

Modified Rules
for U6 to U12 Play

HANDBOOK FOR
SMALL SIDED GAMES

This handbook is intended to be used in conjunction with the US Youth Soccer Small-sided Game Official's classroom instruction. This 30-minute class will include a review of all of the information in this handbook as well as tips on how to manage the game, recognize a foul and handle difficult situations. For more information on this Handbook and continuing your referee instruction, please contact your state association or US Soccer for information on the video, "The Myths of the Game."

**Special Thanks to the US Youth Soccer
National Referee Committee**

Chairman: Wally Lyslo
Region I Member: Frank Giancroce
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Ellie Singer

"The Game Within the Child"
Dr. Ron Quinn

Characteristics of Under 6 & Under 8 Children
and "Describing the Player" are excerpts from
the US Youth Soccer Parent Coach Primer by;
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Contents

Player's Code	4
Welcome to the World of Soccer	5
The Game in the Child	6
Describing the Player	7
Characteristics of U6 Children	8
Characteristics of U8 Children	9
Characteristics of U10 Children	10
Characteristics of U12 Children	11
Advantages of Playing Small Sided Games	12
3v3 Guidelines for U6	14
4v4 Guidelines for U8	20
6v6 Guidelines for U10	28
8v8 Guidelines for U12	38
Adult Participation	47
Players Rights	48
Referee's Responsibilities	49

Player's Code

- Play the game for the game's sake.
- Be generous when you win.
- Be graceful when you lose.
- Be fair always, no matter what the cost.
- Learn and follow the Laws of the Game.
- Work for the good of your team.
- Accept the decisions of the officials.
- Believe in the honesty of your opponents.
- Conduct yourself with honor and pride.





Welcome to the World of Soccer...

Soccer is a universal sport. Every country in the world plays it. You and your child are joining over 3,200,000 youth players of US Youth Soccer. Go anywhere and you will be able to play and to become a part of the local action.



“The Game in the Child”

The youth soccer player is defined as any child from pre-school through adolescence. The GAME WITHIN EACH CHILD is at the center of all decisions and actions taken by the child, coach and organization. It is the ultimate goal of youth soccer development within the United States to unlock the game within each child to reach the child’s full soccer potential.



Describing the Player

Anyone involved in coaching youth sports must understand the fact that all children grow at varying degrees with regard to the development of their minds and bodies. Though we have a tendency to lump children together in our educational and sport activities, we must understand that the best way to characterize them is by their individual differences.

Children come to us at a chronological age of five, six, seven, eight, nine, ten, eleven or twelve, which shows that they are similar in chronological age only. At the ages of five through twelve, children are either filling or lengthening their bodies, and no group of them does either at an exact time. Further, the physical aspect is but one part of the differential in their growth since, as their bodies are growing and changing, so too are their thinking and psyche. We must be very aware and sensitive to their maturity and mental development. Through our understanding of this development, we can better set our level of communication. Some five year olds come with a very serious outlook on matters... while others are so frivolous, that from moment to moment, the passing of an airplane or a butterfly will completely capture their attention. That is not to say we stand around and wait for them to grow; it is to say that is the nature of the player with whom we are dealing.

Since we are discussing a team sport, the social development of these young people is also a consideration. Factors like family grouping and/or placement within the family, coupled with the varied experiences they have had, are influences on their social growth.

So the make-up of this person coming to us to become a soccer player is multiple and diverse. The intent of the previous discussion is to assist you in your observations and analysis of your players. Further, using the above as a frame of reference, you may feel more confident in training sessions with your players.

Characteristics of U-6 Children

Let's now turn our attention to some more specific notions of the characteristics of this young person known as the "*developmental player*".

- Short attention span
- Most are individually oriented (me, my, mine)
- Constantly in motion
- Psychologically easily bruised
- Little or no concern for team activities
- Physical and psychological development of boys and girls quite similar
- Eye hand and/or eye foot coordination most primitive
- Love to run and jump
- Prefer large soft balls and Nerf balls
- Catching skills not developed
- Can balance on good foot
- **NO SENSE OF PACE (GO FLAT OUT)**
This refers to their racing around in games until complete exhaustion sets in, at which point they stop, breathe, then restart at a torrid pace again.

Characteristics of U-8 Children

- Attention span beyond U-6 but still not extended
- Inclined more toward group activities
- Still in motion
- Still very sensitive. (Dislikes personal criticism in front of peers)
- Beginning to develop physical coordination (Most can ride two wheeler at this point)
- Still into running, jumping, climbing and rolling.
- More into the real game through imitation of big guys. (Sports heroes becoming important)
- STILL LACK SENSE OF PACE. (GO FLAT OUT)

Soccer is a sport that aids in psychomotor development of boys and girls.

Characteristics of U-10 Children

- Boys and girls begin to develop separately.
- Greater diversity in playing ability and physical maturity, physically mature individuals demonstrate stronger motor skills.
- More prone than adults to heat injury.
- Lengthened attention span, ability to sequence thought and actions.
- Pace factor becoming developed (starting to think ahead).
- Starting to recognize fundamental tactical concepts, such as changing direction of ball, but not always sure why.
- Repetitive technique very important, but it must be dynamic not static.
- Continued positive reinforcement needed.
- Explanations must still be brief, concise and indicate purpose.
- Peer pressure starting to be a factor.
- Adult/s outside of the family may take on added significance.

Characteristics of U-12 Children

- The average age for the beginning of pubescence in girls is 10 years with a range of 7-14, for boys is age 12 with a range of 9-16.
- Flexibility training is a key to prevention of injury.
- Overuse injuries, burnout and high attrition rates associated with high-intensity children's programs that fail to stress development and learning enjoyment.
- Begin to develop abilities to sustain complex coordinated skill sequences.
- Begins to think in abstract terms and can address hypothetical situations.
- A systematic approach to problem solving appears at this stage, the game of soccer must present the ability to think creatively and solve problems while moving.
- Beginning to spend more time with friends and less with parents.
- Whether a child enters puberty early or late has important psychological implications.
- Children are susceptible to conform to peer pressure.
- Developing a conscience, morality and a scale of values.

Advantages of Playing Small-Sided Games

Benefits to the Child:

- More time with the coach
- More practical space to be successful
- Increased number of contacts with the ball
- More actual playing time
- Energetic workouts due to playing both offense and defense
- Required to make more quality decisions
- Experience repeating game situations more frequently
- The work rate and involvement of a player stays consistent
- While learning both offense and defense, a player will become more complete and will understand more readily the roles and importance of teammates
- The smaller ball is lighter and more easily kicked, trapped, dribbled and passed.

For the complete set of modifications
for preteen players, please visit
www.usyouthsoccer.org/admin

Benefits of the Small Field:

- More efficient use of space
- Games can be played simultaneously across a full size field
- Children are physically more efficient in smaller space
- Takes less time to achieve goal or advance to goal, more successful
- Children are actively involved for a longer period of time

The game is simple and can be played without adult involvement. However, the games do have rules that players must learn to abide by.

Basic Rules:

Player Safety

Player Fun

Respect

Sportsmanship

*These basic rules apply to
players, coaches, parents
and spectators.*

ed rules, addenda and appendices
Please visit our web-site at
istrators/downloads/index_e.html

3V3 Under 6

Laws of the Game

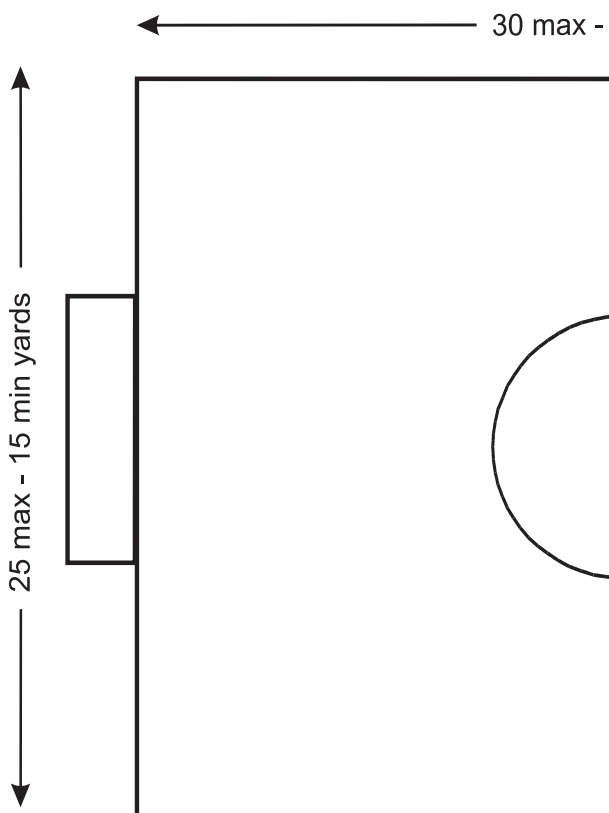
Soccer has 17 rules called Laws of the Game. These are US Youth Soccer's recommended modifications to the FIFA Laws of the Game for Under 6.

Law 1.) The Field of Play – flat, grassy field;
Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 20 yards maximum 30 yards

Width: minimum 15 yards maximum 25 yards

Field Markings: Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 4 yards is marked around it.



The Goal Area: None.

The Penalty Area: None.

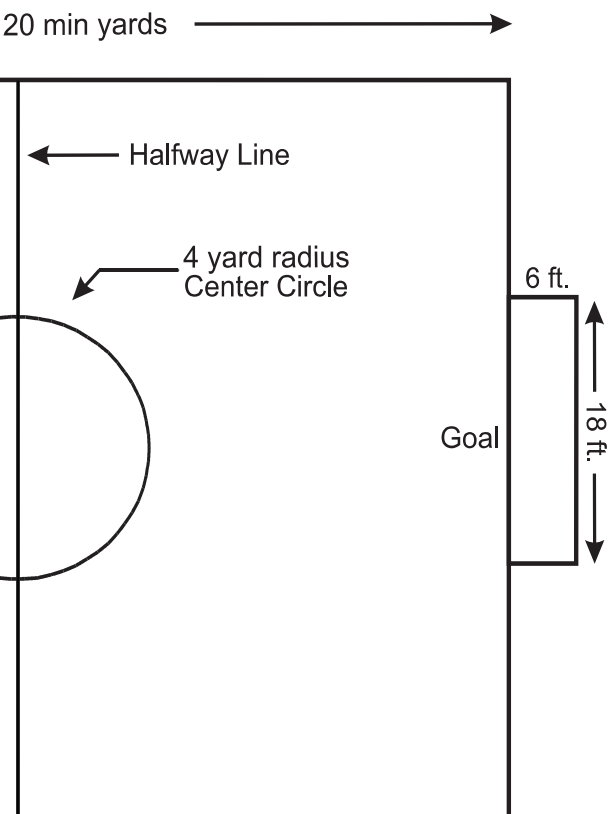
Flagposts: None.

The Corner Arc: None

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. The recommended distance between the posts is 18 feet and the distance from the lower edge of the crossbar to the ground is 6 feet. Goals may be smaller in dimension.

Law 2.) The Ball - size 3.

Law 3.) Number of players - A match is played by two teams, each consisting of not more than three players. There are NO goalkeepers.



Substitutions: At any stoppage and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and games may be coed.

Law 4.) The Players Equipment - A player must not use equipment or wear anything, which is dan-



gerous to himself or another player including jewelry. The basic compulsory equipment of a player is:

- A jersey or shirt
- Shorts
- Stockings
- Footwear
- Shinguards are covered entirely by the stockings, are made of a suitable material and provide a reasonable degree of protection.

Non uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5.) The Referee - An OFFICIAL (Game Manager or Coordinator or Parent or Coach or Grade 9 referee) may be used. All infringements shall be briefly explained to the offending player.

Law 6.) Assistant Referees - None.

Law 7.) The Duration of the Match - The match shall be divided into 4 equal, 8-minute quarters. There shall be 2-minute break between quarters one and two and another 2-minute break between quarters three and four. There shall be a half-time interval of 5 minutes.

Law 8.) The Start and Restart of Play - A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The teams switch halves at halftime. Each team alternates taking the kick-off at the beginning of each quarter. A goal may be scored directly from the kick-off. After a team scores a goal, the other team takes the kick-off. A kick-off is a way of starting or re-starting play:

- At the start of the match
- After a goal has been scored
- At the start of each quarter of play

Procedure:

- All players are in their own half of the field
- The opponents of the team taking the kick-off are at least 4 yards from the ball until it is in play
- The ball is stationary on the center mark
- The referee gives a signal
- The ball is in play when it is kicked and moves forward
- The kicker does not touch the ball a second time until it has touched another player

Law 9.) Ball In and Out of Play - The ball is out of play when:

- It has wholly crossed the goal line or touch line whether on the ground or in the air
- Play has been stopped by the referee

The ball is in play at all other times, including when:

- It rebounds from a goalpost, crossbar or corner flagpost and remains in the field of play
- It rebounds from either the referee or an assistant referee when they are on the field of play

Law 10.) Method of Scoring - A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11.) Offside - None.

Law 12.) Fouls and Misconduct - The following fouls and misconduct are penalized:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

All fouls shall result in a direct free kick. The referee/coach/parent must explain ALL infringements to the offending player. No cards shown for misconduct.

Law 13.) Free Kicks - All free kicks are direct and opponents are at least 4 yards from the ball until it is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player. If the free kick is kicked directly into the opponents' goal a goal is awarded. If a free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

Law 14.) Penalty Kick - None.

Law 15.) The Kick In - A kick-in is considered as a direct free kick with the opponents 4 yards from the ball until it is in play.

Law 16.) The Goal Kick - The goal kick should be taken within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be 4 yards away from the ball until it is in play.

Law 17.) Corner Kick - A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.

Procedure:

- The ball is placed inside the corner arc nearest to the corner
- Opponents remain at least 4 yards from the ball until it is in play
- The ball is kicked by a player of the attacking team
- The ball is in play when it is kicked and moves
- The kicker does not play the ball a second time until it has touched another player

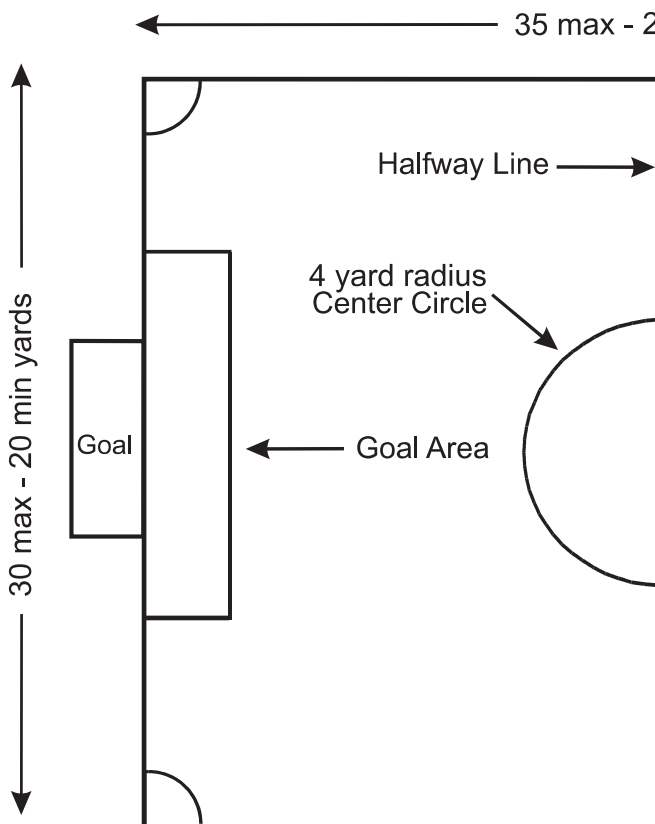
4v4 Under 8

Laws of the Game

Soccer has 17 rules called Laws of the Game. These are US Youth Soccer's recommended modifications to the FIFA Laws of the Game for Under 8.

Law 1.) The Field of Play - flat, grassy field;
Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.
Length: minimum 25 yards maximum 35 yards
Width: minimum 20 yards maximum 30 yards

Field Markings: Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 4 yards is marked around it.



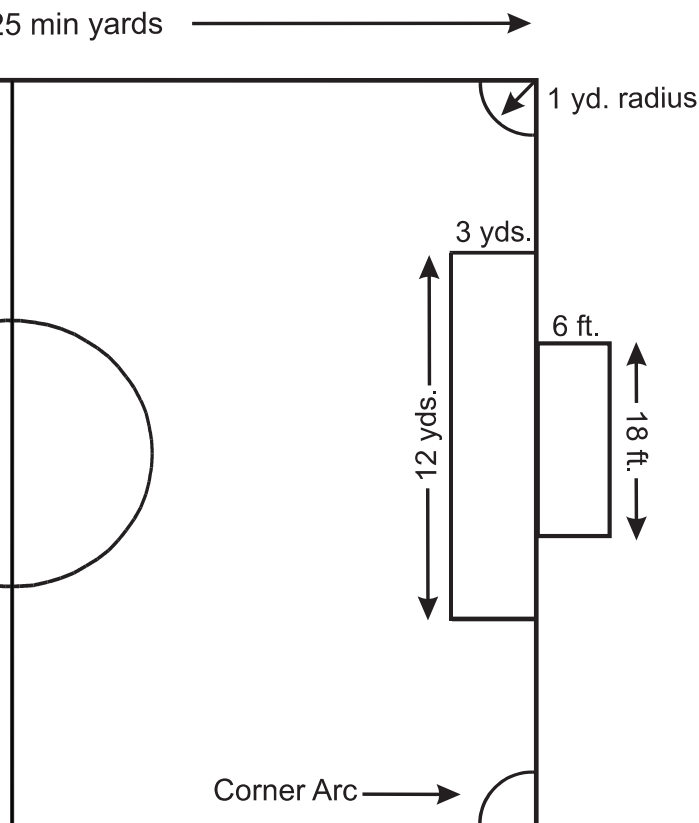
The Goal Area: A goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line 3 yards from the inside each goalpost. These lines extend into the field of play for a distance of 3 yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area: None.

Flagposts: None.

The Corner Arc: A quarter circle with a radius of 1 yard from each corner is drawn inside the field of play.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. The recommended distance between the posts is 18 feet and the distance from the



lower edge of the crossbar to the ground is 6 feet. Goals may be smaller in dimension.

Law 2.) The Ball - size 3.

Law 3.) Number of players - A match is played by two teams, each consisting of not more than four players. There are NO goalkeepers.

Substitutions: At any stoppage and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and games may be coed.

Law 4.) The Players Equipment - A player must not use equipment or wear anything, which is dangerous to himself or another player including jewelry. The basic compulsory equipment of a player is:



- A jersey or shirt
- Shorts
- Stockings
- Footwear
- Shinguards are covered entirely by the stockings; are made of a suitable material and provide a reasonable degree of protection.

Non uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5.) The Referee - An OFFICIAL (Game Manager or Coordinator or Parent or Coach or Grade 9 referee) may be used. All infringements shall be briefly explained to the offending player.

Law 6.) Assistant Referees - None.

Law 7.) The Duration of the Match - The match shall be divided into 4 equal, 12-minute quarters. There shall be a 2-minute break between quarters one and two and another 2-minute break between quarters three and four. There shall be a half-time interval of 5 minutes.

Law 8.) The Start and Restart of Play - A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The teams switch halves at halftime. Each team alternates taking the kick-off at the beginning of each quarter. A goal may be scored directly from the kick-off. After a team scores a goal, the other team takes the kick-off. A kick-off is a way of starting or re-starting play:

- At the start of the match
- After a goal has been scored
- At the start of each quarter of play

Procedure:

- All players are in their own half of the field
- The opponents of the team taking the kick-off are at least 4 yards from the ball until it is in play
- The ball is stationary on the center mark
The referee gives a signal
- The ball is in play when it is kicked and moves forward

- The kicker does not touch the ball a second time until it has touched another player

Law 9.) Ball In and Out of Play - The ball is out of play when:

- It has wholly crossed the goal line or touch line whether on the ground or in the air
- Play has been stopped by the referee

The ball is in play at all other times, including when:

- It rebounds from a goalpost, crossbar or corner flagpost and remains in the field of play
- It rebounds from either the referee or an assistant referee when they are on the field of play

Law 10.) Method of Scoring - A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11.) Offside - None.

Law 12.) Fouls and Misconduct - The following fouls and misconduct are penalized:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

All fouls shall result in a direct free kick. The referee/coach/parent must explain ALL infringements to the offending player. No cards shown for misconduct.

Law 13.) Free Kicks - All free kicks are direct and opponents are at least 4 yards from the ball until it is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player. If

the free kick is kicked directly into the opponents' goal a goal is awarded. If a free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

Law 14.) Penalty Kick - None.

Law 15.) The Throw In - A throw in is a method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded:

- When the whole of the ball passes over the touch line, either on the ground or in the air
- From the point where it crossed the touch line
- To the opponents of the player who last touched the ball

At the moment of delivering the ball, the thrower:

- Faces the field of play
- Has part of each foot either on the touch line or on the ground outside the touch line
- Uses both hands
- Delivers the ball from behind and over his head

The thrower may not touch the ball again until it has touched another player. The ball is in play immediately it enters the field of play. For this age group an improperly performed throw-in can be retaken once.

Law 16.) The Goal Kick - A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

Procedure:

- The ball is kicked from any point within the goal area by a player of the defending team
- Opponents must remain outside the goal area and at least 4 yards from the ball until it is in play
- The kicker does not play the ball a second time until it has touched a second player
- The ball is in play when it is kicked directly beyond the goal area

The goal kick should be taken within 2-3 yards of

the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be 4 yards away from the ball until it is in play.

Law 17.) The Corner Kick - A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.

Procedure:

- The ball is placed inside the corner arc nearest to the corner
- Opponents remain at least 4 yards from the ball until it is in play
- The ball is kicked by a player of the attacking team
The ball is in play when it is kicked and moves
- The kicker does not play the ball a second time until it has touched another player



6v6 Under 10

Laws of the Game

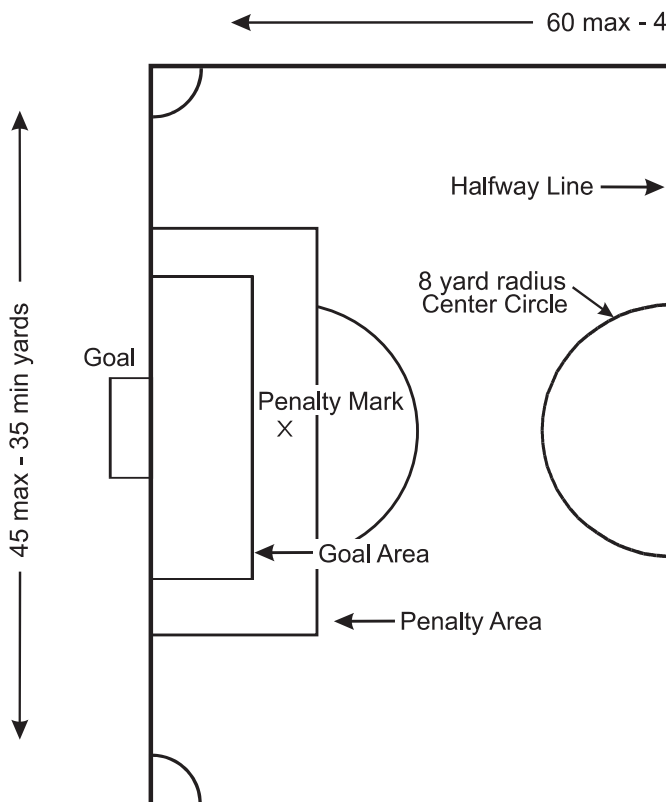
Soccer has 17 rules called Laws of the Game. These are US Youth Soccer 's recommended modifications to the FIFA Laws of the Game for Under 10.

Law 1.) The Field of Play

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 45 yards maximum 60 yards
Width: minimum 35 yards maximum 45 yards

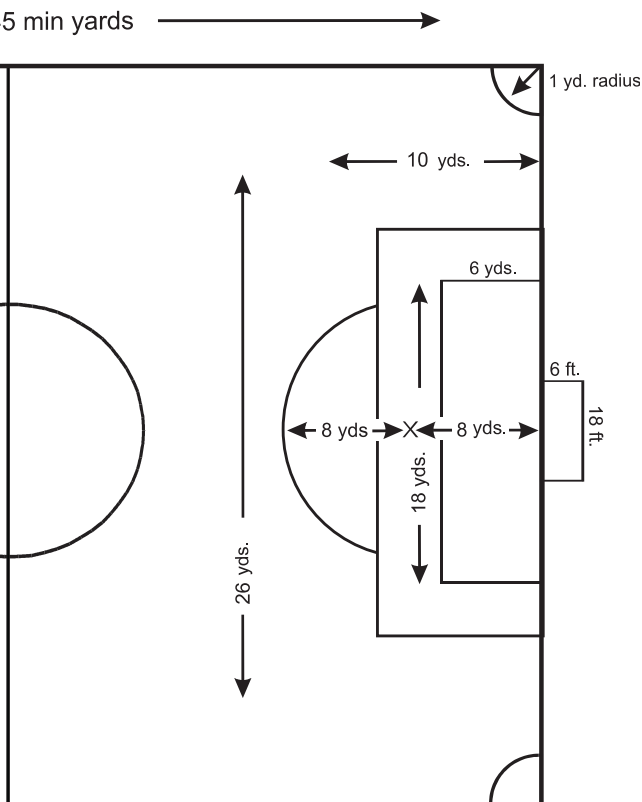
Field Markings: Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 8 yards is marked around it.



The Goal Area: A goal area is defined at each end of the field as follows:

Two lines are drawn at right angles to the goal line, 6 yards from the inside of each goalpost. These lines extend into the field of play for a distance of 6 yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, 10 yards from the inside of each goalpost. These lines extend into the field of play for a distance of 10 yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made 8 yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of 8 yards from each penalty mark is drawn outside the penalty area.



Flag posts: A flagpost, not less than 5 feet high, with a non-pointed top and a flag is placed at each corner.

The Corner Arc: A quarter circle with a radius of 1 yard from each corner flagpost is drawn inside the field of play.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is 18 feet and the maximum distance from the lower edge of the crossbar to the ground is 6 feet.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

Law 2.) The Ball - Size 4.

Law 3.) The Number of Players - A match is played by two teams, each consisting of not more than 6 players, 1 of whom is the goalkeeper.

Substitutions: At any stoppage and unlimited.
Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and matches may be coed.

Law 4.) The Players' Equipment - A player must not use equipment or wear anything that is dangerous to himself or another player, including any kind of jewelry. The basic compulsory equipment of a player is:

- A jersey or shirt
- Shorts
- Stockings
- Footwear
- Shinguards are covered entirely by the stockings, are made of a suitable material and provide a reasonable degree of protection.

Each goalkeeper wears colors that distinguish him/her from other players, the referee and the assistant referees or linesmen/women. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.



Law 5.) The Referee- Registered referee, especially Grade 9 or parent/coach or assistant coach. All rule infringements shall be briefly explained to the offending player.

Law 6.) The Assistant Referees - Not required. May use club linesmen/women if desired.

Law 7.) The Duration of the Match - The match lasts two equal periods of 25 minutes. There shall be a half-time interval of 5 minutes.

Law 8.) The Start and Restart of Play - A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The team that wins the toss takes the kick-off to start the second half of the match. In the second half of the match, the teams change ends and attack

the opposite goals. A goal may be scored directly from the kick-off. After a team scores a goal, the other team takes the kick-off. A kick-off is a way of starting or restarting play:

- At the start of the match
- After a goal has been scored
- At the start of the second half of the match
- All players are in their own half of the field
- The opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play
- The ball is stationary on the center mark
- The referee gives the signal
- The ball is in play when it is kicked and moves forward
- The kicker does not touch the ball a second time until it has touched another player

Law 9.) The Ball In and Out of Play - The ball is out of play when:

- It has wholly crossed the goal line or touch line whether on the ground or in the air
- Play has been stopped by the referee

The ball is in play at all other times, including when:

- It rebounds from a goalpost, crossbar or corner flagpost and remains in the field of play.
- It rebounds from either the referee or an assistant referee when they are on the field of play.

Law 10.) The Method of Scoring - A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11.) Offside - None.

Law 12.) Fouls and Misconduct - A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent

- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following four offences:

- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his/her own penalty area).
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his/her own penalty area, commits any of the following four offences:

- Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession
- Touches the ball again with his/her hands after it has been released from his/her possession and has not been touched by another player
- Touches the ball with his/her hands after it has been deliberately kicked to him/her by a team-mate
- Touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands

The indirect free kick is taken from where the offence occurred.

- No ball may be directly punted or drop-kicked in the air by the goalkeeper from one penalty area into the opponents' penalty area. The infraction is punished by giving the ball to the opponents for an indirect free kick taken at the center spot on the halfway line.

Law 13.) Free Kicks - All free kicks are direct and opponents are at least 8 yards from the ball until it is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player. If the free kick is kicked directly into the opponents' goal a goal is awarded. If a free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

Law 14.) The Penalty Kick - A penalty kick is awarded against a team that commits one of these offences:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

A goal may be scored directly from a penalty kick. Additional time is allowed for a penalty kick to be taken at the end of each half. When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar the ball touches either or both of the goalposts and/or the crossbar, and/or the goalkeeper. The ball is placed on the penalty mark (the penalty mark is 8 yards from the center of the goal line.) The player taking the penalty kick is properly identified. The defending goalkeeper remains on his/her goal line, facing the kicker, between the goalposts until the ball has been kicked. The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark and at least 8 yards from the penalty mark. The referee does not signal for penalty kick to be taken until the players have taken up position in accordance with the

Law. The referee decides when a penalty kick has been completed. The player taking the penalty kicks the ball forward. He does not play the ball a second time until it has touched another player. The ball is in play when it is kicked and moves forward.

Law 15.) The Throw-In - A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded:

- When the whole of the ball passes over the touch line, either on the ground or in the air
- From the point where it crossed the touch line
- To the opponents of the player who last touched the ball

At the moment of delivering the ball, the thrower:

- Faces the field of play
 - Has part of each foot either on the touch line or on the ground outside the touch line
 - Uses both hands
 - Delivers the ball from behind and over his head
- The thrower may not touch the ball again until it has touched another player. The ball is in play immediately it enters the field of play.

Law 16.) The Goal Kick - A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

Procedure:

- The ball is kicked from any point within the goal area by a player of the defending team
- Opponents must remain outside the goal area and at least four 4 yards from the ball until it is in play
- The kicker does not play the ball a second time until it has touched a second player
- The ball is in play when it is kicked directly beyond the goal area

Law 17.) The Corner Kick - A corner kick is a method of restarting play. A goal may be scored di-

rectly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.

Procedure:

- The ball is placed inside the corner arc at the nearest corner flagpost
- The corner flagpost is not moved
- Opponents remain at least 8 yards from the ball until it is in play
- The ball is kicked by a player of the attacking team
- The ball is in play when it is kicked and moves
- The kicker does not play the ball a second time until it has touched another player



8v8 Under 12

Laws of the Game

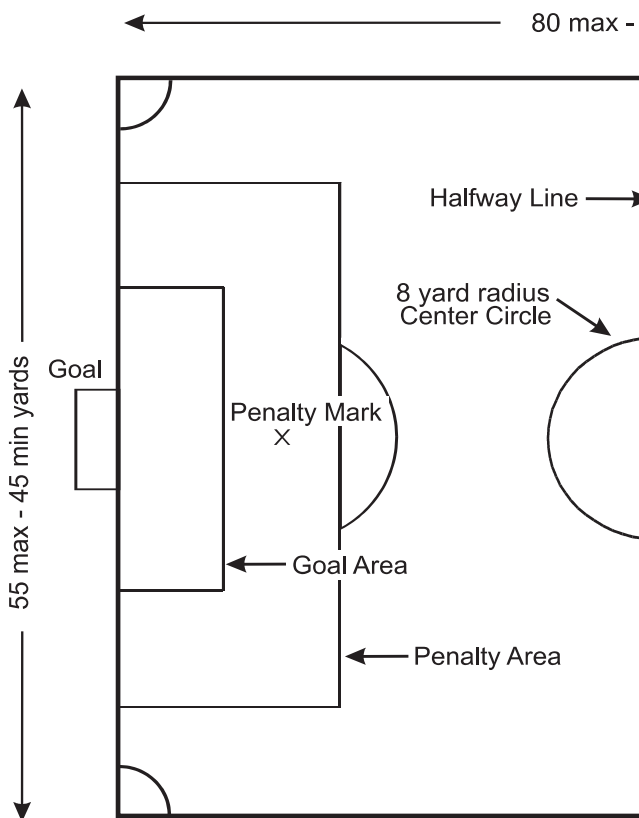
Soccer has 17 rules called Laws of the Game. These are US Youth Soccer's recommended modifications to the FIFA Laws of the Game for Under 12.

Law 1.) The Field of Play

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 60 yards maximum 80 yards
Width: minimum 45 yards maximum 55 yards

Field Markings: Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 8 yards is marked around it.



Flag posts: A flagpost, not less than 5 feet high, with a non-pointed top and a flag is placed at each corner.

The Corner Arc: A quarter circle with a radius of 1 yard from each corner flagpost is drawn inside the field of play.

Goals: Conform to FIFA with exception that the maximum distance between the posts is 18 feet and the maximum distance from the lower edge of the cross-bar to the ground is 6 feet.



Law 2.) The Ball - Size 4.

Law 3.) The Number of Players - A match is played by two teams, each consisting of not more than 8 players, 1 of whom is the goalkeeper.

Substitutions: At any stoppage and unlimited.

Law 4.) The Players' Equipment - A player must not use equipment or wear anything that is dangerous to himself or another player, including any kind of jewelry. The basic compulsory equipment of a player is:

- A jersey or shirt
- Shorts
- Stockings
- Footwear
- Shinguards are covered entirely by the stockings; are made of a suitable material and provide a reasonable degree of protection.

Each goalkeeper wears colors that distinguish him/her from other players, the referee and the assistant referees or linesmen/women. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5.) The Referee - Registered referee.

Law 6.) The Assistant Referee - Use U.S.S.F registered referees or club linesmen/women.

Law 7.) The Duration of the Match - The match lasts two equal periods of 30 minutes. There shall be a half-time interval of 5 minutes.

Law 8.) The Start and Restart of Play - A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The team that wins the toss takes the kick-off to start the second half of the match. In the second half of the match, the teams change ends and attack the opposite goals. A goal may be scored directly from the kick-off. After a team scores a goal, the other team takes the kick-off. A kick-off is a way of starting or restarting play:

- At the start of the match
- After a goal has been scored
- At the start of the second half of the match
- All players are in their own half of the field
- The opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play
- The ball is stationary on the center mark

- The referee gives the signal
- The ball is in play when it is kicked and moves forward
- The kicker does not touch the ball a second time until it has touched another player

Law 9.) The Ball In and Out of Play - The ball is out of play when:

- It has wholly crossed the goal line or touch line whether on the ground or in the air
- Play has been stopped by the referee

The ball is in play at all other times, including when:

- It rebounds from a goalpost, crossbar or corner flagpost and remains in the field of play.
- It rebounds from either the referee or an assistant referee when they are on the field of play.

Law 10.) The Method of Scoring - A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11.) Offside - It is not an offense in itself to be in an offside position. A player is in an offside position if he/she is nearer to his/her opponents' goal line than both the ball and the second last opponent. A player is not in an offside position if he/she is in his/her own half of the field or he/she is level with the second last opponent or he/she is level with the last two opponents or he/she is level with the ball. A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his/her own team, he/she is, in the opinion of the referee, involved in active play by interfering with play or interfering with an opponent or gaining an advantage by being in that position. There is no offside offense if a player receives the ball directly from a goal kick, a throw-in or a corner kick.

Law 12.) Fouls and Misconduct - A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following four offences:

- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his/her own penalty area).
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

The direct free kick is taken from where the offense occurred.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his/her own penalty area, commits any of the following four offences:

- Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession
- Touches the ball again with his/her hands after it has been released from his/her possession and has not been touched by another player
- Touches the ball with his/her hands after it has been deliberately kicked to him/her by a team-mate
- Touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands

The indirect free kick is taken from where the offence occurred.

Law 13.) Free Kicks - All free kicks are direct and opponents are at least 8 yards from the ball until it is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a

second time until it has touched another player. If the free kick is kicked directly into the opponents' goal a goal is awarded. If a free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

Law 14.) The Penalty Kick - A penalty kick is awarded against a team that commits one of these offences:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

A goal may be scored directly from a penalty kick. Additional time is allowed for a penalty kick to be taken at the end of each half. When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar the ball touches either or both of the goalposts and/or the crossbar, and/or the goalkeeper. The ball is placed on the penalty mark. The player taking the penalty kick is properly identified. The defending goalkeeper remains on his/her goal line, facing the kicker, between the goalposts until the ball has been kicked. The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark and at least eight yards from the penalty mark. The referee does not signal for penalty kick to be taken until the players have taken up position in accordance with the Law. The referee decides when a penalty kick has been completed. The player taking the penalty kicks the ball forward. He does not play the ball a second time until it has touched another player. The ball is in play when it is kicked and moves forward.

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Procedure:

- The ball is kicked from any point within the goal area by a player of the defending team
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on the ground or in the air.

Procedure:

- The ball is placed inside the corner arc at the nearest corner flagpost
- The corner flagpost is not moved
- Opponents remain at least 8 yards from the ball until it is in play
- The ball is kicked by a player of the attacking team
- The ball is in play when it is kicked and moves
- The kicker does not play the ball a second time until it has touched another player

Adult Participation

1. Provide transportation to and from practice and games ensuring that the player is prompt not only in arriving but also in departure.
2. Stay and watch practices as well as games and lend the young players your support in a positive manner. Do not point out their mistakes leave that up to the coach, but dwell on their accomplishments as well as their efforts.
3. If unable to attend the practice or game, encourage child not to talk with or leave practices or games with strangers.
4. Ensure child brings equipment to and from all soccer games and practices when appropriate.
5. Be available to kick the ball around with your child when you are invited to do so.
6. Avoid material rewards. Build an attitude of *"the rewards lie in the fun of being able to play."*
7. Be a good listener. Make players feel important and let them know that they are contributing to a team effort.
8. Be positive. Never criticize. Suggest an alternate way if they are not performing correctly. *"Hey, that is pretty good, but why don't you try it this way."*
9. The overall purpose is to enjoy the game and the opportunity to be with your child at the field of play.
10. **ALLOW YOUR CHILD TO BE A CHILD.**

Player's Rights

1. The right to decide when to participate in soccer.
2. The right to play in every game. At younger ages, every child should have an opportunity to play at least 50% of every game. No child should have to stand and watch at practice.
3. The right to participate at a level that corresponds to each child's maturity and ability.
4. The right to be taught the fundamentals of soccer.
5. The right to participate in a safe and healthy environment.
6. The right to not hear disagreements with the coach or officials from adults. They do not belong on the soccer field. Questions, input and positive suggestions should be voiced to the coach and/or club in an adult atmosphere. (The youth player should not be present.)
7. The right to play as a child and enjoy participation in the sport.

Referee's Responsibilities

Before the game starts, ask the opposing coaches:

1. Duration of the game?
2. Quarters or halves?
3. When will they make substitutions? Remind them it should take place when the ball is out of play.

Before the game starts, talk to both teams:

1. Let them know who you are and what you will be doing during the game.
2. Do a coin toss – the team winning the toss chooses the goal they will defend; the other team kicks off.
3. Remind them that soccer is FUN and safety is your primary concern.

Start of Play:

1. Both teams should be in their own half of the field.
2. Ball is in the center on the halfway line.
3. Opponents of the team kicking off must be 4 yards from the ball for U-6 and U-8 until it is touched by the kicking team.
4. Tell the teams to wait until you whistle or signal.

Game:

1. After the ball is in play you follow play close enough to see what is going on but not so close as to interfere with the players.
2. If the ball goes completely over one of the longer boundary lines you whistle to stop play and indicate that the restart will be a kick-in for U6 or a throw-in for U8 and older.
3. If the ball goes over the shorter boundary line (goal line) and no goal is scored, the restart will be either a goal kick or a corner kick – remember Law #16 or #17.
4. During play if you see a player carelessly commits one of the fouls in Law #12 you whistle to stop play, explain to the offender what was done wrong and let the opponent restart play with an indirect free kick from the spot of the foul.
5. At this level of play, clumsiness, inexperience, lack of skill and eagerness are the most common fouls.
6. Use your watch to keep track of time and stop play when time runs out.





For more information, please contact
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