

YMCA/LAKELANDS TOROS RECREATION YOUTH SOCCER ADMINSTRATION MANUAL

GENERAL RULES FOR 2009-2007 (U11-U13)

| Age Division | Game time – Half-time | Ball Size | Field Size (yds) | Player #'s |
|---------------------------|------------------------------|------------------|-------------------------|-------------------|
| 2009-2007 (U11-U13) | 30 min halves – 5 min breaks | 4 | 75 x 50 | 9 v 9 |
| <i>No additional time</i> | | | | |

2009-2007 (9v9) Game Rules

- Begin each half with a kick-off. Coin toss for possession and side is used to begin game.
- Teams swap sides at half time.
- If the score is tied at the end of the match, the game will end in a tie.
- Goalkeepers are to be used.
- If a team has a specialized Goalkeeper that wants to play the position, then they can be goalkeeper for the entire game. If teams do not have a player that wants to play goalkeeper, then teams must rotate a goalkeeper every half.
- Offside will be called.
- Penalty kicks are utilized.
- Goal kicks and corner kicks are utilized, punting is allowed
- Players must be 8 yds away from a free kick (direct or indirect)
- Bad throw-ins are to be penalized and control of the ball will be given to the opposing team.
- Handballs are called if a player intentionally uses hands to gain an advantage. If not intentional, continue with play. Players are not allowed to 'protect' themselves by catching or deflecting the ball with their hands.
- Coaches/players on one side of the field, parents on the opposite sidelines.
- Coaches must stay on the sidelines and are not allowed behind the goal.
- No coaches/parents allowed behind goals (this includes behind fences).
- Coaches are not allowed on the field and can only come on when directed to do so by the referee.
- Each team may have up to three coaches on the sideline, only one may instruct at a time.
- Coaches or a team representative will serve as an official if one is not available.
- Slide tackles are allowed in moderation but not encouraged.
- Every player must play at least the equivalent of one half of the game, unless injury does not allow them to continue.
- Teams can make unlimited substitutions.
- If a player is sent off the field by the referee, they must leave the field of play and can only re-enter at the referee's direction.
- The game results are recorded by the referees. Scores should be sent to the league coordinator or Sports Director the day after the game.

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- When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the 6 yard area, the indirect free kick shall be taken on the 6 yard line. If a player does not deliberately head the ball, then play should continue

Player Substitutions Summary (U11 – U13):

Unlimited substitutions are allowed. Substitutions may be made on the following stoppages of play:

- Prior to a throw-in your favor.
- Prior to a goal kick by either team.
- After a goal by either team.
- After any injury by your team when the referee has stopped play (unlimited).
- At the beginning of each half.
- When the referee stops play to caution a player, only the cautioned player may be substituted prior to the re-start of the game.

Referee Configuration for 9v9 Soccer

- U11-U13: 2 USSF Licensed Center Referee when possible.

The Complete Rules of 9v9 Soccer

| U11-U13 (2009-2007) | |
|------------------------------|---|
| Game Begins with? | A kickoff each half In the center of the field |
| Swap at Half Times? | Yes |
| Goalkeepers? | Yes |
| Ball Size? | Size 4 |
| Field Size? | 75 x 50 yards |
| Numbers on the Field? | 9v9 |
| Length of Games? | 2 x 30 minute halves |
| Officials? | 2 Officials |
| Score/Standings? | Yes/Yes – the referee records the score |
| Substitutions? | Unlimited substitutions–see player substitution summary |
| Headers? | Not allowed |
| Distance from the free kick? | Players must be 8 yards away from the ball |
| Goal kicks? | Yes |
| Retreat Line? | No |
| Throw-ins? | Yes |
| Offsides? | Yes |
| Penalty Kicks? | Yes |
| Yellow/Red Cards | Yes – if absolutely necessary |

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Match Instructions

First thing to remember...this game is for the children!

1. **Practice good sportsmanship at all times.** The players learn from watching coaches, officials and parents. Bad attitudes or language will not be tolerated. Any player, coach or parent will be instructed to leave the soccer complex if either of these occurs.
2. **All players are required to wear shin guards at all games and practices.**
3. **Playing Time:** All players participating in the YMCA/Lakelands Toros Youth Recreation Program must play at least half of the total game time. The only time that a player will not play half the game is when he or she is unable to do so due to injury or suspension.
4. **Short Handed Teams:** If a team is shorthanded, the other team will reduce numbers to match. For example, if team A has 8 players, both teams will play with eight players.
5. **Mercy Rule/Sporting Play:** The intention of the YMCA/Lakelands Toros Recreation Program is to provide fun, athletic competition for young players. This only occurs when there is a balance in ability between the teams that are competing. As teams are formed by “random placement,” sometimes this balance is not always achieved.

We encourage coaches of the teams that have the advantage, to manage their players in a sporting manner. An example would be for your team to score a goal only after a certain amount of passes

When these actions do not achieve the competitive balance, the following rules will be used:

- Once a team has a 5-goal advantage, the losing team will add a player. If there are not enough players to add, then the winning team will remove a player. If the winning team loses the 5-goal advantage, both teams return to normal player numbers.
- Once a team has a 7-goal advantage, the game is over. If there is enough time, teams may mix players and continue playing a “pick-up” game with the referees help. The game must end in the allotted time, so the next game can begin on time.

Rules and Responsibilities

1. **Location** – No alcoholic beverages, tobacco products, pets or unsocial behavior will be tolerated at any of the YMCA/Lakelands Toros venues. Unsocial behavior includes profanity, insulting/derogatory remarks or gestures, offensive hand gestures, unwarranted physical contact, and mental bullying. These rules apply to all people present at any of the YMCA/Lakelands Toros locations and includes

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all players, coaches, parents, spectators, and staff members. Anyone breaking these rules will go through a three step process:

1. Verbal Warning
2. Removal from the premises for the rest of the day, with the aid of law enforcement, if necessary.
3. Banned from all YMCA/Lakelands Toros locations.

2. Player Equipment and Uniforms

- All teams shall wear matching jerseys
- Every field player shall have a unique and identifiable number attached to his/her jersey.
- Players must wear athletic shorts/pants. No jeans or khaki pants.
- Cleats or tennis shoes must be worn at all times. **NO BARE FEET!** No baseball cleats.
- Additional garments may be worn to protect against the elements, but all players must present a uniform appearance and all extra clothing is subject to the approval of the referee.
- Shin guards must be worn. Socks must be pulled up over each players shin guards.
- No jewelry of any type may be worn during a match under any circumstances.
- The referee is the sole judge of whether player equipment, casts, or protective or other assistant devices shall be allowed as prescribed in the FIFA "Laws of the Game". In general, hard casts will be allowed only if they are:
 - Wrapped in their entirety with half inch of foam or other cushioning material and are, in the opinion of the referee, safe. At the first indication that a player with a cast or other protective device is using it in an unsafe manner, or to gain an advantage, the player shall be removed from the match. The player may not return for the duration of the match or until the cast or device has been removed.

3. Coaches Responsibilities:

- The coaches' first responsibility is to ensure the safety of their players for all games and practices.
- Make sure that the players are having fun, learning skills, and good sportsmanship.
- Be a good role model for your players and parents.
- Coaches must always carry a full list of contact numbers with them when coaching.
- Coaches will teach fun and fundamentals throughout the season.
- Coaches or a team representative are responsible for officiating games if a referee is not available.

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- Coaches and officials are to ensure the playing surface is free of any foreign bodies before all practices and games.
- Coaches and officials must ensure that all goals are securely anchored before all games and practices.
- Coaches must ensure that players with an injury or illness do not make their condition worse by participating further during games and practices.
- Coaches are responsible for the behavior of their team's spectators. Coaches may be penalized for any spectator who exhibits unacceptable behavior.
- Coaches will strictly adhere to the YMCA/Lakelands Toros Youth Soccer Coaches Code of Conduct/game play rules at all times.
- Coaches are not to question referees in front of, or in earshot of any player or parent, and conflicts should be taken up at half time by the Head Coach with the official, or with the Sports Director/Community Soccer Officer.
- Coaches are to inform the parents and spectators of their team not to question or talk to the officials during the game. Any concerns should go through the coach to be presented to the referee.
- All teams are responsible for cleaning up the field they have used after each game and practice.
- Both team coaches will provide a safe playing game ball to the referees.

4. Players/Parents Responsibilities:

- To have fun and play fair!
- All players must wear shoes and shin guards covered by socks at all times. **NO BARE FEET!** Cleats must be made of plastic or rubber no metal cleats are allowed.
- **NO JEWELRY** may be worn during games or practices.
- All players must respect themselves and others during all games and practices.
- Parents must make the coach aware of any reason why your child should not participate in games or practices.
- Encourage every player from the sidelines.
- Do not abuse the referee. Anyone who addresses the referee in a negative manner may be asked to leave the soccer complex.

Parent Checklist:

1. Coaches will distribute game and practice schedules, and uniforms.
2. Players should bring a ball and water to all practices and games.
3. This game is for the children! Parents are expected to set examples for their children by refraining from unsportsmanlike behavior. Bad attitudes or language will not be tolerated. Any player, coach or parent may be asked to leave the soccer complex if either of these occurs. No questions asked!

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4. Parents are asked to let the coach do the coaching. Encouragement and cheering is welcomed, but parents are asked to refrain from shouting “kick-it, kick-it”.
5. In case of inclement weather on practice and game days, coaches will be notified of field closures by their local department. Fields will close if the conditions are dangerous or if there is standing water on the fields.

5. Misconduct procedures for Players, Coaches, and Spectators:

On field match day procedures for dealing with players and coaches misconduct:

- Verbal warning
- Ejection.

Any coach that is ejected from a YMCA/Lakelands Toros Youth Recreational soccer game must leave the premises immediately and have no further contact with the team or assistant coaches until they have met with the Director of their location. Any player or coach ejected from a match shall automatically be suspended for the next game. The referee must report any red cards to the site’s referee assignor/league director as soon as possible after the match. Any player or coach who consistently exhibits unacceptable conduct during match play or practice may be removed from the team roster permanently or suspended for a period of time.

On field match day the procedure for dealing with spectator’s misconduct is as follows:

- Verbal warning from the referee.
- Have the coach ask an individual to leave the facility if he/she is the cause of the disruption.
- If the spectator refuses the coach can be ejected.
- It is the job of the referee along with the help of the coach and/or Lakelands Youth Soccer administration to deal with unruly spectators.

Off field procedures for dealing with players and coaches misconduct:

- We strongly enforce a three-strike process for all players or coaches representing the YMCA/Lakelands Toros Youth Soccer Program. Any player or coach that breaks any of the rules set forth will be dealt with in this order
 - First Strike: Verbal warning from the Soccer administration.
 - Second Strike: Suspension from all YMCA/Lakelands Toros Youth Soccer Program activities. Length of suspension will be determined by severity of the person’s misconduct.

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- Third Strike: Removal from the team roster and one-year ban from the YMCA/Lakelands Toros Youth Soccer League.