

U7-U12

COYSA Rules & Regulations

March 12, 2018

RULE 1 – THE FIELD OF PLAY

Field Sizes, Goal Sizes and Field Markings for the age groups must conform to the details as shown on the tables, diagrams and descriptions found in Appendix “B” of these rules.

RULE 2 - THE BALL

Ball size must conform to the table as set out below:

Age Group	U7 & U8	U9 & U10	U11 & U12	
Ball Size	3	4	4	
Age Group	U7 & U8	U9	U 10	U11 & U12
Game Format	4 v 4 Including goalkeeper	7 v 7 Including goalkeeper	7 v 7 Including goalkeeper	8 v 8 Including goalkeeper

Substitutions and Playing Time:

- Unlimited substitution shall be allowed.
- Substitutions shall be allowed at stoppages, under the control of the referee.
- Players must take equal turns in all field positions including the goalkeeper position that must be rotated at half time. It is not necessary that all players play in the goalkeeper position during a single game.

RULE 4 - PLAYERS EQUIPMENT

- Players shall not wear anything which endangers themselves or other players.
- Basic compulsory equipment shall consist of shorts, socks, shin guards, footwear, and a jersey.
- Goalkeepers must wear colours which are distinguishable from all outfield players and the referee.
- A player who is asked to leave the field of play because of defective or dangerous equipment may not re-enter the field of play until the referee is satisfied that the equipment is permissible.
- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- Jewelry is not permitted.

RULE 5 – THE REFEREE

A Small-sided referee or nominated person may be used. The referee’s role is to keep players safe and ensure that the game is played under the “fair play” code.

Team Officials that are ‘on’ the field of play during the match shall conduct themselves accordingly and are subject to discipline by the referee.

The referee shall:

- Enforce the rules of the game.
- Refrain from penalizing in cases where the offending team may gain an advantage.
- Report in writing to the Club or appropriate authority, any misconduct by players, parents, spectators or other persons which takes place on the field of play or its vicinity at any time during the game.
- Control who may enter or leave the field of play.
- Stop the game immediately if a player appears to be injured, bleeding, or concussed.
- Signal to start the game, and to restart it after a stoppage.
- Decide if the field of play and all applicable equipment is suitable.

RULE 6 – THE ASSISTANT REFEREE

- None required for U7-U10.
- For U11-U12: Two assistant referees may be appointed whose duties, subject to the decision of the referee, are to indicate:
 - when the whole of the ball leaves the field of play
 - which team is entitled to a corner kick, goal kick or throw-in
 - when a player may be penalized for being in an offside position
 - when a substitution is requested
 - when misconduct or any other incident occurs out of the view of the referee

RULE 7 - DURATION OF GAME

The duration of the games must conform to the table as set out below:

Age Group	U7 & U8	U9 & U10	U11 & U12
Duration	2 games of 2 x 12 min	2 x 25 min	2 x 30 min
Half Time	5 min	5 min	5 min

RULE 8 – START AND RESTART OF PLAY

- At the beginning of the game, choice of halves and the kick-off shall be decided by the toss of a coin.
- The team which wins the toss shall decide which goal to attack in the first half the other team will take the kick-off.
- At a kick-off, all players shall be in their own half of the field of play (except the player taking the kick may be in the opponent's half).
- All players opposing the team taking the kick-off shall be not less than
 - o U7 and U8 – 5 meters from the ball until it is kicked and moves forward.
 - o U9-U10 – 8 meters from the ball until it is kicked and moves forward.
 - o U11-U12 – 9 meters from the ball until it is kicked and moves forward.
- The game shall be started by the referee giving a signal.
- The ball will be in play when it is kicked forward into the opponent's half of the field.
- For any infringement of this rule, the kick-off shall be retaken.
- Should the player taking the kick-off play or touch the ball a second time before it has been played or touched by another player, an indirect free-kick shall be awarded to the opposing team.
- After a goal has been scored, the game shall be restarted by a kick-off, to be taken by a player of the team against which the goal was scored.

- After the first half of play, the teams shall change halves and the kick-off shall be taken by a player of the team opposing that which started the game.
- A drop ball will be awarded if there is an injury, interference by an outside agent, or any other reason that the referee stops play which is not a foul.

RULE 9 – BALL IN AND OUT OF PLAY

The ball is OUT of play:

- When the whole of the ball has crossed the goal-line, or touch-line, whether on the ground or in the air.
- When the play has been stopped by the referee.

The ball is IN play:

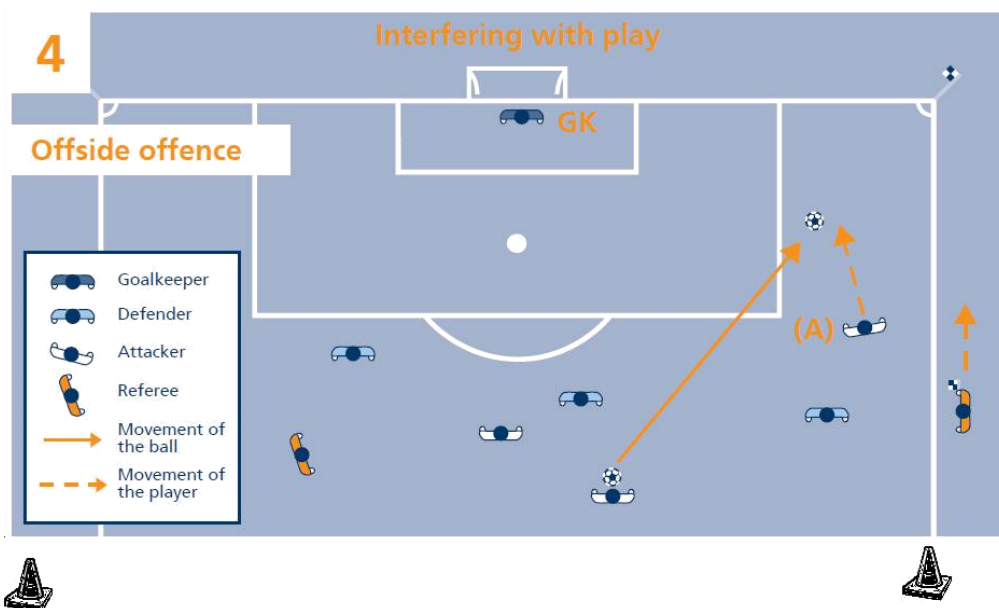
- At all other times including when it rebounds into play from a goal-post, a cross-bar, or a corner flag post, or referee and remains in the field of play.

RULE 10 – THE METHOD OF SCORING

- A goal is scored when the whole of the ball has crossed over the goal-line, between the goal-posts and under the cross-bar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking team, except by a goalkeeper from within his own penalty-area.
- The referee shall be the sole judge as to whether a goal has been scored.
- In the U8 age group, the attacking team may not enter the goalkeeper’s crease area in order to score a goal. They may enter to retrieve the ball but they must leave the crease area to shoot. Any infraction will result in a free kick for the opposing team to be taken within the goalkeeper’s crease. See Rule 19.

RULE 11 – OFFSIDE

- U 7, U8, U9 and U10 – No Offside.
- U11 & U12 – is in effect in the attacking 3rd of the field. This line may be marked as a dotted line, and solid line or single cones on the touch line.
- When an offside offence occurs, the referee awards an indirect free kick to be taken from the position of the offending player when the ball was last played to him by one of his team-mates.



Cone marking attacking 3rd of field

A player in an offside position (A) may be penalized before playing or touching the ball, if, in the opinion of the referee, no other team-mate in an onside position has the opportunity to play the ball.

RULE 12 – FOULS AND MISCONDUCT:

The referee or nominated person must explain ALL infringements to the offending player.

- A free kick¹ is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:
 1. kicks or attempts to kick an opponent
 2. trips or attempts to trip an opponent
 3. jumps at an opponent
 4. charges an opponent
 5. strikes or attempts to strike an opponent
 6. pushes an opponent
 7. tackles an opponent

- A free kick is also awarded to the opposing team if a player commits any of the following three offences:
 1. holds an opponent
 2. spits at an opponent
 3. handles the ball deliberately (except for the goalkeeper within his own penalty area)

- Indirect free kick - An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:
 1. plays in a dangerous manner
 2. impedes the progress of an opponent
 3. prevents the goalkeeper from releasing the ball from his hands
 4. commits any other offence, not previously mentioned in Law 12

¹ For U7 thru U10 – all free kicks are Indirect.

UNDER 7 through UNDER 10

- An indirect free kick is awarded to the opposing team at the center spot on the halfway line if the goalkeeper punts or drop-kicks the ball in the air from his/her goal area into the opponents goal area.
- Misconduct: NO cards shown for these age groups.

UNDER 11 & UNDER 12

- An indirect free kick at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponent's penalty area.
- Misconduct: Caution (yellow) and send off (red) cards are used.

RULE 13- FREE KICKS

- All free kicks for U7, U8, U9 and U10 are INDIRECT free kicks.
- Direct and indirect free-kicks apply for the U11 and U12 age groups.
- For any infringement of the small sided soccer rules when the ball is in play, the referee may award a free-kick to the non-offending team.
- Indirect free kick – another player must touch the ball before a goal can be scored or the player taking the free kick can play the ball.
- An indirect free kick is indicated by the Referee raising his/her hand.
- A goal may NOT be scored directly from an indirect free-kick.
- The free-kick shall be taken from the place where the infringement occurred, unless the free-kick is awarded to the attacking team within its opponents' penalty-area. In this case, the free kick shall be taken from the outside edge of the penalty area in line where the offense took place.
- At the taking of a free-kick, the ball shall be stationary and all opponents shall be not less than (U7-U8 - 5 meters, U9-U10 - 8 meters, U11-U12 - 9 meters) from the ball until it has been kicked.
- The ball shall be in play when it has been kicked and moved and has passed outside the penalty-area.
- For any infringement of this rule, the free-kick shall be retaken.
- A player taking a free-kick shall not play or touch the ball a second time until it has been played or touched by another player.
- For any infringement of this rule, an indirect free-kick shall be awarded to the opposing team.
- Direct and indirect free-kicks apply for the U11 and U12 age groups. Direct free kick - a goal can be scored directly.

RULE 14 – PENALTY KICKS

- U7, U8, U9 and U10 - There are NO PENALTY KICKS.
- U11-U12 – Position of the ball and the players.
 - The ball must be placed on the penalty mark.
 - The player taking the penalty kick: must be properly identified.
- The defending goalkeeper:
 - Must remain on his goal line, facing the kicker, between the goalposts until the ball has been kicked.
- The players other than the kicker must be located:
 - Inside the field of play.
 - Outside the penalty area.
 - Behind the penalty mark at least 9 meters from the penalty mark.

Procedure:

- After the players have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken
 1. The player taking the penalty kick must kick the ball forward.
 2. Must not play the ball again until it has touched another player.
 3. The ball is in play when it is kicked and moves forward.
- When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar: the ball touches either or both of the goalposts and/or the crossbar and/or the goalkeeper.
- The referee decides when a penalty kick has been completed.

RULE 15 – THE THROW-IN:

When the whole of the ball has crossed the touch-line, either on the ground or in the air, the ball shall be thrown-in from the point where it left the field of play, by a member of the team opposing that of the player who last played or touched it.

The player taking the throw-in shall:

- a) Face the field of play,
- b) Have part of each foot on the touch line or on the ground outside the touch line,
- c) Use both hands, and
- d) Deliver the ball from behind and over her/his head.
 - For U-7 to U-10 if the player fails to throw the ball in correctly, she/he shall be permitted a second attempt. If the second attempt is unsuccessful, a throw-in shall be awarded to the opposing team.
 - For U-11 & U-12 FIFA Rules apply and a throw-in shall be awarded to the opposing team.
 - The ball will be in play immediately after it enters the field of play.
 - If the player taking the throw-in plays or touches the ball a second time before it has been played or touched by another player, a free-kick shall be awarded to the opposing team.
 - At the taking of a throw-in, all opponents must be at least 2 meters from the ball.
 - A goal may not be scored directly from a throw-in.

RULE 16 – THE GOAL KICK

- The goal kick should be taken anywhere within the goal area off the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved.
- Opposing players must be (U7-U8 – 5 meters, U9-U10 – 8 meters, U11-U12 – 9 meters) away from the ball until it is in play.
- U7, U8, U9 and U10 – A goal cannot be scored directly from a goal kick.
- U11 and U12 – A goal may be scored directly from a goal kick, but only against the opposing team.

RULE 17 – THE CORNER KICK

- When the whole of the ball has crossed the goal-line, either on the ground or in the air, excluding that portion between the goal-posts, having last been played or touched by a member of the defending team, a corner-kick shall be awarded to the attacking team.
- The corner-kick shall be taken from within the corner-arc nearest to where the ball crossed the goal-line.
- All opponents shall be no less than (U7-U8 - 5 meters, U9-U10 – 8 meters, U11-U12 – 9 meters) from the ball until it has been kicked.
- The ball is in play when it is kicked and moves.

- If the player taking the corner-kick plays or touches the ball a second time before it has been played or touched by another player, a free-kick shall be awarded to the opposing team.
- U7, U8, U9 and U10 - A goal cannot be scored directly from a corner kick.
- U11 and U12 - A goal may be scored directly from a corner-kick.

RULE 18 – THE RETREAT LINE

Age Group	Retreat Line
Under 7& 8	Half way line

Age Group	Retreat Line
Under 9, 10, 11 & 12	Middle 3 rd

The retreat line is initiated when the ball has gone out for a goal kick. All opposing players will ‘retreat’ to the retreat line and cannot pursue the ball until:

- The ball is received by a teammate OR,
- The ball travels over the retreat line OR,
- The ball leaves the field of play

Encroachment of retreat line:

If the defending team encroaches across the retreat line before an opposition player touches the ball then the referee blows the play stopped and issues a re-take of the goal kick.

If the opposing team repeatedly infringes the retreat line, an indirect free kick shall be awarded from the place where the offence occurred for not respecting the restart.

Making the Right Decision:

Teams are always able to play quickly; the ball would be in play as soon as it leaves the penalty area regardless of the opposing team’s position.

At times, the correct pass is a long one, If there is an opportunity to play a long pass to create a counter attack, then it should be encouraged even if opponents aren’t behind the retreat line.

RULE 19 – SCORING WITHIN THE GOAL AREA (U7-U8 ONLY)

For U7-U8, a goal may not be scored by an attacker from inside the opponent’s goal area. The attacker may challenge for the ball within the goal area and take the ball outside of the goal area. The ball is considered inside the goal area if any part of the ball is touching the goal area line, outlined by cones.

****RULE 20 – TOYSL DEVELOPMENT LEAGUE ONLY****

When a team is leading by 4 goals the team with the goal deficit will be allowed to add an extra player on the field. If there is a 2 goal difference the team with more players will remove the extra player.

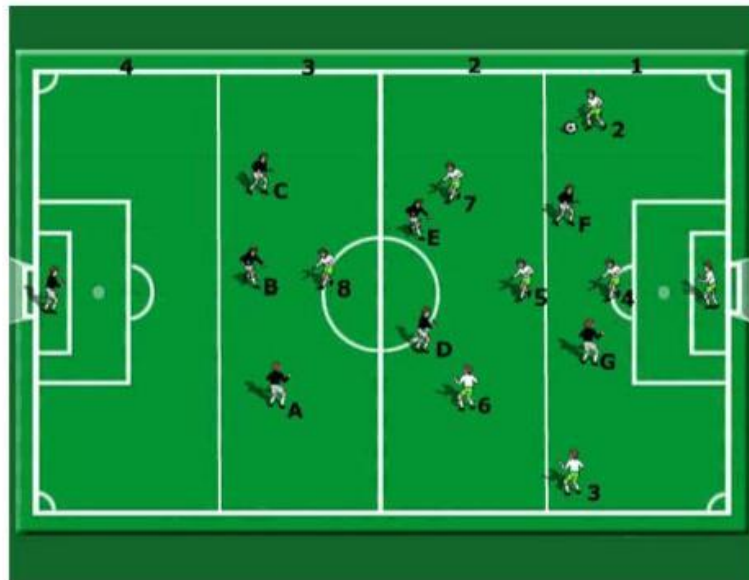
Appendix “A” – Field Markings (reference: Law 1)

Field sizes must conform to the table as set out below:

Age Group	Min Width	Max Width	Min Length	Max Length
U7 & U8	20 Meters	25 Meters	30 Meters	36 Meters
U9 & U10	30 Meters	36 Meters	40 Meters	55 Meters
U11 & U12	42 Meters	55 Meters	60 Meters	75 Meters

Goal sizes must conform to the table as set out below:

Age Group	Goal Length	Goal Height	Option
U7 & U8	8 feet/2.438 Meters	5 feet/1.524 Meters	Anything smaller
U9 & U10	12 feet/3.657 Meters	6 feet/1.83 Meters	none
U11 & U12	18 feet/5.49 Meters	6 feet/1.83 Meters	none



U7-U8 Field Markings

- Distinctive lines not more than fifteen (15) centimeters wide.
- The field of play is divided into two halves by a halfway line.
- The center mark is indicated at the midpoint of the halfway line.
- A circle with a radius of five (5) meters is marked around it.
- All field markings may be marked by the means of cones

- If 4v4 (U7 & U8) including a goalkeeper; A goal area is defined at each end of the field as follows:
- Two lines are drawn at right angles to the goal line three (3) meters from the inside each goalpost.
- These lines extend into the field of play for a distance of three (3) meters and are joined by a line drawn parallel with the goal line.
- The area bounded by these lines and the goal line is the goal area.
- There is no penalty area
- There are no flag posts, if used must be 5 feet
- There is no corner arc, if used must be 1m radius
- Offside: Not applicable

U9-U10 Field Markings

- Distinctive lines not more than fifteen (15) centimeters wide.
- The field of play is divided into two halves by a halfway line.
- The center mark is indicated at the midpoint of the halfway line.
- A circle with a radius of eight (8) meters is marked around it.
- All field markings may be marked by the means of cones
- Two lines are drawn at right angles to the goal line ten (10) meters from the inside each goalpost.
- These lines extend into the field of play for a distance of ten (10) meters and are joined by a line drawn parallel with the goal line.
- The area bounded by these lines and the goal line is the goal area.
- There is no penalty area
- There are no flag posts, if used must be 5 feet
- There is no corner arc, if used must be 1m radius
- Offside: Not applicable

U11 and U12 Field Markings

- Distinctive lines not more than fifteen (15) centimeters wide.
- The field of play is divided into thirds and by a centre spot that indicates a centre spot that is located at the midpoint.
- A circle with a radius of nine (9) meters may, but not mandatory be marked around it.
- All field markings may be marked by the means of cones
- This line may be marked as a dotted line, and solid line or single cones on the touch line.
- Score can be recorded
- There is no goal area
- A penalty area is defined at each end of the field as follows:
- Two lines are drawn at right angles to the goal line, eleven (11) meters from the inside of each goalpost.

- These lines extend into the field of play for a distance of eleven (11) meters and are joined by a line drawn parallel with the goal line.
- The area bounded by these lines and the goal line is the penalty area.
- Within each penalty area a penalty mark is made nine (9) meters from the midpoint between the goalposts and equidistant to them.
- There are no flag posts, if used must be 5 feet
- There is no corner arc, if used must be 1m radius
- Offside Line - parallel to the centre line should be marked from touch line to touch line at the attacking third mark.