

# FCA Soccer Rules



## 4-5 Rules

- Game Format: 4 vs 4
- Coaches will facilitate/manage games - no officials will be used.
- Games consist of two (2) 18-minute halves divided into three 6-minute periods with the clock stopping every 6 minutes for substitutions.
- Halftime is five (5) minutes. Coaches' choice to switch goal sides after half.
- Start of each period: restart with kick by team w/ last possession.
- Game Clock: The game clock will be maintained by a parent or coach.
- No goalies. Teams can NOT score on themselves (does NOT include deflections). No score is kept officially.
- Start/Restarts: A restart kickoff is taken from the center circle at the start of each half and after a goal is scored. The initial touch (pass) is not required to go forward. A goal may not be scored from the kickoff.
- Offense can finish a goal attempt if ball stops within the goal arch (ball still live)
- Throw-ins used - coaching opportunities but keep game moving.
- Corner kick taken if defense last touches ball before it goes across end line. Players must be six (6) adult strides from the ball until put into play.
- Goal kick taken from end line - defense must be at midfield for goal kicks until put into play.
- Fouls or Misconduct: Fouls shall result in either a direct or indirect free kick. The coach must explain ALL infringements to the offending player. Players who commit two (2) fouls resulting in direct kicks (excluding handballs) in the same game must sit out the remainder of that game.
  - Misconduct from players or spectators will be reported to the League Director. Players that are penalized to sit out during a game will result in a family meeting with the coach and League Director if penalty was due to misconduct or aggressive/dangerous play.
- General fouls like hand ball, pushing, & tripping result in direct kick at the spot of the foul. All players must be (4) adult strides from the ball to put ball back in play.
- Teach defenders NOT to camp in front of the goal (puppy guarding allowed) and always stay outside of the arch (except if ball enters the arch).
- Positions: 6-7 Year Olds **REQUIRED** have to play 2 offense and 2 defense
- Positions: 4-5 Year Olds *Recommended* (1) defensive player and (3) offensive - you can TRY to implement a defensive player for each rotation.
- Kicking from the ground is not allowed.
- **Head Coaches are required to meet prior to the start of game to discuss/agree upon game management** to create a teaming approach so game focus is on having fun and learning.

### Player equipment:

- No toe cleats allowed (these are typically football, baseball or lacrosse cleats)
- Warmer clothes under uniform is allowed. Warm hats or gloves are allowed.
- No jewelry if possible.





## 6-7 Rules

- Game Format: 5 vs 5
- Coaches will facilitate/manage games - no officials will be used.
- Games consist of two (2) 18-minute halves divided into three 6-minute periods with the clock stopping every 6 minutes for substitutions.
- Halftime is five (5) minutes. Coaches' choice to switch goal sides after half.
- Start of each period: restart with kick by team w/ last possession.
- Game Clock: The game clock will be maintained by a parent or coach.
- YES on goalies. Teach Goalies about the goal box (Let's do our best) Teams can NOT score on themselves (does NOT include deflections). **No score is kept officially.**
- Start/Restarts: A restart kickoff is taken from the center circle at the start of each half and after a goal is scored. The initial touch (pass) is not required to go forward. A goal may not be scored from the kickoff.
- Offense can finish a goal attempt if ball stops within the goal arch (ball still live)
- Throw-ins used - coaching opportunities but keep game moving.
- Corner kick taken if defense last touches ball before it goes across end line. Players must be six (6) adult strides from the ball until put into play.
- Goal kick taken from end line - defense must be at midfield for goal kicks until put into play.
- Fouls or Misconduct: Fouls shall result in either a direct or indirect free kick. The coach must explain ALL infringements to the offending player. Players who commit two (2) fouls resulting in direct kicks (excluding handballs) in the same game must sit out the remainder of that game.
  - Misconduct from players or spectators will be reported to the League Director. Players that are penalized to sit out during a game will result in a family meeting with the coach and League Director if penalty was due to misconduct or aggressive/dangerous play.
- General fouls like hand ball, pushing, & tripping result in direct kick at the spot of the foul. All players must be (4) adult strides from the ball to put ball back in play.
- Teach defenders NOT to camp in front of the goal (puppy guarding allowed) and always stay outside of the arch (except if ball enters the arch).
- Positions: 6-7 Year Olds REQUIRED have to play 2 offense and 2 defense
- can TRY to implement a defensive player for each rotation.
- Kicking from the ground is not allowed.
- **Head Coaches are required to meet prior to the start of game to discuss/agree upon game management** to create a teaming approach so game focus is on having fun and learning.



## 8-9 + 10-12 Rules

- Game Format: 7 vs 7 (U10)
- Game Format: 9 vs 9 (U12)
- Goalies/keepers will be used.
- Matches consist of two (2) twenty- one (21) minute halves with the clock stopping every seven (7) minutes for substitutions. There should be a five (5) minute halftime. There will be no extended time.
- During substitutions, this is not a timeout for coaches. This is 60 seconds or less to get players on/off the field. Coach's need to ensure players play at least 50% of every game.
- **Start/Restarts:** A restart kickoff is taken from the center circle at the start of each half and after a goal is scored. The initial touch (pass) does NOT need to go forward. The ball must touch another teammate or opponent before the initial player kicker touches the ball again. A goal may not be scored from the kickoff. The opposing team must stay outside of the center circle. Both teams must be on their own half of the field and outside of the center circle until the first touch on the ball is made.
- Teams switch goals at half time.
- Players should play both offense & defense during the course of a game.
- **Penalty kicks** for defensive fouls in the penalty box which would otherwise be direct free kicks (See list of direct and indirect free kick fouls on the next page.)
- Player sits for 2 major fouls in same period. The referee or coach should explain ALL infringements to the offending player. Players who commit two (2) fouls resulting in direct kicks (excluding handballs) in the same game must sit out the remainder of that game.
  - Misconduct from players or spectators will be reported to the League Director. Players that are penalized to sit out during a game will result in a parent meeting with the coach and League Director if penalty was due to misconduct or aggressive/dangerous play.
- **Goal kicks** are taken from top of goal box. Any player can take goal kick. It is recommended that opponents remain in their own half until ball is in play. The team taking the goal kick does not have to wait for the opposition to retreat and can restart beforehand if they choose. The ball is in play when it is kicked out of the penalty area.
- Goalies cannot pick up a pass directly/purposely kicked back to them.
- **Corner kicks:** Opponents of team taking the corner kick must be at least seven (7) strides from the ball until put into play.
- The entire ball must go out of bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted.
- The team with possession of the ball will start the next period with a throw-in at the closest point on the sideline when play was stopped. The team that did not start the game with the kickoff will begin the second half of the game with a kickoff.
- End of period: restart play with last possession (goal/corner kick OR throw in in by team w/ last possession)
- Own goals will count.
- Slide tackling will NOT be allowed.
- Intentional Headers will NOT be allowed.



- Offside is in effect for Division 4 ONLY and will be called at the best ability of the referee crew. Division 3 will not be called.
- Indirect kicks:
  - Obstructing an opponent (this will require some explanation since the shoulder tackle is totally legal, but if an arm extends out to impede progress, then it's obstruction. The same call if a player impedes another player to get off the ground.)
  - High kicking (above waist of opposing player)
  - Delay of game - including pass back to goalkeeper who picks the ball up.
  - Intentional head ball.
- Direct kicks when:
  - Hand ball (including the arm below the shoulder)
  - Kicking or attempts to kick, hitting or attempts to hit, pushing, charging, tripping, jumps at, or holding an opponent
  - Any unsportsmanlike conduct
  - Slide tackling or kicking at the ball while the player is on the ground that would be considered dangerous by the official
- Opponents of team taking the free kick must be at least eight (8) strides from the ball until put into play.
- A goal may only be scored from a player's offensive end of the field. This prohibits a player from scoring a goal from the center circle on a kickoff or from a goal kick and encourages them to pass the ball and work as a team rather than attempting to kick the ball the length of the field.
- End of the season tournament only for ages 10-11-year-old division.
- Score is kept only for the oldest division for seeding for the End of season tournament.
- **Head Coaches are required to meet with Referees prior to the start of game to discuss/agree upon game management** to create a teaming approach so game focus is on having fun and learning.
- Grace period: Throw-ins: a grace period of the first game where kids get one do-over attempt before a turnover.

Note: Referees will try to keep the game moving. The goal is to not stop the game for education purposes and leave this to the Head Coach.

#### Player equipment:

- No toe cleats allowed (these are typically football, baseball or lacrosse cleats)
- Warmer clothes under uniform is allowed. Warm hats and gloves are allowed.
- Hoodies are discouraged.
- Girl's earwear will be no more than a single post, and only worn if required due to a new piercing. The post must be taped over with athletic tape on both sides of the earlobe. Otherwise, removal of the earwear is encouraged during the game.
- No bracelets or rings.