

# Roanoke Youth Sports

## Soccer Rules

Updated July 2015 – changes shown in italics and bold

### Age Specific Rules

#### 11-14 Year Old Age Group

1. Size 5 soccer ball
2. 11 players on each side (*includes goalie*)
3. 25 minute halves with 5 minute halftime
4. Offside will be called

#### 8-10 Year Old Age Group

1. Size 4 soccer ball
2. 9 players on each side (if both coaches have enough players) – *includes goalie*
3. 12 minute quarters, 2 minutes between quarters, and 5 minute halftime
4. Offside will be called

#### 6-7 Year Old Age Group

1. Size 4 soccer ball
2. 7 players on each side (*includes goalie*)
3. 10 minute quarters, 2 minutes between quarters, and 5 minute halftime
4. Off-sides will not be called as a penalty. In the event of an off-sides infraction, the referee will note the infraction to the coach so the coach can instruct the player to avoid future infractions. Repeated infractions by a team may result in disciplinary action by RYS.

#### 4-5 Year Old Age Group

1. Size 3 soccer ball
2. **5 players on each side** (*includes goalie*)
3. 8 minute quarters, 2 minutes between quarters, and 5 minute halftime
4. Offside will not be called.
5. Throw-ins must be overhead with referee to allow second chance before change of possession.
6. 1 person per team is allowed to stand behind/beside the goal to help instruct the goalie.
7. Kickoffs -- referee to allow second chance before change of possession if kicker touches ball after kick and before another player touches ball.

### Equipment Requirements

1. Shin Guards are mandatory and must be worn under socks.
2. Cleats are optional (no metal cleats, no sandals)
3. No jewelry, watches or hard hair clips.
4. Tee shirts will be furnished and will be tucked in.

5. Goalie will be provided a shirt for game use.

6. All players will wear black shorts.

### Exceptions to the Standard Youth Soccer Rules

1. Each player will play half of the game. (Exception: injury, illness, or discipline)

2. The winner of the coin toss will decide if they want the ball first or pick the goal to defend.

3. Unlimited substitutions may be made for each player.

4. Substitutions may be made by the offensive team on their corner kicks.

5. A player being yellow carded has to leave the field until at least the next substitution.

6. Each team gets one timeout during each half that they can take when they can legally substitute.

7. The game ends when time expires. No tie breakers, no overtime, no shoot outs. (Exception: tournament)

8. Unsportsmanlike conduct is not allowed and will result in eviction from the park at the officials' discretion. This includes foul language, boasting and disrespect of officials by players, coaches or parents. Players can be removed from the game as a result of a parent's conduct. Continued problems will result in a suspension from Roanoke Youth Sports. This is at the discretion of the board of directors.

9. No slide tackles are permitted in an attempt to take the ball from an opponent. Goalies are exempt. Dangerous play foul will be called (indirect kick). If slide tackle is done and cleats are high enough to hurt the other player, a yellow or red card should be shown depending on the force of the slide. A direct kick will be awarded for a rough slide tackle.

10. Warm-ups can be done on the playing field between games if time allows. Warm-ups should take place prior to the game and away from the playing field.

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11. When each game is over, the next game will start immediately.

12. In the case of a team not having enough players present, the referee will choose sides and a game will be played. The team that is short of players will forfeit this game. Both teams are required to participate in the subsequent “scrimmage”.

13. Coaches must keep players safe and under control during the game.

14. After each game, players shall line up and shake hands with the opposing team.

15. Spectators must watch from the opposite side of team sideline.

16. Tournament Playoff - Overtime Situations-5 minute playoff followed by 5 and 5 shoot-out, chosen from players on the field at end of the overtime game play. If the 5 and 5 shoot-out results in a tie, new players will be selected for the next round of 5 and 5 shoot-out. The new shooters need not have been on the field at the end of regulation. The 5 and 5 shoot-out scenario is completed until an eventual winner is declared. Unless an injury has occurred, no player shall participate in consecutive shoot-outs in the same game. A goalie may be selected for a round of 5 and 5 shooters, but they may not be in a goalie during that same shoot-out.

17. Coaches are encouraged to promote fair play. Part of coaching is leading by example. No coach shall smoke while in contact with the players, nor shall swearing be allowed. Coaches are expected to conduct themselves in an appropriate manner.

18. Coaches shall not reschedule games.

### Standard Youth Soccer Rules

1. Teams will switch goal at half-time.

2. Official time is kept by the referee.

3. Substitutions can be made:

- On any goal kick
- On an offensive corner kick
- During a time-out (by either team)
- On an offensive throw-in (defensive team can too if the offense is subbing)

- On a defensive throw-in (if the offensive team is also subbing)
- After a goal

4. A card system will be in place and at the referee’s discretion.  
Yellow card – warning (excessive force or reckless)  
Red card – removal (second yellow offence, violent conduct, etc.)

5. At the kickoff, the ball must travel forward and be touched by another player before the kicker can play the ball again.

6. The ball is out of play when it has wholly crossed the goal line or touchline.

7. A player may be out of bounds and still play the ball.

8. Throw-ins must be overhead with both feet on the ground. If throw-in was not properly executed possession of ball is given to the other moves to other team.

9. A drop ball will be used to restart the game after a non-penalty situation.

10. Free kicks shall be classified under two headings:  
Direct (from which a goal can be scored direct against the offending side  
Indirect (from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.)

11. Free kicks shall be taken from the place where the offense was committed.

12. A direct free kick is given at the following times:

- Kicks or attempts to kick an opponent
- Trips an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent including slide tackling
- Holding an opponent
- Spitting at an opponent
- Handles the ball deliberately
- Playing in a manner considered by the referee to be dangerous. (i.e. attempting to kick the ball while being held by the goal keeper)

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13. A penalty kick will be given if one of the above direct free kick offenses is committed within the penalty area.

14. An indirect free kick is given when a player:

- Charging when the ball is now not within playing distance.
- When not playing the ball, impeding the progress of the opponent.
- High kicking when it puts players in danger.
- Unsportsmanlike conduct by players not on the field of play.

15. A corner kick occurs when the ball passes over the end line having last been played by one of the defending team players. A member of the attacking team shall then take a corner kick.

16. A goal kick occurs when the ball passes over the end line having last been played by one of the attacking team players. A member of the defending team shall kick the ball direct into play beyond the penalty area from any point within the goal area.

17. Once the goalkeeper takes possession of the ball with their hands, it must be released by either throwing or kicking, in six (6) seconds or less, and before crossing the penalty area line. The goalie cannot touch the ball again until another player has. The six second rule is normally not called unless the goalie is purposely delaying putting the ball into play to use time off the clock (this is only done by a skilled player toward the end of the game). The referee should encourage the goalie to kick it if they are confused and don't know what to do.

18. There will be no coaches, parents, etc. out on the field during play.

19. All instructions shall be made by the coaches from the team section of the player sideline, during time-outs, and between quarters. Coaching from the end or parent side is not allowed. Coaches are to stay within their designed sideline area while coaching. There will be no crossing the centerline onto the opposing Coaches sideline area while coaching.

20. The officials have full authority during the game. They may make exemptions and they are authorized to make decisions not covered in the rules mentioned

above. Their goal is to be as consistent as possible. All officials' decisions are final.

20. A player is offside when they are closer to the goal than the second to last defender and the ball, and are on their offensive half of the field. An offside penalty is called if when a teammate kicks the ball to them and they are offside, the player plays the ball, attempts to play the ball or interferes with a defensive player. Offside is not called on a throw in or corner kick. A defensive player has to control the ball for the offside player to not be offside (a glancing ball off a defender does not nullify the offside call).

21. Referee should use the following hand signals:

- a. indirect free kick – arm straight up in the air, with reaching straight up. Hold until after ball has been kicked and another player has touched the ball. Blow whistle loud
- b. direct free kick – hand straight out pointing toward the goal where the team kicking the ball will be going. Blow whistle louder for severity of foul
- c. Show bad throw in by lifting the foot or motioning with hands that it was not thrown over the head
- d. Goal kick – point to goal
- e. Corner kick – point at 45 degree toward the corner
- f. Goal – Point to center circle and blow whistle

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