

Carbondale Junior Sports Soccer Player Equipment and Rules

Carbondale Junior Sports Soccer follows the FIFA Laws of the Game. The game may be modified, with fewer rules for the lower divisions.

Safety of the players is always of utmost importance. The following is a guide to the rules and player equipment at each age level.

Equipment

League provides shirt with registration. Players must provide their own shin guards, ball, shorts, and socks. All players are required to wear shin guards at every practice and every game. Socks must completely cover the shin guard. Cleats Recommended (only soccer eligible allowed - no front toe cleat - no spikes) - tennis shoes may be worn.

The difference between soccer and U.S. football/baseball/softball cleats is the pattern of the cleats on the bottom. On soccer cleats there is not a very front cleat. It is important not to wear a shoe with a front cleat as that toe cleat can easily cause injury to an opposing player's shin.

While soccer cleats are not required, they are recommended because tennis shoes are very slippery on the grass and a child could easily twist and/or break their ankle. Cleats provide the “grip” needed to help reduce accidents.

No hats, non-prescription sunglasses, jewelry, (watches, rings, bracelets, earrings, etc.) of any type may be worn. Reasonable accommodations for medical related items will be made at referee's discretion if determined to be safe. Players may play with a bubble wrapped hard cast with a medical release from doctor.

Player Equipment Donation/Exchange Program

Carbondale Junior Sports (CJS), on game days, will accept your gently used soccer equipment (cleats, shin guards, balls, etc.). The items will then be available to players who may be able to use them. It cleans out your closet and maybe helps someone on a tight budget - a win - win.

Goal Keeper Equipment

A Goal Keeper is used in U8/First Grade and higher. The Goal Keeper must wear a different color shirt, jersey or pinnie from either team's colors. CJS will provide a pinnie to all teams who request one for use during the season. It is also recommended that Goal Keepers (U10 and up) wear goal keeper gloves to protect hands and fingers. However, no rule requires it.

Rules

In general, we follow FIFA Laws of the Game with some modifications for youth play.

Referees, coaches, fans, and players are reminded to conduct themselves in a manner that is respectful to one another and the game.

Coaches and players will be on one side of the field. Fans will be on the other side of the field.

There is to be no coaching from the fan side of the field or at the end of field near goal boxes.

A player that is not on your team roster assigned by the league CANNOT play for your team at any time. Exceptions will be when players from competing teams share players in order to hold a game.

Both teams must play with the same number of field players at all times. The only exception is a team has to play short if a player is ejected (red carded) by the referee from the game. Teams may be asked to play with no substitution players available to play the same number of players as the other team. The final decision on the number of field players rests with the referees.

This is recreational soccer. The emphasis should be on a fun environment to learn and enjoy the game of soccer. For players interested in a more competitive environment, please contact the CJS Soccer Commissioner.

Any game ending in a tie - ends in a tie. There will be no games "settled" with overtime play and/or penalty kicks.

Slide tackling (an attempt to tackle the ball away from an opponent while sliding on the ground) and heading a ball is only allowed for U12/6th grade and older. Deliberate headers by U8/U10 will result in an indirect free kick for other team (ref's call).

Below is a list of the more common soccer rules. This is not a complete list of rules.

Substitutions

Either team may substitute on a goal kick, when a goal is scored, when an injury occurs, and between halves (and quarters).

Before the throw-in, the team awarded the throw-in may substitute. At referee discretion, they may also let the other team make substitutions.

The number of players that may be substituted is unlimited.

Alert the center referee on any goal keeper change.

Substitute players should stand at the half-line several feet behind the touchline until the referee signals for them to come on.

Special Rules for 1st grade/U8: Coaches may substitute at any stoppage of play.

Restarts

Throw-in - when entire ball crosses the Touch Line (sideline).

Goal Kick - when entire ball crosses the Goal Line (end line) last touched by the attacking team. The ball is in play once the kick is taken & no longer is required to leave the penalty area to be in live play. Either the kicking team or the non-kicking team can play the ball legally within the penalty area once it moves. The kicking team may place players within the penalty area prior to the goal kick while the non-kicking team CANNOT have players within the penalty area prior to the goal kick.

Corner Kick - when entire ball crosses the Goal Line (end line) last touched by the defensive team

Kick Off - to start the match and second half (or quarter), and after a goal is scored. The ball must move backwards on initial kick and the player making the initial touch cannot kick the ball again until another player from either team has touched the ball. This rule will be enforced for U8/1st grade and higher.

Offside

Offside will be called for U10/3rd grade and higher. In the younger age groups, a player may be cautioned by the referee if a player is intentionally "cherry picking" the goal.

It is not an offense to be in an offside position (attacker is beyond the last defensive player not including the goal keeper). The offense occurs when a player in the offside position becomes involved in the play, e.g., a pass is made to a player while in an offside position. There is no offside offense if a player receives the ball directly from a goal kick, a corner kick, or a throw-in. The restart for an offside offense is an Indirect Free Kick from the spot of the foul for the defensive team.

Specific Rules For Each Division:

No Heading in except U13/6th Grade or older.

No intentional heading of the ball is allowed until 6th grade. The penalty is an indirect free kick for the other team at the spot of the foul. There is no foul when the ball unintentionally strikes the head.

Throw ins

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline, on the ground or in the air. At the moment of delivering the ball, the thrower must:

- stand facing the field of play
 - have part of each foot on the touchline or on the ground outside the touchline
 - throw the ball with both hands from behind and over the head from the point where it left the field of play
1. U8 – 2 tries
 2. U10 – 1st three games – 2 tries, last three games – 1 try
 3. U12/U15 – 1 try

U8/First/Second Grade

(CJS has updated to US Soccer recommendations for smaller-sided, faster games for U8. We have maintained the 6v6 rules below for post season play or potential changes by US Soccer.)

4v4 Play

4v4: each team has 4 field players—teams will not play with a goalkeeper. (Flexibility is used depending on how many players each team has. Sharing of players is allowed.)

Games will be played on fields with four small, portable goals. Each team will attack two goals and defend the other two goals.

A goal can only be scored by a player in his/her attacking half. If a player kicks the ball across the half-line and into the goal (without the ball touching any player in the attacking half), it does not count as a goal and the other team restarts play from its defensive goal line.

If the ball goes out of bounds, restart from the place the ball exited the field (unless the defending team last touches the ball across its own goal line, in which case the attacking team restarts from the nearest corner; or unless a goal is scored, in which case the other team restarts play from midfield).

Any time the game stops (due to the ball going out of bounds, a foul being awarded, or otherwise), play is restarted with a dribble-in or kick-in (player's choice). All players other than the player restarting play must be at least 5 yards away until the ball is touched by the player restarting play. Encourage the player restarting play to get the ball back in play (by dribbling or passing to a teammate) as quickly as possible.

Avoid setting players up in specific positions or formations. All players should join in attack when their team has possession of the ball and defend when the opponent has possession of the ball.

No Offside or Penalty Kicks.

Discourage players from standing in the goalmouth other than when defending and the ball and/or an opponent is directly in front of the goal.

2 x 20 Minute Games (5-minute break in between)

Each coach will divide his/her team into two squads on each gameday. If the Red Team is scheduled to play the Blue Team, Red Squad 1 will play Blue Squad 1 on one field, and simultaneously Red Squad 2 will play Blue Squad 2 on the adjacent field, each for 20 minutes. After the first 20-minute game and a 5-minute break, Red Squad 1 will play Blue Squad 2 on one field and simultaneously Red Squad 2 will play Blue Squad 1 on the adjacent field, each for 20 minutes.

The player composition of the squads should be different from week to week. Each week, the squads should be divided so as to be relatively equal in ability—a coach should NOT place the more talented and/or more experienced players all on the same squad.

All players on a squad should play for roughly the same amount of time each game. In no event should a player play less than half of the game time (other than due to injury or player choice).

Referees at this level should be more instructional and less punitive.

Ball Size 3

6v6 Play (if determined to be used by CJS)

6v6 - each team has 5 field players plus a goal keeper. (Flexibility is used depending on how many players each team has. Sharing of players is allowed.)

Common Formation: 1-2-2-1

CF (center forward)

LW (left wing) RW (right wing)

LB (left back) RB (right back)

GK (goal keeper)

Ball Size 3/4

2 x 20 Minute Halves (5-minute halftime)

No Offside or Penalty Kicks. A player/coach may be warned for cherry picking goal.

Referees at this level should be more instructional and less punitive, i.e., show them how to do a proper throw-in and let them try again.

U10/Third/Fourth Grade:

9v9 - each team has 7 field players plus a goal keeper

Common Formation: 2-3-3-1

LF (left forward) RF (right forward)

LW (left wing) RW (right wing)

HM (holding mid)

LB (left back) CB (center back) RB (right back)

GK (goal keeper)

Ball Size 4

Offside and Penalty Kicks in Effect

2 x 25 Minute Halves (5-minute halftime)

U12/U15/Fifth – Eighth Grade

9v9 or 11v11 - each team has 8/10 field players plus a goal keeper (note: this age group normally plays 11v11. However, we may use smaller team sizes depending on how many players are present on game day and to increase number of touches by individual players).

Ball Size 5

2 x 25 or 30 Minute Halves (5-minute halftime)