. Opposing team must be at least 5 yards from the spot of the free kick unless the spot of the free kick is too close to the Goal. The focus is on allowing players to have some reaction time to a hard kick. Referee to direct players to step back if too close.
- C. Kicker shall wait on Referee to signal the start of the free kick.
- D. No free kicks shall be taken within the Goal Area.

LAW 14 – PENALTY KICK:

- A. A penalty kick can be awarded for continual violation of "roaming defender" and/or "arc" rule. After second warning is issued by the referee for rule violation, a penalty kick from mid-field will be awarded to the opposing team for each subsequent violation.

LAW 15 – THROW-INS:

- A. Used when the ball is kicked out of play across a sideline. The throw-in is awarded to the team that did not touch the ball last.
- B. The throw-in to be taken where indicated by the referee.
- C. Player must have both feet in contact with the ground and behind the touchline while making the throw. Player to use both hands to deliver the ball from behind and over the head.
- D. Defenders must be 2 yards from thrower.
- E. **Improper throw-in technique results in change of possession.**
- F. Thrower cannot be the first to re-touch the ball (foul).
- G. A goal may not be scored directly from a throw-in.

LAW 16 – GOAL KICK:

- A. When an attacking player kicks the ball out of play across the goal line, a goal kick is awarded to the defending team.
- B. The goal kick shall be taken anywhere within the arc area. Any defending team player may take the kick. Ball must move forward.
- C. Attackers must be at least **6 yards** from the kick. Referees to direct players to step back if too close.
- D. A goal may not be scored directly from a goal kick (no Goalie).

LAW 17 – CORNER KICK:

- A. When a defending player kicks the ball out of play across the goal line, a corner kick is awarded to the attacking team. Referee should indicate by pointing at the corner to be used.
- B. The ball is placed on the corner arc nearest the side where it went out. Corner flag may not be moved.
- C. The defending team must be at least **6 yards** from the corner arc. Referee to direct players to step back if too close.
- D. A goal may be scored directly by a corner kick.

LAW 18 – COACHES and PARENTS:

- A. No tobacco products or alcoholic beverages allowed.
- B. Coaches, parents and spectators shall respect the emphasis of the YMCA's Youth Soccer Program towards the development of all participants (players, referees, and coaches). This is a **developmental, recreational league**.
- C. Coaches must visibly display the NTSSA issued identification badge to be on the field or on team's sideline during games.
- D. **Only Referees and players are allowed on the field during play.**
- E. No one should be allowed to run along sidelines during play, be behind the goal lines, or be within 10 yards of goal lines.
- F. Parents and spectators should be on other side of field from coaches and players and shall not yell at or disrespect the players of either team, the coaches, the referees, or other spectators. Coaches are held responsible for parents' behavior.
- G. Coaches and players shall shake hands after each game. No "score-boarding", insults, or taunting allowed.