

Union County Youth Soccer Association

REC LEAGUE GENERAL RULES and CONDITIONS OF PLAY- (revised 2016)

All players, coaches, and referees must be registered and in good standing with Oregon Youth Soccer Association.

The Summer Rec League and the Fall 10U league are recreational co-ed.

RULES OF THE GAME are the F.I.F.A. (international) laws of the game- available online, with age group and local modifications.

GENERAL RULES

HEADING: *There will be no heading of the ball allowed during games or practices in the 7U, 9U, 11U leagues. Restart Procedure: restart will be an indirect free kick at the spot of the violation. If inside the goal box, restart will be placed outside of the box.

*13U and 16U teams will be limited to a maximum of 20-30 headers during practice per week. (revised 2016)

BALL SIZE: 7U & 9U #3 ball; 11U #4 ball; 13U and 16U #5 ball

TEAM SIZE: 7U: minimum of 3 and maximum of 4 players. 9U: maximum of 7 and minimum of 5 players. 11U, 13U, 16U: Maximum of 9v9, minimum of 6v6. Coaches must agree on the starting team size before the game starts (6, 7, 8, or 9 per side). Both teams must start with the same number of players. Team size may be changed later if needed. Less than six players present at game time constitute a forfeit, but not a cancellation of play! (Choose up sides and scrimmage - we have already reserved the field and a ref)

PLAYING TIME: Coaches must play every team member at least half of each game, and in multiple positions.

SUBSTITUTIONS: Please limit subs to own throw-ins or goal kicks. Both sides may sub on kick offs. Coaches are encouraged to rotate players through different positions as the season progresses.

GAME TIMES: 7U, 9U, and 11U games start at 6:00 PM, Monday through Thursday. 13U and 16U games start at 7:10 PM Monday –Thursday.

GAME LENGTH: 7U and 9U play 10 minute quarters. 11U play 12 minute quarters (try to finish by 7:00 PM). 13U and 16U play 30 minute halves.

NUMBER OF GAMES: Every team will be scheduled for ten games in the recreational (summer) season. 7U, 9U, 11U, and 13U play two games per week for five weeks. 16U play 10 games in a four week season. The total number of team events (games plus practices) should not exceed four per week, even the pre-season practices.

EQUIPMENT: Appropriate Shoes (no toe cleats, baseball cleats, or metal cleats) Shin Guards – required

Team Shirt – required (except the goalie's shirt must be different from teammates' shirts)

Game Balls – provided by the home team

Jewelry – should be removed (safety hazard). Ear rings should be removed or taped.

Casts, limb braces and bandages – must be inspected by the referee.

REC LEAGUE VS. SELECT PLAY: Summer recreational soccer is neither select soccer nor school varsity soccer. A wide variety of experience and ability are found on each team. SLIDE TACKLES ARE NOT PERMITTED. Other aggressive play may be judged by the referee to be inappropriate.

CHARGING THE GOALKEEPER: No player may make physical contact with the goalkeeper, or attempt to play the ball when the keeper has possession, or control of the ball, or has it trapped in any way, within the penalty area.

GOALKEEPER RULES: Keepers have six seconds to put the ball into play (no limit on steps). Keepers receiving a foot pass or throw-in for a teammate may not use hands on the ball. Penalty for any of the above: indirect free kick. Goalkeepers in the 9U and 11U leagues are not allowed to punt or drop kick the ball.

CONTACT BETWEEN PLAYERS: Fair charges are allowed. Sudden, aggressive bumping is not. No pushing. No grabbing.

HAND BALL: Not penalized unless the ref judges it to be intentional.

FREE KICKS: (Awarded by the referee)

INDIRECT FREE KICK: for lesser (usually non-contact) fouls

DIRECT FREE KICK: for greater (usually contact) fouls.

The direct free kick can score a goal directly (without touching anyone). The indirect free kick must touch someone else (on either team) before entering the goal in order to score. A penalty kick is direct kick. Penalty kicks will be very rare in U9 games.

OFFSIDE: This rule is intended to eliminate unfair advantage. A player behind the ball or with two opponents between him/her and the goal is not offside. Mainly, the idea is to keep players from “camping out” in front of the goal.

THROW-INS: Taken with both feet touching (or outside) the “Touch Line”, and with both hands. Refs might allow repeat attempts for 9U in the first half. 7U league utilizes PASS-INS instead of throws.

LEAGUE PHILOSOPHY: “It is the objective of UCYSA to create fun for children and youth by promoting sportsmanship and a sense of fair play within the framework of a team sport and develop an interest in and a working knowledge of soccer.” (UCYSA By-Laws) Please keep in mind that this is a recreational league. Blowouts are to be limited as creatively as possible. Every individual player is to be encouraged. When one team gets a large lead of five goals, some action should be taken by the coach and the ref, for instance playing down a player, rotating front players to the back line or having a “designated scorer”.

SUMMER REC TEAM TECHNICAL AREAS: Teams may establish technical areas on either side of the field. (Revised 9/2014)

PARENTS & SPECTATORS: Please note that no one is to stand behind the goal lines during the game. Please allow a three foot “cushion” outside the field lines for the line judges to run (and as a safety zone). Also try to set a good example for the young players.

COACHES: Take all your players’ registration forms to every practice and game, since they include signed permission for transportation in case of emergency. Players must be registered to play or practice, so that they will be protected by Oregon Youth Soccer secondary insurance. Coaches are encouraged to bring a first aid kit and ball pump to games and practices. As courtesy to the opposing coach, please keep your players and their parents on the opposite side of the field from the other team. Some problems cannot be handled at the field. Please note them on game reports and contact the head coach or head ref as necessary.

REFEREES: Make rulings as needed during the game. Teach the rules. Withhold minor penalties if stoppage creates unfair advantage (“ the Advantage Rule”). Warn players for misconduct and report it on game reports. Stop games for injuries. Suspend games for lightening (restarts possible after a time)

LINE JUDGES: (Optional) Two volunteers may be used for each game to signal when the ball crosses any outside boundary of the field, and inform the ref of substitutions. Sometimes the referee may overrule a line judges’ call.

GAME CANCELLATION: The most common reasons for canceling games are lightening and extreme heat or smoky air. Soccer is played in the rain. Just come prepared. If a game must be cancelled, please notify the head coach and the head ref in advance.

