

# SSA Rec Game Day Information

U10 – U19 Recreational Program



# Dear Coach

Congratulations! It seems that you have volunteered, or perhaps been asked, convinced, or maybe even coerced into coaching soccer. Based on that, let us first say thank you for volunteering your time and energy to coach a youth soccer team. Without your help we would not be able to run our recreational program. So thank you for allowing the kids a chance to play soccer!

This handbook will guide you through our game day rules and guidelines so a fun and positive soccer environment can be created for the players to enjoy the beautiful game of soccer!

We hope that you enjoy coaching your team almost as much as your players will enjoy playing for you. The more our players love playing, the more they will want to get out and play. The more they get out and play soccer, the more time they spend time with the ball, and the better they will become.

***Have fun, smile, laugh, and enjoy coaching the greatest game in the world.***

***Thanks for all you do,***

*Southern Soccer Academy*

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# Player's Equipment

- Players need to bring both game jerseys to each game. HOME team should wear Blue jerseys and AWAY team should wear white jerseys. In the rare occasion the referee deems there to be a conflict of team colors, it is the responsibility of HOME team to change jerseys
- Shin guards are mandatory and must be a commercially manufactured product specifically designed for the purpose. Home-made products will not be allowed
- Shin guards should be covered with socks
- Soccer cleats are mandatory. No baseball, softball, or football cleats are allowed
- Players should bring their soccer ball
- No jewelry should be worn by players
- Players are not allowed to play with a cast (hard or soft)
- All players on the same team must wear the same color uniforms
- For safety, players may not participate with improper equipment

# Avoiding A “Blowout”

In an effort to provide an environment that is both fun and productive for teams to continue to develop, avoiding a “blowout” is key. A “blowout” is a game in which one team is scoring a significantly higher amount of goals than the opposition, for example 6-0. This type of scoreline does not help the development of either team and can hurt the collective psychology of the opposition. A few helpful hints in avoiding this are listed below:

- 1) If your team has a dominant player (player who is scoring all of the goals)....
  - a) Challenge that player to dribble only with their weaker foot
  - b) Challenge that player to pass the ball to a teammate to see if their teammate can score
  - c) Challenge that player to only shoot with their weaker foot
  - d) Challenge that player to perform at least one move (e.g. a turn move) before dribbling towards opponent’s goal
- 2) If your team has more than one dominant player...
  - a) As well as the options above, attempt to balance your team so you don’t have all of the dominant players on the same field at the same time
  - b) Have one of the dominant players in goal and rotate them with other dominant players
  - c) Ask team to make a certain number of consecutive passes before going to goal
  - d) Ask team to shoot first time (which forces players have to pass to each other)
  - e) Ask all players on your team to touch the ball before they can go to goal. If opponent’s touch the ball then they all must touch it again before going to goal

\*\*\* Identify these dominant players to Recreational Director so the club may provide an opportunity for them to play in a more challenging environment the following season  
\*\*\*

Although it may be difficult for players (and some parents) to comprehend what you are asking of your team, by manipulating the environment it will hopefully provide your team with a greater challenge to further their development while allowing the opposition an opportunity to develop also. Remember the emphasis of recreational soccer is Player Development, and not winning!

# Rules and Regulations

## UNDER 10 BRIEF OVERVIEW

- Teams play 7v7 (includes GKs) and additional players are substitutes
- Substitutes should be rotated into the game so all players receive equal playing time
- It is suggested to make substitutions every 10 minutes
- All players must receive a minimum of 50% playing time
- Players should be rotated positions during the game or over the course of the season
- Players should not play more than one half as goalkeeper
- Offside enforced
- Deliberate heading of the ball is not permitted
- The club shall endeavor to provide one center referee and two assistant referees, though this is subject to referee availability and is not guaranteed

## **UNDER 10 LAWS OF THE GAME**

### **Law #1: The Field of Play**

- The field of play must be rectangular and shall be approximately 40 yards by 60 yards
- There shall be 26 yards by 10 yards penalty area, 18 yards by 6 yards goal area, and an 8 yard penalty kick mark
- The goal shall be approximately 18 feet wide and 6 feet high. Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement
- No one (spectators or participants) shall be allowed behind the end lines during the course of a game

### **Law #2: The Ball**

- Players shall use a size 4 ball

### **Law #3: Number of Players & Substitutions**

- A match is played by two teams, each consisting of not more than seven (7) players, one of whom is the goalkeeper
- Minimum of five (5) players per side needed to start or continue the game

## SSA Game Day Handbook

- Each player must play a minimum of 50% of the total playing time, unless he or she is unable to do so, or at the parent's request
- Players' time spent as goalkeeper must not exceed half of a game
- It is recommended that players rotate positions throughout the course of the season
- Substitutions are unlimited and may be made, with the consent of the referee, at the following times: a) Prior to a throw-in in your favor, b) Prior to a goal kick, by either team, c) After a goal, by either team, d) After an injury, by either team, when the referee stops the play (substitutions shall not be limited to only the injured player or his team), e) At half time, f) After a caution, by either team
- Substitutions are not allowed during the stoppage of play for a player being sent off (red card)

### **Law #4: Player's Equipment**

- Shin guards are mandatory and must be a commercially manufactured product specifically designed for the purpose. Home-made products will not be allowed
- Shin guards should be covered with socks
- For safety reasons, soccer cleats are mandatory. No baseball/softball, or football cleats are allowed
- Players are not allowed to play with a cast (hard or soft)
- All players on the same team shall wear the same color uniforms
- For safety, players may not participate with improper equipment

### **Law #5: Duration of the Game**

- The center referee will act as the official timekeeper
- The match shall be divided into two (2) equal, thirty (30) minute halves
- There shall be a half-time interval of ten (10) minutes

### **Law #6: The Start of Play**

- Each team shall be represented at the field of play by a coach or assistant coach or a parent appointed in his/her place for the duration of the game.
- The opponents must be eight (8) yards from the center mark while a kick-off is in progress



### **Law #7: Ball In and Out of Play**

- The ball must be wholly over the goal line or touch line whether on the ground or in the air to be declared out of play

### **Law #8: Method of Scoring**

- The ball must be wholly over the goal-line to be declared a goal. A ball sitting on the line is still in play (no goal has been scored)

### **Law #9: Off-Side**

- The off-side rule will be enforced

### **Law #10: Fouls and Misconduct**

- It is recommended that the game official explain all infractions to the offending player
- For a foul committed in the penalty area, a penalty kick will be awarded
- Opposing players shall not play or touch the ball until it has left the penalty area
- Teammates are not allowed to receive the ball in the penalty area from a goal-kick. This would result in an indirect free kick from where the teammate received the ball
- If during regular play, the goalkeeper rolls the ball to a teammate who is within the penalty area then this is not an infringement
- Pass-back to the Goalkeeper: A goalkeeper shall be penalized for handling the ball intentionally passed to him from the feet of a teammate
- Harassing the Goalkeeper: When the goalkeeper has taken possession of the ball within his own penalty area, opposing players are required to move away and to the side so as not to interfere with the goalkeeper putting the ball into play
- If the goalkeeper punts the ball, and it strikes an opponent who is in the penalty area, a direct free kick to the goalkeeper's team at the spot where the ball contacted the opponent will be awarded
- If the goalkeeper punts the ball, and it strikes a teammate within the penalty area and rebounds into the goal, a goal to the opponents is awarded

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- If the goalkeeper catches the ball, drops it to his feet and dribbles to the top of the penalty area then picks the ball up, a second possession infringement has occurred resulting in a direct free kick for the opposing team
- If the goalkeeper catches the ball, drops it to his feet and dribbles to the top of the penalty area then kicks the ball from the ground out of the penalty area, there is no infringement

### **Law #11: Free Kick**

- Conform to FIFA with the exception that all opponents are at least eight (8) yards from the ball until it is in play

### **Law #12: Penalty Kick**

- Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the goal

### **Law #13: Throw-In**

- Conform to FIFA, which states that opponents must stand at least two (2) yards from the point at which the throw-in is taken

### **Law #14: Goal Kick**

- Conform to FIFA, which states the ball is kicked from any point within the goal area by a player of the defending team

### **Law #15: Corner Kick**

- Conform to FIFA with the exception that opponents remain at least eight (8) yards from the ball until it is in play

## **UNDER 12 BRIEF OVERVIEW**

- Teams play 9v9 (includes GKs) and additional players are substitutes

## SSA Game Day Handbook

- Substitutes should be rotated in to the game so all players receive equal playing time.
- It is suggested to make substitutions every 10 minutes
- All players must receive a minimum of 50% playing time
- Players should be rotated positions during the game or over the course of the season
- Players should not play more than one half as goalkeeper
- Offside enforced
- The club shall endeavor to provide one center referee and two assistant referees, though this is subject to referee availability and is not guaranteed.

### **UNDER 12 LAWS OF THE GAME**

#### **Law #1: The Field of Play**

- The field of play must be rectangular and shall be approximately 60 yards by 80 yards
- There shall be 30 yards by 14 yards penalty area, 18 yards by 6 yards goal area, and a 10 yard penalty kick mark
- The goal shall be approximately 18 feet wide and 6 feet high. Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement
- No one (spectators or participants) shall be allowed behind the end lines during the course of a game

#### **Law #2: The Ball**

- Players shall use a size 4 ball

#### **Law #3: Number of Players & Substitutions**

- A match is played by two teams, each consisting of not more than nine (9) players, one of whom is the goalkeeper
- Minimum of seven (7) players per side needed to start or continue the game
- Each player must play a minimum of 50% of the total playing time, unless he or she is unable to do so, or at the parent's request

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- Player's time spent as goalkeeper should not exceed half of a game
- It is recommended that players rotate positions throughout the course of the season
- Substitutions are unlimited and may be made, with the consent of the referee, at the following times: a) Prior to a throw-in in your favor, b) Prior to a goal kick, by either team, c) After a goal, by either team, d) After an injury, by either team, when the referee stops the play (substitutions shall not be limited to only the injured player or his team), e) At half time, f) After a caution, by either team
- Substitutions are not allowed during the stoppage of play for a player being sent off (red card)

### **Law #4: Player's Equipment**

- Shin guards are mandatory and must be a commercially manufactured product specifically designed for the purpose. Home-made products will not be allowed
- Shin guards should be covered with socks
- For safety reasons, soccer cleats are mandatory. No baseball/softball, or football cleats are allowed
- Players are not allowed to play with a cast (hard or soft)
- All players on the same team shall wear the same color uniforms
- For safety, players may not participate with improper equipment

### **Law #5: Duration of the Game**

- The center referee will act as the official timekeeper
- The match shall be divided into two (2) equal, thirty (30) minute halves
- There shall be a half-time interval of ten (10) minutes

### **Law #6: The Start of Play**

- Each team shall be represented at the field of play by a coach or assistant coach or a parent appointed in his/her place for the duration of the game
- The opponents must be at least ten (10) yards from the center mark while a kick-off is in progress

### **Law #7: Ball In and Out of Play**

- The ball must be wholly over the goal line or touch line whether on the ground or in the air to be declared out of play

### **Law #8: Method of Scoring**

- The ball must be wholly over the goal-line to be declared a goal. A ball sitting on the line is still in play (no goal has been scored)

### **Law #9: Off-Side**

- The off-side rule will be enforced

### **Law #10: Fouls and Misconduct**

- It is recommended that the game official explain all infractions to the offending player
- For a foul committed in the penalty area, a penalty kick will be awarded
- Opposing players shall not play or touch the ball until it has left the penalty area
- Teammates are not allowed to receive the ball in the penalty area from a goal-kick This would result in an indirect free kick from where the teammate received the ball
- If during regular play, the goalkeeper rolls the ball to a teammate who is within the penalty area then this is not an infringement
- Pass-back to the Goalkeeper: A goalkeeper shall be penalized for handling the ball intentionally passed to him from the feet of a teammate
- Harassing the Goalkeeper: When the goalkeeper has taken possession of the ball within his own penalty area, opposing players are required to move away and to the side so as not to interfere with the goalkeeper putting the ball into play
- If the goalkeeper punts the ball, and it strikes an opponent who is in the penalty area, a direct free kick to the goalkeeper's team at the spot where the ball contacted the opponent will be awarded
- If the goalkeeper punts the ball, and it strikes a teammate within the penalty area and rebounds into the goal, a goal to the opponents is awarded

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- If the goalkeeper catches the ball, drops it to his feet and dribbles to the top of the penalty area then picks the ball up, a second possession infringement has occurred resulting in a direct free kick for the opposing team
- If the goalkeeper catches the ball, drops it to his feet and dribbles to the top of the penalty area then kicks the ball from the ground out of the penalty area, there is no infringement

### **Law #11: Free Kick**

- Conform to FIFA, which states that all opponents are at least ten (10) yards from the ball until it is in play

### **Law #12: Penalty Kick**

- Conform to FIFA, with the exception that the penalty mark is made ten (10) yards from the goal

### **Law #13: Throw-In**

- Conform to FIFA, which states that opponents must stand at least two (2) yards from the point at which the throw-in is taken

### **Law #14: Goal Kick**

- Conform to FIFA, which states the ball is kicked from any point within the goal area by a player of the defending team

### **Law #15: Corner Kick**

- Conform to FIFA, which states that opponents remain at least ten (10) yards from the ball until it is in play

## **UNDER 14 to U19 BRIEF OVERVIEW**

- Teams play 11v11 (includes GKs) and additional players are substitutes
- Substitutes should be rotated in to the game so players receive equal playing time

## SSA Game Day Handbook

- It is suggested to make substitutions every third of each half
- Game Duration: 2x35 minutes (U14), 2x40 minutes (U16), 2x45 minutes (U19)
- All players must receive a minimum of 50% playing time
- All rules of soccer in effect
- The club shall endeavor to provide one center referee and two assistant referees, though this is subject to referee availability and is not guaranteed.

### **UNDER 14 LAWS OF THE GAME**

#### **Law #1: The Field of Play**

- The field of play must be rectangular and shall be approximately 70 yards by 110 yards
- There shall be 44 yards by 18 yards penalty area, 20 yards by 6 yards goal area, and a 12 yard penalty kick mark
- The goal shall be approximately 24 feet wide and 8 feet high. Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement
- No one (spectators or participants) shall be allowed behind the end lines during the course of a game

#### **Law #2: The Ball**

- Players shall use a size 5 ball

#### **Law #3: Number of Players & Substitutions**

- A match is played by two teams, each consisting of not more than eleven (11) players, one of whom is the goalkeeper
- Minimum of seven (7) players per side needed to start or continue the game
- Each player must play a minimum of 50% of the total playing time, unless he or she is unable to do so, or at the parent's request
- Substitutions are unlimited and may be made, with the consent of the referee, at the following times: a) Prior to a throw-in in your favor, b) Prior to a goal kick, by either team, c) After a goal, by either team, d) After an injury, by either team,

when the referee stops the play (substitutions shall not be limited to only the injured player or his team), e) at half time, f) After a caution, by either team

- Substitutions are not allowed during the stoppage of play for a player being sent off (red card)

#### **Law #4: Player's Equipment**

- Shin guards are mandatory and must be a commercially manufactured product specifically designed for the purpose. Home-made products will not be allowed
- Shin guards should be covered with socks
- For safety reasons, soccer cleats are mandatory
- Players are not allowed to play with a cast (hard or soft)
- All players on the same team shall wear the same color uniforms
- For safety, players may not participate with improper equipment

#### **Law #5: Duration of the Game**

- The center referee will act as the official timekeeper
- The match shall be divided into two (2) equal, thirty-five (35) minute halves
- There shall be a half-time interval of ten (10) minutes

#### **Law #6: The Start of Play**

- Each team shall be represented at the field of play by a coach or assistant coach or a parent appointed in his/her place for the duration of the game
- The opponents must be at least ten (10) yards from the center mark while a kick-off is in progress

#### **Law #7: Ball In and Out of Play**

- The ball must be wholly over the goal line or touch line whether on the ground or in the air to be declared out of play

#### **Law #8: Method of Scoring**

- The ball must be wholly over the goal-line to be declared a goal. A ball sitting on the line is still in play (no goal has been scored)



**Law #9: Off-Side**

- The off-side rule will be enforced

**Law #10: Fouls and Misconduct**

- Conform to FIFA

**Law #11: Free Kick**

- Conform to FIFA, which states that all opponents are at least ten (10) yards from the ball until it is in play

**Law #12: Penalty Kick**

- Conform to FIFA, which states that the penalty mark is made twelve (12) yards from the goal

**Law #13: Throw-In**

- Conform to FIFA, which states that opponents must stand at least two (2) yards from the point at which the throw-in is taken

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- Conform to FIFA, which states the ball is kicked from any point within the goal area by a player of the defending team

**Law #15: Corner Kick**

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## **UNDER 16 LAWS OF THE GAME**

### **Law #1: The Field of Play**

- The field of play must be rectangular and shall be approximately 70 yards by 110 yards
- There shall be 44 yards by 18 yards penalty area, 20 yards by 6 yards goal area, and a 12 yard penalty kick mark
- The goal shall be approximately 24 feet wide and 8 feet high. Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement
- No one (spectators or participants) shall be allowed behind the end lines during the course of a game
- The club shall endeavor to provide one center referee and two assistant referees, though this is subject to referee availability and is not guaranteed.

### **Law #2: The Ball**

- Players shall use a size 5 ball

### **Law #3: Number of Players & Substitutions**

- A match is played by two teams, each consisting of not more than eleven (11) players, one of whom is the goalkeeper
- Minimum of seven (7) players per side needed to start or continue the game
- Each player must play a minimum of 50% of the total playing time, unless he or she is unable to do so, or at the parent's request
- Substitutions are unlimited and may be made, with the consent of the referee, at the following times: a) Prior to a throw-in in your favor, b) Prior to a goal kick, by either team, c) After a goal, by either team, d) After an injury, by either team, when the referee stops the play (substitutions shall not be limited to only the injured player or his team), e) at half time, f) After a caution, by either team
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### **Law #4: Player's Equipment**

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- For safety reasons, soccer cleats are mandatory
- Players are not allowed to play with a cast (hard or soft)
- All players on the same team shall wear the same color uniforms
- For safety, players may not participate with improper equipment

### **Law #5: Duration of the Game**

- The center referee will act as the official timekeeper
- The match shall be divided into two (2) equal, forty (40) minute halves
- There shall be a half-time interval of ten (10) minutes

### **Law #6: The Start of Play**

- Each team shall be represented at the field of play by a coach or assistant coach or a parent appointed in his/her place for the duration of the game
- The opponents must be at least ten (10) yards from the center mark while a kick-off is in progress

### **Law #7: Ball In and Out of Play**

- The ball must be wholly over the goal line or touch line whether on the ground or in the air to be declared out of play

### **Law #8: Method of Scoring**

- The ball must be wholly over the goal-line to be declared a goal. A ball sitting on the line is still in play (no goal has been scored)

### **Law #9: Off-Side**

- The off-side rule will be enforced

### **Law #10: Fouls and Misconduct**

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- Conform to FIFA

### **Law #11: Free Kick**

- Conform to FIFA, which states that all opponents are at least ten (10) yards from the ball until it is in play

### **Law #12: Penalty Kick**

- Conform to FIFA, which states that the penalty mark is made twelve (12) yards from the goal

### **Law #13: Throw-In**

- Conform to FIFA, which states that opponents must stand at least two (2) yards from the point at which the throw-in is taken

### **Law #14: Goal Kick**

- Conform to FIFA, which states the ball is kicked from any point within the goal area by a player of the defending team

### **Law #15: Corner Kick**

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## **UNDER 19 LAWS OF THE GAME**

### **Law #1: The Field of Play**

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### **Law #2: The Ball**

- Players shall use a size 5 ball

### **Law #3: Number of Players & Substitutions**

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- Each player must play a minimum of 50% of the total playing time, unless he or she is unable to do so, or at the parent's request
- Substitutions are unlimited and may be made, with the consent of the referee, at the following times: a) Prior to a throw-in in your favor, b) Prior to a goal kick, by either team, c) After a goal, by either team, d) After an injury, by either team, when the referee stops the play (substitutions shall not be limited to only the injured player or his team), e) at half time, f) After a caution, by either team
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- All players on the same team shall wear the same color uniforms
- For safety, players may not participate with improper equipment

### **Law #5: Duration of the Game**

- The center referee will act as the official timekeeper
- The match shall be divided into two (2) equal, forty-five (45) minute halves
- There shall be a half-time interval of ten (10) minutes

### **Law #6: The Start of Play**

- Each team shall be represented at the field of play by a coach or assistant coach or a parent appointed in his/her place for the duration of the game
- The opponents must be at least ten (10) yards from the center mark while a kick-off is in progress

### **Law #7: Ball In and Out of Play**

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### **Law #8: Method of Scoring**

- The ball must be wholly over the goal-line to be declared a goal. A ball sitting on the line is still in play (no goal has been scored)

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**Law #15: Corner Kick**

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## Field Hotlines and Addresses

For field status information, including how to sign up for text messaging alerts, please visit the SSA website. Addresses for SSA fields may be found under 'Fields' at [www.ssaelite.com](http://www.ssaelite.com). For games played against non-SSA clubs, please visit the relevant club's website for field details.