

U-11/12 MICRO/MOD SOCCER RULES

Revised: August 2007

Rules of play are governed by FIFA, Federation Internationale de Football Association, the world governing body of soccer. Rule exceptions have been made by the **Washington State Youth Soccer Association (WSYSA)** small-sided program and the **Lower Yakima Valley Youth Soccer Association (LYVYSA)** in the U-6 through U-12 levels of play to provide an environment more conducive to teaching proper play to younger players and to address the physical and mental level of the player. LYVYSA requires all players, coaches, spectators and officials to follow the modified rules below.

The coach or designated adult should attend every practice and every game. The coach is responsible for his own behavior as well as that of his players and spectators. Coaching from the sidelines is permitted but not recommended. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical. Spectators are requested to limit themselves to positive comments such as "Way to Go," "Good Job," "Nice Try." Coaches, parents or referees may report poor sportsmanship to the LYVYSA board.

- LAW 1: FIELD OF PLAY:** shall be a **50 x 80 yard** rectangle. The goal area shall be 6 yards; the penalty area shall be 18 yards. Recommended goal size is 8 x 24 feet. The center circle shall be 10 yards.
- LAW 2: THE BALL:** shall be a size 4.
- LAW 3: NUMBER OF PLAYERS:** The team roster will be up to 14 players with **9 players** from each team on the field at a time. **SUBSTITUTIONS** by either team may be made, with consent of the referee, during any stoppage of play (a corner kick, goal kick, kick-off, or throw-in). Each player should participate in a minimum of 50% of the total playing time.
- LAW 4: PLAYERS' EQUIPMENT: ALL PLAYERS SHALL WEAR SHINGUARDS.** Socks must be worn up and over the shinguards. All players shall wear the club designated uniform: jersey, socks, shorts, tennis or soccer shoes (no toe cleats). Goalkeepers shall wear shirt colors that distinguish them from other players. A player may not wear anything that is dangerous to other players or themselves. Jewelry, including earrings, watches and bracelets, must not be worn. A player may wear extra protective clothing against the cold as long as the team uniform is worn outermost.
- LAW 5: REFEREE:** should be trained and supervise all games. If one is not available, the coaches, by mutual agreement, may designate a referee. If one cannot be agreed upon, each coach will referee one-half.
- LAW 6: ASSISTANT REFEREES:** are not required, but may be used.
- LAW 7: DURATION OF PLAY:** shall consist of **two 30-minute halves** and a 5-minute half time break. *The referee should stop the clock only for lengthy injuries.*
- LAW 8: START AND RESTART OF PLAY:** Play is started at the beginning of the first and second halves and after a goal has been scored with a kick-off. A goal may be scored directly from a kick-off. All players are on their own side of the field and the defending players must be 10 yards from the ball. The kicker may not play the ball again until it has been touched by another player. The ball is in play when it is kicked and moves forward. At the beginning of the first half, a coin is tossed. The team that wins the toss then decides which goal it will attack; the other team takes the kick-off to start the match. The teams will switch ends and alternate the kick-off to start the second half.
- LAW 9: BALL OUT OF PLAY:** when it has completely crossed the goal line (end of field) or the touch line (side of field), whether on the ground or in the air, or when play has been stopped by the referee..
- LAW 10: METHOD OF SCORING:** When the ball passes completely over the goal line and between the goal posts and below the crossbar, a goal is scored.
- LAW 11: OFFSIDE:** An attacker is in an offside position if, when a teammate has the ball, the attacker is closer to the other team's goal than both the ball and the second to last defender, and is in the other team's end of the field. It is not illegal for a player to be in an offside position. If, however, a player (or the attacking team) gains an advantage while the player is in an offside position, play is stopped and an indirect free kick awarded to the opposing team. A player is not in an offside position if he receives the ball directly from a throw-in, goal kick, or corner kick.
- LAW 12: FOULS AND MISCONDUCT:** Fouls and misconduct shall be penalized by awarding a free kick to the opposing team. Fouls and misconduct (see reverse) are defined by FIFA. **There should be no physical contact with the goalkeeper or the ball when the goalkeeper has control of the ball.** Control is defined as **touching** the ball.
- LAW 13: FREE KICK:** shall be either *direct* (from which a goal can be scored) or *indirect* (from which a goal **cannot** be scored unless the ball has been played or touched by another player other than the kicker before passing through the goal.) All opposing players must be **10 yards** from the ball when a free kick is taken. The ball must be stationary and the kicker may not play the ball until it has been touched by another player. Generally a direct free kick is awarded for a foul that involves physical contact and an indirect free kick is awarded for a less serious foul or a technical foul. See reverse.
- LAW 14: PENALTY KICK:** Awarded to the attacking team if the defending team commits a direct free kick violation within the penalty area (larger box in front of the goal). All players (of both teams) except the kicker and opposing goalkeeper, must remain behind the top penalty area line. A goal may be scored directly from a penalty kick. Penalty kicks will be taken at 10 yards from the goal.
- LAW 15: THROW-IN:** After the ball passes over the touch line, a throw-in is awarded to the opponents of the player who last touched the ball at the point where it exited the field. The player making the throw-in

must face the field of play and part of each foot shall be either on the touch line or on the ground outside of the touch line. When the ball is thrown, the player must keep both feet in contact with the ground, use both hands, and deliver the ball from behind and over the head. The thrower may not play the ball again until it has been touched by another player.

LAW 16: GOAL KICK: shall be awarded when the ball goes out of bounds over the goal line and not through the goal and was last touched by a player of the attacking team. The ball shall be returned to play by the defending team. The ball may be placed at any point inside the goal area (smaller box in front of the goal). To be in play, the ball must be kicked directly beyond the penalty area; otherwise the kick is retaken. The kicker may not play the ball again until it has been touched by another player. All opposing players must stand outside the penalty area.

LAW 17: CORNER KICK: shall be awarded when the ball goes out of bounds over the goal line and not through the goal and was last touched by a player of the defending team. The ball shall be returned to play by the attacking team. The ball must be placed within 1 yard of the corner of the field. The kicker may not play the ball again until it has been touched by another player. **Opposing team players must be 10 yards from the ball when the kick is taken.**

At the End of the Game: Opposing teams and coaches will shake hands and thank the referee for officiating.

LAW 12: FOULS AND MISCONDUCT - Fouls and misconduct are penalized as follows:

A **direct free kick** is awarded to the opposing team if a player commits any of the following six fouls in a manner judged by the referee to be careless, reckless or using too much force:

kicking or attempting to kick an opponent	charging an opponent
tripping or attempting to trip an opponent	striking or attempting to strike an opponent
jumping at an opponent	pushing an opponent

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

- while tackling for the ball, making contact with the opponent before contacting the ball (includes unsafe tackling from behind)
- holding an opponent
- spitting at an opponent
- deliberately handling the ball with any part of the hand or arm (except for the goalkeeper within his own penalty area)

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

- takes more than six seconds while controlling the ball with his hands before releasing it from his possession
- touches the ball again with his hands after it has been released from his possession and not touched any other player
- touches the ball with his hands after it has been deliberately kicked to him by a teammate
- touches the ball with his hands after he has received it directly from a throw-in taken by a teammate

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
- gets in the way of an opponent while not playing the ball (previously called obstruction, now called impeding)
- gets in the way of the opposing goalkeeper who is trying to put the ball into play
- commits any other offense, not previously mentioned, for which play is stopped to caution or dismiss a player

Disciplinary Sanctions

Cautionable Offenses - A player is cautioned and shown the yellow card if he commits any of the following seven offenses:

- unsporting behavior
- dissent (showing disagreement with the referee's decision by words or action)
- persistent infringement (committing many fouls)
- delays restart of play (not starting play quickly enough or preventing the start of play)
- fails to respect the required distance (10 yards) when play is restarted with a corner kick or free kick
- enters or re-enters the field of play without the referee's permission
- deliberately leaves the field of play without the referee's permission

Sending-Off Offenses - A player is sent off and shown the red card if he commits any of the following seven offenses:

- serious foul play (using violence while committing a direct free kick foul and competing for the ball)
- violent conduct (any other form of violence against anyone else)
- spiting at someone
- preventing a goal by handling the ball (except the goalkeeper within the defending team's penalty area)
- preventing a goal or interfering with a clear goal-scoring chance by committing a foul
- using offensive, or insulting or abusive language or gestures (includes name calling, taunting, or trash-talk)
- begin cautioned a second time in the same game

A player who receives a red card will be sent off the field for the remainder of the game. A substitution is not permitted and the team plays short a player(s). The player will also be suspended, at a minimum, from the next scheduled game. The referee may issue red or yellow cards before, during, and after the game. An example is a red or yellow card issued for name calling or taunting in the handshake line after the game.

Receiving red or yellow cards is not a lightly regarded offense. Players or teams that receive multiple yellow or red cards during a season will be reported to the LYVYSA board and may be penalized further. Coaches or spectators who violate good conduct standards may also be reported to the LYVYSA board. To appeal a red card, contact the president of the LYVYSA.