Online Training:
SAY Playing Rules - Laws
Welcome to Section 2 of SAY Soccer’s online training course for SAY Soccer Officials. In the second section of the online training course you will be introduced to **What Is Needed To Play**, through the review of the SAY Playing Rules – Laws 1-4.
SECTION 2: What Is Needed To Play

INSPECTION

Field Of Play
**DIMENSIONS**

Recommended field sizes are as follows:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Touchline Length (Min. - Max.)</th>
<th>Goal Line Width (Min. - Max.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Passers: 8-U</td>
<td>55 - 65 yards</td>
<td>35 - 45 yards</td>
</tr>
<tr>
<td>(2) Wings: 10-U</td>
<td>55 - 65 yards</td>
<td>35 - 45 yards</td>
</tr>
<tr>
<td>(3) Strikers: 12-U</td>
<td>70 - 80 yards</td>
<td>45 - 55 yards</td>
</tr>
<tr>
<td>(4) Kickers: 14-U</td>
<td>80 - 130 yards</td>
<td>50 - 100 yards</td>
</tr>
<tr>
<td>(5) Minors: 16-U</td>
<td>80 - 130 yards</td>
<td>50 - 100 yards</td>
</tr>
<tr>
<td>(6) Seniors: 19-U</td>
<td>80 - 130 yards</td>
<td>50 - 100 yards</td>
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</tbody>
</table>

- The field of play should be rectangular.
- The longer lines (sidelines) are called Touchlines.
- The shorter lines (end lines) are called Goal Lines (corner to corner).
MARKINGS

• General
  • The field of play shall be marked with distinctive lines, not more than 5 inches in width.
  • Marking must be of some material that is not injurious to eyes or skin.

• Flags
  • A flag on a post shall be placed at each corner of the field.
  • Flag post to:
    1) be at least five (5) feet high,
    2) be 1/2 inch to 1-1/2 inch in diameter,
    3) have a non-pointed top.
MARKINGS

• The Halfway-Line and Center Circle
  • A Halfway-Line shall be marked joining the midpoint of each Touchline.
  • From the midpoint of the Halfway-Line, a Center Circle shall be marked with the following radius:
    1) Small-Sided 7v7 Fields - Passers (8-U) & Wings (10-U) – eight (8) yards
    2) Small-Sided 9v9 Fields – Strikers (12-U) - eight (8) yards
    3) Kickers (14-U), Minors (15-U) & Seniors (19-U) - ten (10) yards

• The Corner Area
  • A quarter circle with a radius of one (1) yard from shall be drawn inside each of the four corners of the field.
MARKINGS

• **Offside (Build-Out) Lines (Small-Sided 7v7 Fields only)**
  
  • Offside Lines are also sometimes known as Build-Out Lines.
  
  • Offside Lines shall be marked across the full field width between each touchline and shall be:
    
    • parallel to the Halfway-Line,
    
    • located on each half of the field,
    
    • located equidistant between the Halfway-Line and the Penalty Area Line.
BUILD-OUT AREAS

- The Build-Out Areas are designated for use on small-sided 7v7 fields.
- The Build-Out Areas shall only be used for Wings (10-U) and Passers (8-U) matches.
- The Build-Out Areas are located on each half of the field:
  - between the Offside Line (or Build-Out line) and the goal line,
  - bounded by the two touchlines.
SMALL SIDED 7v7 FIELDS

PASSERS (8-U) & WINGS (10-U)

Offside Line (or Build-Out Line):
Located equidistant between the halfway line and the Penalty Area line.

Build-Out Area:
Area on the field between the Offside Line (or Build-Out Line) and the Goal Line bounded by the two Touchlines.
THE GOAL AREA

- A Goal Area lines are marked from the inner side of the goal posts such that the outer dimensions of the Goal Area are:
  - six (6) yards from the goal posts along the goal line and into the field for Kickers (14-U) thru Seniors (19-U) resulting in a 20-yards wide by 6-yards deep Goal Area,
  - five (5) yards from the goal posts along the goal line and into the field for small-sided Strikers (12-U) resulting in a 16-yards wide by 5-yards deep Goal Area,
  - two (2) yards from the goal posts along the goal line and four (4) into the field for small-sided Wings (10-U) and Passers (8-U) resulting in an 8-yards wide by 4-yards deep Goal Area.
THE PENALTY AREA

- The Penalty Area lines are marked from the inner side of the goal posts such that the outer dimensions of the Penalty Area are:
  - eighteen (18) yards from the goal posts along the goal line and into the field for Kickers (14-U) thru Seniors (19-U) resulting in a 44-yards wide by 18-yards deep Penalty Area,
  - fifteen (15) yards from the goal posts along the goal line and fourteen (14) yards into the field for Strikers (12-U) resulting in a 36-yards wide by 14-yards deep Penalty Area,
  - ten (10) yards from the goal posts along the goal line and twelve (12) yards into the field for Wings (10-U) and Passers (8-U) resulting in a 24-yards wide by 12-yards deep Penalty Area.
THE PENALTY MARK

- A Penalty Mark shall be a spot no larger than nine (9) inches in diameter located opposite the center of the goal and:
  - twelve (12) yards from the goal line for Kickers (U-14), Minors (U-16) and Seniors (U-19),
  - ten (10) yards for Strikers (U-12), Wings (U-10) and Passers (U-8).

- From the center of the Penalty Mark, a Penalty Arc shall be marked outside the Penalty Area having a radius of:
  - ten (10) yards for Kickers (U-14), Minors (U-16) and Seniors (U-19),
  - eight (8) yards for Strikers (U-12), Wings (U-10) and Passers (U-8)
THE GOALS

- The goals are placed at the midpoint of each goal-line with each upright the same distance from the corner flag.
  - For Kickers (U-14) thru Seniors (U-19) the goals are twenty-four (24) feet wide by eight (8) feet high.
  - For Strikers (U-12) the goals are eighteen (18) feet wide by six (6) feet high.
  - For Wings (U-10) and Passers (U-8) the goals are twelve (12) feet wide by to six (6) feet high.
- The back edge of the goal posts shall be in line with the outside edge of the goal line.
- Uprights and crossbar should have the same width.
- Goal nets shall be attached to the post and crossbar and fastened to the ground in such a manner as to not interfere with the goalkeeper.
- For safety reasons, the goals, including those that are portable, must be anchored securely to the ground.
SECTION 2: What Is Needed To Play

FIELD CONDITIONS

- The goal line should be the same width as the depth of the goal posts.
- Goals should be painted white.
- All markings are part of the areas they enclose.
- If a crossbar becomes damaged and falls, or is in danger of falling, it must be removed:
  - Games may continue with the approval of both coaches.
  - The Referee's judgment will determine whether any particular shot would have been under the crossbar, had one been there.
- If the field is not adequately lined or if there are no nets on the goals, the game may proceed to the best of the Referee's judgment.
- If the Referee determines the field to be unsafe for play, the game shall be abandoned.
SECTION 2: What Is Needed To Play

THE BALL
- The ball must be **SAFE** (The Referee makes this decision).
- Every ball used in a game must be inspected by the Referee(s).
- The ball should be properly inflated.
- The ball will not be changed during the game without the approval of the Referee(s).
- If the ball bursts or becomes defective during the course of a match:
  - the match is stopped
  - The match is restarted with a dropped ball in accordance with *Law 8*.

BALL SIZE
- The ball shall be spherical.
- The table below describes what size ball is used for each age group.

<table>
<thead>
<tr>
<th>AGE</th>
<th>SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passers (8-U)</td>
<td>3</td>
</tr>
<tr>
<td>Wings (10-U)</td>
<td>4</td>
</tr>
<tr>
<td>Strikers (12-U)</td>
<td>4</td>
</tr>
<tr>
<td>Kickers (14-U)</td>
<td>5</td>
</tr>
<tr>
<td>Minors (16-U)</td>
<td>5</td>
</tr>
<tr>
<td>Seniors (19-U)</td>
<td>5</td>
</tr>
</tbody>
</table>
STANDARD FULL-SIDED GAMES

• Full-sided (11v11) SAY Playing Rules will be used in the Kickers (14-U), Minors (16-U) and Seniors 19-U age divisions.

STANDARD SMALL-SIDED GAMES

• Small-sided (9v9) SAY Playing Rules will be used in the Strikers (12-U) age division.

• Small-sided (7v7) SAY Playing Rules will be used in the Passers (8-U) and Wings (10-U) age divisions.
SECTION 2: What Is Needed To Play

Law 1

Non-Standard Team Sizes

- Leagues may opt to vary the size of teams requiring games to be played using less than or more than the standard number of players for an age group.

- In all games using the designated standard number of players (or not) the following relevant criteria are to be used:
  - **11v11 Games**: not more than eleven (11) players, and not fewer than seven (7) players
  - **10v10 Games**: not more than ten (10) players, and not fewer than six (6) players
  - **9v9 Games**: not more than nine (9) players, and not fewer than six (6) players
  - **8v8 Games**: not more than eight (8) players, and not fewer than five (5) players
  - **7v7 Games**: not more than seven (7) players, and not fewer than five (5) players
  - **6v6 Games**: not more than six (6) players, and not fewer than four (4) players

- The number of players allowed in a game for each team includes the goalkeeper.
SECTION 2: What Is Needed To Play

PLAYERS

- A player is a team member who has been given permission by the Referee to be in the game and has entered the field-of-play.

- One of the players **must** be the goalkeeper.

- All other team members are substitutes.
Players & Substitutions

**SECTION 2: What Is Needed To Play**

**Law 1**

**SUBSTITUTIONS**

- Both teams may substitute any number of players, but only with the permission of the Referee:
  1) on a goal kick
  2) after a goal
  3) during an extended time out (as for an injury)
  4) between periods
  5) when the Referee stops the game to issue a caution or a send-off.

- On a throw-in the team in possession of the ball may substitute any number of players.
  - If the team in possession of the ball chooses to substitute, the opposing team may also substitute any number of players.
  - If the team in possession of the ball chooses **not** to substitute, the opposing team may **not** substitute any players.
SUBSTITUTIONS

- On a throw-in the team in possession of the ball may substitute any number of players.

- If the team in possession of the ball chooses to substitute, the opposing team may also substitute any number of players.

- If the team in possession of the ball chooses not to substitute, the opposing team may not substitute any players.

- A substitute becomes a player only upon entering the field-of-play after being acknowledged by the Referee.

- At the moment a substitute becomes a player, the teammate being replaced becomes a substitute (no matter whether on or off the field-of-play).
SECTION 2: What Is Needed To Play

Players & Substitutions

INFRINGEMENTS & SANCTIONS

• Any substitute entering the field of play without the permission of the Referee, or any substitute who interferes with play whether by entering or leaving the field-of-play shall be subject to punishment for illegal substitution.

• If the infraction is noted while the ball is in play, the Referee shall stop play.

• Play is to be restarted with an indirect free kick (IFK) against the offending team at the location where the ball was when play was stopped.

• Whether or not the ball is in play, the substitute(s) shall be cautioned, shown a yellow card and removed from the field-of-play.

STEP 1 – Stop Play

STEP 2 – Caution Substitute, Show Yellow card

STEP 3 – Play Is Restarted With An Indirect Free Kick

Progress:
SECTION 2: What Is Needed To Play

Players & Substitutions

Law - 1

GOALKEEPER CHANGE

• During the progress of the game, the Referee must be notified specifically before the Goalkeeper is changed (except when change is made between periods).

• Any player on the field changing places with the goalkeeper without the permission of the Referee while the ball is in play, shall be subject to punishment for improper change.

• Play is not stopped immediately.

• At the next stoppage of play, the Referee will caution both players.
SECTION 2: What Is Needed To Play

Players & Substitutions

SENT-OFF PLAYERS

• A player ejected after the game starts may not be replaced.
• The team will play short-handed the remainder of the game.
• The player must be allowed to stay in the bench area and shall not be sent away from the field.
SECTION 2: What Is Needed To Play

Player’s Equipment

INSPECTION

- Prior to any game the Referee shall inspect the player’s equipment and prevent any player whose equipment does not conform to the requirements of this Law from playing until such time as it does comply.

SAFETY

- A player shall not wear anything which is dangerous to any other player or themselves.
SECTION 2: What Is Needed To Play

BASIC EQUIPMENT

- The basic compulsory equipment to be worn by a player shall consist of:
  - Shirt
  - Shorts
  - Socks
  - Shin-guards
  - Shoes

- Shoes and shinguards must be SAFE.
UNIFORM SHIRTS

- All players on a team must wear shirts with sleeves (short or long) of the same color, except the goalkeeper.

- The goalkeeper must wear a color different than that of either team and the Referee(s).

- It is the responsibility of the home team to change to a different color, if the two teams are wearing the same color.

- Numbers on shirts are required and must be different for each player.

- However, when a team must wear alternate shirts because of a color conflict, such shirts need not be numbered.

- For an unresolved color conflict, the Referee may permit the game to proceed.
SECTION 2: What Is Needed To Play

SHINGUARDS

• Shin guards shall:
  • be made of a suitable material (rubber, plastic, or similar substances)
  • provide a reasonable degree of protection
  • be covered entirely by the socks.

FOOTWEAR

• Shoes that meet the following criteria are typically considered to be legal:
  • those made by well-known manufacturers and designated as soccer footwear
  • gym shoes
  • any type of shoe that has any number of cleats
  • shoes with cleats that are made of rubber, plastic or metal that have no sharp edges.

• Shoes shall be properly tied (or otherwise appropriately fastened).

Player’s Equipment
Personnal Equipment

- **Illegal equipment:** The following shall be considered examples of illegal equipment and shall not be worn by any player:
  - shin-guards with exposed sharp edges
  - jewelry or watches
  - face or spectacle guards
  - helmets of hard material,
  - any type of cast or splint (other than so-called inflated "air" casts or splints), even though covered with soft padding

- **Illegal equipment:** The following shall also be considered examples of illegal equipment and shall not be worn by any player:
  - knee brace(s) - unless wrapped and covered with soft padding and approved by the Referee
  - cleats with sharp edges
  - foreign objects in the mouth (such as gum or ice), other than internal orthodontic devices.
PERSONAL EQUIPMENT

• **NOTE:** The previous examples are not intended to be all-inclusive.
  • The Referee may determine other equipment to be illegal or dangerous.
  • The items listed above are considered to be illegal equipment (except as noted) at all times.
  • Use of these items shall not be permitted at any time, even by agreement between the coaches and the Referee.
SECTION 2: What Is Needed To Play

**Player’s Equipment**

**PUNISHMENT**

- For any infringement of this **Law 4**, the player shall be instructed by the Referee to immediately:
  - adjust their equipment or
  - obtain missing equipment, or
  - leave the field-of-play to do so, if correction on the field is deemed to be impractical.

- A player who has been instructed to leave the field-of-play shall not return without first reporting to the Referee (or an Assistant Referee), who shall determine that the player's equipment is in order.

- The player shall only re-enter the game at a moment when the ball has ceased to be in-play and only with the Referee's permission.
PERSONAL EQUIPMENT

- **Legal Equipment:** The following shall be considered examples of legal equipment, and as such may (except as noted) be worn by any player:
  - soft head wear such as knit cap
  - goalkeepers may wear gloves
  - a soft-billed cap or a properly fitted and fastened safety helmet, made of foam or other soft material hearing aids
  - eyeglasses, with or without strap
  - contact lenses soft gloves
  - warm-up suit, hooded sweatshirts, sweatpants and similar soft apparel - but only if worn under the player’s uniform.

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