

13U – 19U (HS Coed) ABYSA 9v9 Match Setup and Rules

Field and Match Setup

- **Field Dimensions:** 75 yards x 50 yards
- **Game Format:** 9v9 (8 field players and 1 goalkeeper)
 - Coaches should loan players to a team that is short-handed in order to allow all children to play more, sit less and have fun!
 - **Playing Time:** Each player MUST play a minimum of 50% of the total playing time. Coaches MUST make every effort to balance playing time between all players at game.
- **Game Duration:** Two 30 minute halves of play
 - 5-minute halftime after 1st half
- **Ball Size:** Size 5
- **Referees:** 1 referee
 - If a Referee is not available then each coach will ref the half of the field in front of their 'bench'
- **Player & Coach Sideline:** ONLY players and officials are allowed on the 'bench' side or behind goals.
- **Parent/Spectator Sideline:** MUST sit/stand on half of field directly opposite their team's players and coaches

Match Rules

- **Heading:** Heading is allowed beginning in the 13U age group
- **Substitutions:** Referee may allow substitutions at any stoppage of play: kick-in, kickoff, free kick, goal kick, corner kick, or injury stoppage.
- **Starting the Game:** The Ref will call two captains and will flip a coin to see who starts with the ball. If player wins toss they can choose to start with the ball or pick a half to defend.
 - The opposing team must stand 6 yards from midfield
 - The player taking the kickoff cannot touch the ball a second time before another player has touched it. For a violation of this rule, the kick shall be retaken.
 - A goal cannot be scored directly from the kickoff. It must touch another player before going into the goal. If the ball is kicked directly into a goal from a kickoff, award a goal kick.
 - A kickoff occurs at the beginning of each quarter and after each goal.
- **Ball Out of Play:** the ball is out of play when the entire ball has crossed over the farthest side of a boundary line.
 - **Sideline restarts** are all throw-ins. Opposing players must be 6 yards away.
 - **Goal Kicks** are taken from the top of the '6-yard box' (Smaller goal box).
 - **Corner Kick** is awarded when ball crosses goal line between the post and corner of the field and it was last played or touched by a defending player.
 - Attacking team takes the corner from same side of the goal on which it went across the goal line.
 - Opponents must be 8 yards away from the ball.

- **Offside:** Offside will be called by the referee in obvious situations
- **Method of Scoring:** The entire ball must completely travel over the goal line, inside of the goal mouth.

Fouls, Misconduct, and Rule Infractions

- **Goalkeepers:** No punts over mid-field. Try to discourage punting and teach Goalies to roll or bowl the ball out in a way that a teammate can control it.
- **Dead Ball (Stoppage) Restarts:** Direct and indirect free kicks will be awarded within the laws of the game.
- **Penalty Kicks:** If the defending team commits an infraction inside of the goal box, a penalty will be awarded to the attacking team. The goalkeeper must keep one foot on the line until the shot is taken.
- **Excessive force and reckless tackles**
 - ABYSA wants coaches to teach and encourage players to be aggressive to the ball. However, Refs will call fouls when players are unsafe or out of control while tackling, or if a player's words or actions shows he/she has intent to harm an opponent

Player Equipment

- **Uniforms:** Players are required to wear the appropriate home or away ABYSA Youth jerseys at all games.
 - The home team will always wear the Red shirt
- **Shin guards:** Players must wear shin guards underneath socks
- **Footwear:** Soccer cleats are recommended (not required).
 - No shoes with toe cleats (baseball cleats) OR metal cleats.
- Players must not use equipment or wear anything dangerous to themselves or another player. This includes but not limited to: Watches, rings, earrings, nose rings bracelets, necklaces, hair beret clips, etc.
 - EXCEPTIONS include medical bracelets, which must be taped down.
 - Any non-uniform items must be approved by the referee or are subject to the referee's discretion regarding whether they are safe to play with or must be removed/addressed.

