

MKS/Inter-league Play U10/U14 Program Playing Rules

NOTE: MKS (Metro Kids Soccer) refers to four clubs: East Sacramento Youth Soccer, Greenhaven Soccer, Land Park Soccer and River Park Soccer. Inter-league Play Partners are clubs from Cosumnes River Recreational Youth Soccer League and Natomas Recreational Soccer League.

MKS and our Inter-league Playing Partners are committed to providing a friendly, positive, supportive atmosphere for all of its participants.

Section One: Home Teams

Home teams are listed first on the schedule and are responsible for the following:

- A. Conditions of the grounds, proper field markings, nets and corner flags.
- B. Changing to an alternate colored jersey or using pinnies when uniform colors are similar.
- C. Goalie uniforms should be distinct from either team.
- D. Provide a completed game card to the center referee. Note: Each participating club/league will provide their own version of the game card.
- E. Retrieve the completed game card from the referee after the game (unless there has been a send off or a dismissal) and drop it off at their club's designated location.
- F. Provide at least three (3) fully inflated game balls of the appropriate size.
- G. Access to restroom facilities is recommended.

Section Two: Head Coaches for Both Teams

On game day, both coaches are responsible for the following:

- A. Behavior of their teams and spectators. Please refer to each respective club's Code of Conduct. *Note: the referee may stop the game to warn coaches and if necessary may terminate the game if the problem persists. Coaches may be dismissed by the referee without warning. If a coach is dismissed, the game may continue only if there is an official (registered, approved) assistant coach or other approved coach to continue coaching. If no official coaches are available, the game will be terminated. Final disposition of dismissed coaches will be determined by the Penalties and Discipline Committee (PAD).*
- B. Home team will have preference to which side of the field will be the home side for the team and spectators. The visiting team and their spectators must use the opposite side of the field. *Note: when space or safety considerations do not allow for this, the home team will designate which side both teams and their spectators will occupy.*
- C. Verify the game time, location and directions to the field by checking the website before the scheduled game.
- D. Report the final game score within 24 hours to MKS's Team Sideline website.
- E. Coaching is allowed only within ten (10) yards of the mid line. Instructing players is only to be done by official (listed on the official team roster or in possession of a valid coach pass) coaches. Only official coaches are allowed in the bench area.
- F. Anyone instructing a player who is not an official coach of the team may be asked to leave the field by the referee or the team's head coach.
- G. No artificial noise making devices are allowed. Those using the device may be asked to leave the field by the referee or head coach.
- H. Both coaches are encouraged to have the games start on time.
- I. Coaches must respect and accept a referee's decision regarding the concussion protocol.

- J. Coaches are responsible for their team's trash – please pick up after your team and spectators.

Section Three: Players for Both Teams

- A. In lieu of player passes, MKS coaches will have an MKS approved roster with player names and birthdates. No player whose name does not appear on the roster may play in the game. Any attempt to insert an ineligible player into the game will result in the head coach being suspended for the remainder of the season. Inter-league play partner clubs may use pass cards, but ineligible player rules are still applicable. No card=No play. All coaches will provide the referee with an official roster to be used for player check in.
- B. All player uniforms must have MKS or Inter-league Play partner club approval. MKS uniforms may not have any other logo other than the club logo. When teams from the same club are playing each other, the home team must wear pinnies or may wear an alternate jersey that has been approved by their club president.
- C. All players are required to wear shin guards. Any style soccer shoe is acceptable unless otherwise deemed unsafe by the referee. This includes sneakers and tennis shoes as permitted by the referee.
- D. No jewelry (including but not limited to earrings, necklaces, watches, hair pins, etc.) or casts may be worn by any player on the field. Exceptions for religious items will be made. Those items must be covered by tape or pre-wrap.
- E. Players with long, artificial nails must either remove the nails prior to the game or wear soft gloves to avoid injuring other players.
- F. All players must play at least half of the game. Only if the player's coach notifies the referee and the opposing coach prior to the start of a scheduled game that a player (identified by jersey number) will exceptions be allowed.
- G. Any team delaying the start of a scheduled game by more than fifteen (15) minutes without sanction of the proper authority shall forfeit the game by a score of 1-0.
- H. No modifications of the rules are allowed for MKS/Inter-league play games regardless of age group.

Section Four: Spectator Line

For the safety of the players, all spectators must be behind the spectator line which will be a minimum of twelve (12) feet back from the touch line. Some fields may not have this line marked. If a spectator line is not marked, all spectators still must be twelve (12) feet back from the touch line. All pop ups, umbrellas and chairs must be back the full twelve (12) feet as well. No parent or spectator shall be behind the goal area of either team.

Section Five: Sportsmanship Rule

Please note that this rule applies to U10 – U14 teams within MKS and Inter-league Play. There is no score keeping in the lower age groups.

MKS and our Inter-league Play partners believe that it is important to maintain good sportsmanship during games that turn out to be lopsided. Despite our effort to seed teams fairly in appropriate divisions, there are always instances where one team is far superior to another. Despite the valuable life lessons inherent in losing, and losing gracefully, there is a difference between losing a close fought contest and being blown out by a far better team. In the latter types of losses, the hurt feelings tend to hinder the ability to absorb the life lessons involved in losing.

In order to promote respect and good sportsmanship, as well as to keep the atmosphere fun and friendly, the acceptable winning margin is a goal differential of six (6). Teams that win by a margin of seven (7) or more will get a warning from their AGC or club manager. The second time the team wins by a goal differential of seven (7) or more in the same half, both games in which the team exceeded the goal differential of seven (7) will be converted to a loss in the standings. The AGC or club manager will contact the Schedule Administrator to have the standings changed. Each club will designate a member to keep track of the lopsided wins for future re-seeding purposes.

All lopsided scores will be reported to the MKS/Inter-league Play PAD Committee and repeated infractions may lead to further disciplinary measures

Section Six: Referees

- A. Referees are provided by the home team and/or club for all games scheduled on their fields.
- B. Referees should not begin the game until the game card is completely filled out.
- C. Referees shall check in players for U10 and U14 by calling out names on the MKS approved roster and asking each player their birthdate to confirm identity. Or call out names and check identity using pass cards (Inter-league Play)
- D. If a referee is not present, the visiting coach may elect to play with volunteers from the spectators with the approval of both coaches OR to re-schedule the game.
- E. The replacement referee(s) accepted by both teams' authority cannot be challenged once the game begins.
- F. U10 games will be officiated by a minimum of one (1) and a maximum of two (2) referees.
- G. U12 games will be officiated by a minimum of one (1) and a maximum of three (3) referees.
- H. U14 games are recommended to have a three (3) person system, but may be officiated by a minimum of two (2) and a maximum of three (3) referees.
- I. The referee is the sole authority on the field and his /her judgment as to acceptable field conditions, conduct of the coaches and spectators and any other prerogatives as granted by the *Laws of the Game* shall not be challenged.
- J. It is the responsibility of the referee to provide completed game cards at the conclusion of the game. *Note: only if a red card has been issued will the referee keep the game card at the conclusion of the game.*
- K. Referees are to follow the US Club concussion protocol.

Section Seven: Penalty Kicks

- A. For U10 and U12, penalty kicks will be taken from ten (10) yards back from the goal line
- B. For U14, penalty kicks will be taken twelve (12) yards back from the goal line.

Section Eight: Goal Kicks

- A. U10 goal kicks will be taken from anywhere at the top of the penalty box (18 yard box). The attacking players **must** be ten (10) yards back.
- B. U12-U14 goal kicks will be taken anywhere in the goal area (6-yard box).

Section Nine: U10 ONLY: The Build Out Line

For the U10 (7v7) game, the field will include build out lines to promote individual skills and facilitate game flow by allowing play of the ball out of the back in an unpressured setting. The build out line is equidistant between the mid line and the goal line on each side of the field.

- A. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move behind the build out line.
- B. Once the opposing team is behind the build out line, the goalkeeper can do one of three things: place the ball on the ground and kick it, throw the ball to a teammate or roll the ball to a teammate.
- C. Punting or drop kicking the ball (bouncing the ball and kicking it as it rises off the ground) is not allowed as this would defeat the purpose of the build out line and reduces the opportunity to play out of the back in an unpressured setting.
- D. After the ball is put into play, the opposing team can then cross the build out line and play can resume as normal.
- E. The goalkeeper does not have to wait until the opposing team has retreated behind the build out line before he or she puts the ball back into play. But once the ball is kicked, the opposing team may attack.
- F. If the goal keeper punts or drop kicks the ball, the opposing team is awarded an indirect free kick. The ball is placed outside at the spot of the infraction. If the infraction occurs in the goal box, the ball is placed outside the box parallel to the goal line.
- G. Players cannot be penalized for an offside offense between the halfway line and the build out line
- H. Players can be penalized for an offside offense between the build out line and goal line
- I. If the opposing team fails to retreat behind the build out line, the referee will delay play until they comply.

Section Ten: Off Side (applies to U10-U14)

Offside will be applied to all U10-U14 games as per the USSF guidelines.

Section Eleven: Heading

- There will be NO heading for age groups U14 and younger. 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 goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

Section Twelve: Head Injuries and Concussions

All teams must observe the USSF concussion policy. If a player has a head injury and the referee deems that the player should NOT continue, then that player shall not return until they have received medical clearance. The referee MUST fill out an incident report if they remove a player from the game due to concussion protocol.

Section Thirteen: Game Start and Length of Games

- A. Coin toss by referee will be used to start a game. The team that wins the coin toss chooses which side to attack.
- B. Games will be played in two halves with a rest period between halves. Length of rest period is determined by age group. Under certain weather conditions the referee has the authority to allow for additional minutes as deemed appropriate.
- C. The second half of the game is started with a kick off by the opposite team from the team that kicked off the first half.
- D. U10 are two (2) twenty five (25) minute halves with a ten (10) minute rest period between halves.
- E. U12 are two (2) thirty (30) minute halves with a ten (10) minute rest period between halves.

- F. U14 are two (2) thirty five (35) minute halves with a ten (10) minute rest period between halves.

Section Fifteen: Minimum Players Per Team In Order to Begin The Game

- A. U10 will play with a minimum of five (5) players.
- B. U12 will play with a minimum of six (6) players.
- C. U14 will play with a minimum of seven (7) players.

Section Sixteen: Dogs

No dogs are allowed near the PLAYING field at games. Dogs cannot be on the sidelines. Parents will be asked by either the coach or the referee to leave the playing area which includes where spectators are.

IMPORTANT: Alcoholic beverages are prohibited at any time before, during and after the game.