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RULES OF THE GAME

BASIC RULES FOR YOUTH SOCCER

CHAMPIONS LEAGUE

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Holden Youth Soccer – Soccer Rules of the Game

Summary of Champions League Rules

General Rules

- **Format:** 7v7 – Goalkeeper plus 6 outfield players
- **Time:** 2 x 25 mins halves plus a 5 min halftime break
- **Ball:** Size 4 only, properly inflated 7-8 psi
- **Rosters:** Rosters are not required but safety checks are required
- **Sportsmanship:** Pre-game sportsmanship statement and walk out required

Soccer Rules

- **Slide Tacking:** Not allowed
- **Throw-Ins:** One redo then goes to opposing team
- **Offside:** Yes
- **Build-Out Lines:** ½ Way line on Goal kicks and goalkeeper possession
- **Subs:** Unlimited, on any stoppage, at the halfway line with the referee's permission, ensure players are off the field before new players enter.
- **Free-Kicks:** Indirect, Direct and PKs are in effect.
- **GK:** The goalkeeper needs to be distinguishable from the rest of the team and opposition.

Safety Rules

- **Jewelry:** There is **no** jewelry allowed – earrings of any type, bracelets, necklaces, watches.
- **Bracelets:** Medical/religious bracelets are allowed but must be secured or taped down.
- **Casts:** No rigid casts allowed – this includes soft hand/wrist/arm splints with metal in them.
- **Braces:** Knee braces with metal are not allowed.
- **Hair:** Soft hair items – pre-wrap or elastic bands are allowed, Barrettes, beads, or plastic clips in hair are not allowed.
- **Clothing:** Sweatshirts are allowed if worn under the jersey and the hood is tucked in. Sweatpants worn over the uniform shorts and socks are allowed.
- **Shin Pads:** Shin guards are required and worn under the socks.
- **Socks:** Socks are required and worn over the shin guards.
- **Cleats:** Soccer footwear is required – no football or baseball cleats or footwear with metal studs.



Holden Youth Soccer – Soccer Rules of the Game

Introduction

Soccer is a complex sport, but the rules are simple. The objective is to get the ball in the opposing team's goal.

The rules become more complicated and technical with the level of play. But even at the professional level they are quite simple. FIFA, International Federation of Football, holds the official rules to the game. The official rules may be modified in their application for players of under 19 years of age, female soccer players, veteran players (over 35 years of age), and for players with disabilities.

This document outlines the modified rules of play for the [HYS Champions League Program](#)

General Soccer Rules

The Champions league program plays on either 7v7 or 9v9 fields

Size of the Field – 7v7

- The field is between 45-65 yards in length and 35-45 yards in width
- The center circle radius is 8 yards
- The penalty area is 14 yards long by 25-35 yards wide
- The penalty spot is 8 yards from the goal line
- The penalty arc is 6 yards arc from the penalty spot
- The goal area is 6 yards long by 18 yards wide
- The goal size is 6 feet tall by 12 to 18 yards wide

Size of the Field – 9v9

- The field is between 70-80 yards in length and 45-55 yards in width
- The center circle radius is 8 yards
- The penalty area is 14 yards long by 35 yards wide
- The penalty spot is 10 yards from the goal line
- The penalty arc is 8 yards arc from the penalty spot
- The goal area is 8 yards long by 18 yards wide
- The goal size is 6 feet tall by 18 feet wide



Ball Size

The ball size for Champions League is size 4.

Players

Soccer is played by two teams of equal number. Our Champion's League program is often mixed grades. Whilst we do our best to keep teams within 2 grades it's not always possible in which case we mix multiple grades and play on the smaller size field.

We suggest the following numbers based on the make-up of the teams:

- Grade 3-4. 7v7 with a roster size of approx. 9-13. The minimum numbers of players on the field are 5.
- Grade 5+. 9v9 with a roster size of approx. 11-18. The minimum number of players on the field are 6.



Substitutions

For Champions leagues there is no cap on substitutions. A substitution can only be performed when the ball is not in play. (Ex) it's a throw in for your team, or goal kick for your team or the opponent. Substitutions cannot be made when the ball is in play (even if your goalie has the ball in his/her hands, this is still in play).

When there is a referee officiating a game, you will typically make substitutions at the halfway line on the referee's approval. Players must wait for the players coming off to leave the field before the new players enter.

Durations

The standard duration of our Champions League game is two 25 min halves separated by a 5-minute half time break. There is no time added to the end of the game for injuries, substitutions, and goals

Equipment

The basic equipment needs for soccer are simple. Every player on the team should have a matching color jersey, wear shin pads under soccer socks, wear appropriate soccer footwear, and be wearing no form of jewelry at all.

For our Champions League program

- There is **no** jewelry allowed – earrings of any type, bracelets, necklaces, watches.
- Medical/religious bracelets are allowed but must be secured or taped down.
- There are no rigid casts allowed – this includes soft hand/wrist/arm splints with metal in them.
- Knee braces with metal are not allowed.
- Soft hair items – pre-wrap or elastic bands are allowed.
- Barrettes, beads, or plastic clips in hair are not allowed.
- Sweatshirts are allowed if worn under the jersey and the hood is tucked in.
- Sweatpants worn over the uniform shorts and socks are allowed.
- Shin guards are required and worn under the socks.
- Socks are required and worn over the shin guards.
- Soccer footwear is required – no football or baseball cleats or footwear with metal studs.
- The goalkeeper, if applicable, needs to be distinguishable from the rest of the team and opposition.



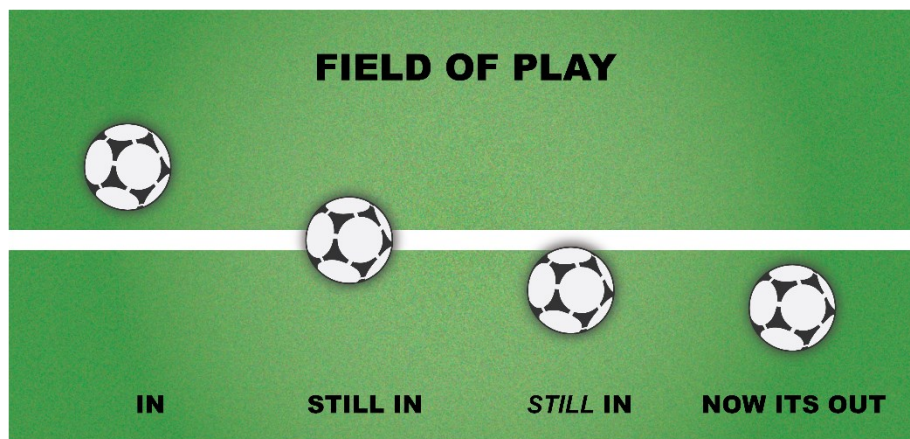
Playing Soccer Rules

Starting the Game

The game begins at the center of the field. The team who kicks off passes the ball to a teammate at the referee's signal. The ball can be passed back or forward at kick off. The opposing team is not allowed to enter the center circle until the team kicks off (some get confused with the ref's whistle as the signal to play but it really begins with the team kicking off).

Game in Play:

As long the ball stays in the field the game is in play. The only exception is when the referee blows the whistle for an infraction or offside. The ball is considered in play as long as it is inside the end lines and side lines. Furthermore, it's still in play as long as the entire ball has not crossed the entire line. Therefore, the ball may not be touching the end line or side line and still be considered in play (This applies if the ball is in the air as well). Contact with the goal post, or corner flag is still considered in play.



Goal

In the basic soccer rules the point of the game is to get the ball in the opposing teams goal and the team with the most goals after the specified time is the winner. The ball must cross the goal line to be a goal. Therefore, if the ball is still in contact with the end line in the inner part of the goal it is not a goal! The play is restarted at the center spot of the field after a goal is scored.

Outcome of the Match

A typical soccer match ends in either a win/loss or a draw. A win is when the referee ends the match, and a team has more goals than the other team. A losing team is the team that has less goals at the end of the match. A draw is when both teams have the same number of goals at the end of the match.



Ball In and Out of Bounds

If the ball crosses the sideline, it is a throw in. The team who did not touch the ball last before the ball crossed the line gets the throw in. If the ball crosses the end line two things may occur. If the team that is defending that end line touches it out it is a corner kick. If the team attacking that end kicks it out it is a goal kick

- **The Throw In.** When the ball leaves the field from the side or touch line it is a throw in. The sideline assistant referee or referee, if available, signals who's throw in it is by point the flag or arm to the direction that team is attacking. There are no offsides on throw ins, and you can't score directly from a throw in. A proper throw in is both feet need to have contact with the ground at time of throw, touching or behind the line. Also, the arms need to move from back of the head to the front over the head. No side throws allowed.
- For Champions League we will have one 'redo', if a player makes a foul throw, the referee will allow one more chance by explaining what the player did wrong. If the player makes a foul throw on the second attempt the throw is awarded to the opposing team.
- **Goal Kicks.** A goal kick is given when the attacking team touches the ball last before it leaves the end or goal line. The goalkeeper (or any other player on his team) places the ball anywhere in the goal area to restart play. Prior to 2019 the ball had to leave the penalty box before a second player could touch it. This has since changed. Now, the ball can be a simple touch to a teammate inside the penalty box. The opposing team is not allowed inside the penalty box when the kick is taken.
- **Corner Kicks.** A corner kick is given when the defending team touches the ball last before it goes over their end or goal line. The corner kick is taken from the corner kick area. The ball needs to be on or inside the lined area. It is a direct kick so the ball can go directly in the goal without touch a person. Also, the nearest defender needs to be at least 8 yards away from the corner on a 7v7 pitch.

Build-Out Line

Our Champions League adopts the use of a build-out line, this is used to give the defending team time and space to build the ball from their own half. The build out line is the half-way line,

- **On Goal Kick.** When the defending team has a goal kick, the opposing team must retreat to the half-way line and may not-enter the other half until the ball is kicked. The team taking the goal kick can place players anywhere on the field.
- **On Goalkeeper Possession.** When the goalkeeper has the ball in their hands, the opposing team must retreat to the half-way line and may not-enter the other half until the ball is released by the goalkeeper.

In both scenarios, the team with the ball does not need to wait until the opposing team has fully retreated to their own half if they chose to play the ball early. The referee will need to remind players to retreat to their own half.



Offside

Only an attacker can be considered offside. The offside rule does not apply to the team without the ball.

A player is offside when they are on the opponent's half of the field, closer to the defending team goal line than both the ball and the opponents second last player when the ball is played (passed to or passed into an area in which the player engages in play).

Things to know

- The goalkeeper counts as one of the two players.
- Any part of the body which can legally play the ball (knee, foot, head or even buttocks) is considered offside.
- You are not offside if you are even with either or both of the two players.

Offside position versus offside offense

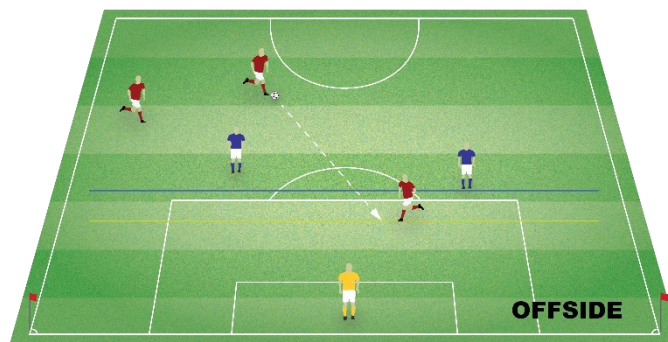
One thing to know is that just because you are in an offside position, it doesn't mean you get a freekick. If you are just standing offside, that is generally okay. If you are standing offside and then get involved in the play, then that is an offside offense. You must become an 'active' player for there to be an offense.

Other things to know

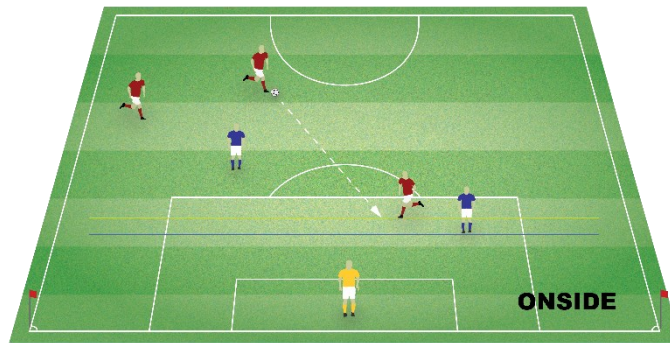
Your offside position is determined when the ball is touched by a member of your team. This means that if you are not offside at the moment your team member kicks the ball to pass it to you, then you can legally pursue the pass.

- Offside can be a very difficult call to make for the referees. Different angles can make the same play look different to different people playing the game.
- The penalty for an offside offense is an indirect free kick for the opposing team.

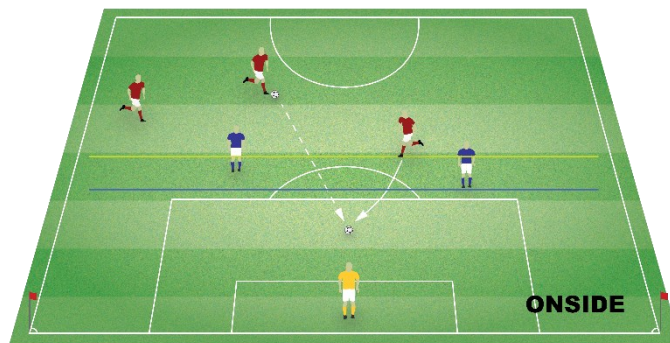
Offside examples



The player is offside because only one player (the goalkeeper) is between the player and the goal when the pass is made.



Here the player is not offside because two players are between him and the goal.



In this example the player is not offside because there are two players between him and the goal at the time when the ball is kicked for the pass, even though the player receives the ball in an offside position.

Fouls and Misconduct.

The referee has the obligation of catching and enforcing infractions of the rules. Misconduct may have on or a combination of the following consequences:

- Direct Kick - See Free kicks.
- Indirect Kick - See free kicks.
- Yellow Card - Warning and the second yellow is a red.
- Red Card - Direct expulsion from the game with possible further repercussions.

Common misconduct behaviors are:

- Fouls (pushing, tripping, pulling, overly aggressive play.
- Hand balls.
- Vulgar behavior (spitting, verbal threats and insults, bad sportsmanship behavior etc.) These apply to players, coaches, and parents.

Free Kicks

There are two types of free kicks in soccer.

Indirect. Indirect kicks are awarded for less violent or interruptions to the game. It is awarded at the spot the ball was last touched and does not need a referee's whistle to restart unless the attacking team asked for their



10 yards to the wall. The ball must touch another player before it can directly be kicked into the goal.

Examples of Indirect Freekicks would be:

- **Dangerous Play:** High boot near an opponent's head, or playing the ball while on the ground near another player.
- **Backpass Rule:** Goalkeeper picks up the ball after it was intentionally kicked to them by a teammate.
- **Goalkeeper Handling:** Goalkeeper touches the ball with their hands after releasing it, or receiving it directly from a throw-in.
- **Obstruction:** Impeding an opponent's progress without physical contact (e.g., blocking a defender).
- **Offside:** When the referee blows for an offside violation.
- **Time-wasting:** Goalkeeper holding the ball for more than 10 seconds before releasing

Direct. The direct kick, on the other hand, can be directly kicked to goal on the restart whistle by the referee. The 10 yards to the wall is also applied here. A direct free-kick in the penalty box is a penalty kick.

Examples of Direct Freekicks would be:

- **Physical Contact:** Kicking, tripping, pushing, jumping at, or charging an opponent.
- **Handball:** Deliberately handling the ball (except goalkeeper in their own penalty area).
- **Holding/Impeding:** Holding an opponent (e.g., pulling a jersey) or spitting at someone.

The Penalty Kick.

A penalty is awarded when the defending team commits an infraction or foul on or inside the penalty box. The ball is placed on the penalty spot (10 yards from the goal line) and the shooter must kick the ball in one forward motion without touching the ball twice. The goalkeeper must remain on, or behind, the goal line until the shooter strikes the ball.

For more detailed descriptions of the rules please see [iFAB](#).



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THANK YOU

