

NYSA REC SOCCER RULES

Rules: All standard FIFA Laws of the Game will apply with the following age division modifications.

U7 SPECIFIC RULES (modifications)

- 4v4 – four field players – NO goal keeper
- 40 minute game played in four 10 minute quarters
- Take a 2-4 minute break between quarters
- NO JEWELRY OF ANY KIND. NO EXCEPTIONS!
- All players must wear shin guards INSIDE their socks
- NO intentional heading – treated as dangerous play – award Indirect Free kick to opposing team
- NO slide tackling (restart IDFK or DFK depending on if a foul was committed)
- There will NOT be offside
- You have to be on the attacking half of the field to score
- (Goal kick is awarded if it goes in from a kick taken from the other half of the field)
- Free kicks are all direct kicks and modify to 4 yards between defensive players and ball
- Size 3 ball

General Rules

In the interest of fairness and in the spirit of the game if a team shows up short of players, the opposing team either lends players or plays down to even out the game.

NO JEWELRY OF ANY KIND. NO EXCEPTIONS! Refer to the Laws of the Game (Law 4.1) for more information.

All players must wear shin guards INSIDE their socks. Refer to the Laws of the Game (Law 4) for more information.

There will **NOT** be offsides for U8 (and below meaning this age group).

Intentional Headers are **NOT** allowed in U12 (and below meaning this age group) games.

U7 games one of the coaches will have to act as referee. Please be impartial and objective and 'call' the game as if you have no interest in the outcome of the game.

Substitutions:

Substitutions are unlimited and can occur at any stoppage. Normally substitutions should not be allowed on offensive motions (free kicks, corner kicks) unless there is an injury. Allow the

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substitution if done by the team in possession but advise the coach against substituting on an offensive motion.

Substitutions should be made at the half-way line and with permission of the referee. Refer to the Laws of the Game (Law 3.3) for more information.

Kick-Off:

The ball may move in ANY direction. Refer to the Laws of the Game (Law 8.1) for more information.

Misconduct:

Misconduct should be rare in U7 games. There is no need for the public cautioning and sending off of young players (leave your red and yellow cards in your bag). Officials should work cooperatively with the coach when a U8 player may need a “time out”. Refer to the Laws of the Game (Law 12).

Fouls:

The following, if deliberately done, are the fouls most likely to occur in U-8 games: kicking, tripping, pushing, holding, handling the ball and dangerous play. Do not stop play for trifling violations. It’s a player’s game, so keep the fun going and let them play.

All fouls identified in Law 12 apply. Play should be allowed to continue for trifling contact. It is a contact sport and there will be incidental contact especially at lower levels. An effort will be made to allow play to continue as much as possible unless there is an injury or foul resulting in a change of possession. Refer to the Laws of the Game (Law 12) for more information.

Free Kicks:

Opponents must be at least **4 yards** from the ball during free kicks in games. All free kicks are direct (may score directly). Refer to the Laws of the Game (Law 13) for further details.

Penalty Kicks:

Penalty kicks are NOT awarded in U8 (and below) games. There are NO goal keepers in U7 and below. If a player committing one of the ten direct free kick fouls inside his or her own (defending) goal area, the restart will be a direct free kick at the top of the goal area and a “wall” can be built by the defending team. Refer to the Laws of the Game (Law 14) for further details.

Throw-in:

A second throw-in should be allowed in U-8 and below games if the first attempt was improperly done. Following brief, corrective instructions, a second attempt should be permitted. If the second attempt is still done improperly, let it go. Proper technique can be reinforced later by the coach. Keep the game moving and minimize interruptions. Can NOT score directly from a throw-in. Refer to the Laws of the Game (Law 15) for further details.

Goal Kick:

The goal kick can be taken anywhere inside the goal area (6 yard box). The ball is in play once it is kicked and moves. The ball does NOT need to leave the penalty area before it is considered to be in play. The defending team may position players within the penalty area but the attacking team can NOT have players in the penalty area until the ball is kicked (and moves). Refer to the Laws of the Game (Law 16) for further details.

Corner Kick (There will not be any at this age):

Any ball which goes out by crossing the goal line (sometimes called the end line) regardless of who touched it last will restart play with a goal kick. The point of this rule is to begin teaching good play out of the back.

Technical Area:

All NYSA games will have a technical area usually marked as player/coach side of field. We will not mark the area any further but coaches should know where they can coach from. The area a coach may use to direct players from is 1 yard from the touchline (sideline) and on their own half. They may not coach from the other half or from any goal line (end line). Parents are also only supposed to be seated on the spectator side of the field and not off of the end lines. Coaches please help to educate parents.

For U7 Games one coach is acting as the referee, they may leave the technical area, but only 1 coach. Other coaches should coach from the technical area.