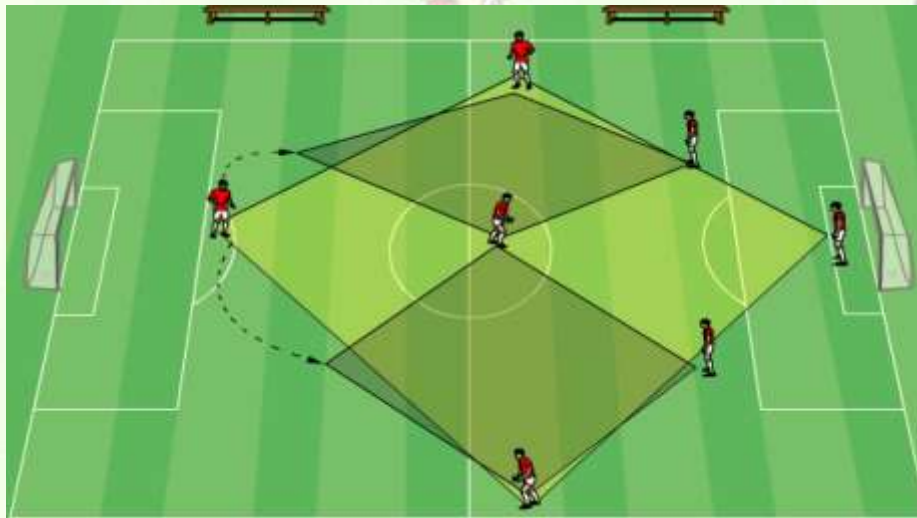


MERIDIAN SOCCER

U13 & 15 REC CO-ED LEAGUE GUIDLINES AND RULES

Players at U13 and U15 in Meridian Soccer enter “Active For Life” stage of long term player development. These players enter the recreational stream and play for the rec development and enjoyment of the game. They will practice and will play 2 games/week. We will play 7v7 in U13 and 9vs 9 in U15 this OUTDOOR season which will foster more touches, enjoyment and be a game that fits the makeup of our local City League play. The majority of players at this age have matured enough to be able to think in a complex manor. As young adults we need to provide a positive environment for all our athletes and recognize a way to foster fact development and purpose for them.

7v7 GAME STRUCTURE: male and female leagues when number of registrations allow. If not, coed.



9V9 GAME STRUCTURE: male and female leagues when number of registrations allow. If not, coed.



U13 & U15 DEVELOPMENT: The next step in development is 7v7 and 9v9 in the OUTDOOR season. The game of 9 v 9 allows players to develop in a progressive manor. With a foundation of diamond soccer creating natural width and depth the play can now be facilitated through 2 diamonds and a GK. This game allows for players to have 5 times more touches on the ball than the game of 11 vs. 11. The approach is developmentally prudent as we build the numbers up as the players get older. The u13-15 version of the soccer game is now how the players consider how their individual and group decisions and movements on the field affect teammates and opponents.

COACHING: In these age groups we are looking for supervisors more so than Coaches. We are looking for people who can manage players and Parents through the scheduled games. When to make subs, manage players and playing time in a safe and fair manner. During games to inspire players to dribble, keep possession of the ball.

THINGS TO CONSIDER

- Competition should be comparable and competitive with each other. We want players to experience both failure and success. Not one or the other.
- Give players time on the field to learn, prior to substituting them (10 minutes).
- The league, facilities and structure need also be comparable and compatible with the players.

Player Equipment and Jerseys

- Meridian Soccer will provide scheduling of games and jerseys to be worn for games.
- Players are responsible for purchase of their shoes, shin pads

UNDER 13: OUTDOOR SOCCER

RULES OF PLAY

LAW # 1 – FIELD OF PLAY

FACILITIES:

Games will be played at Bishop Lloyd on grass Fields.

FIELD MARKINGS:

- All fields are marked .
- Goal keeper can use hands inside the large crease area.
- Goal kicks will be taken any where inside the Goal lined area.

THE GOALS:

Goals will be on site, with netting.

We want to offer the kids the experience of scoring a goal which is one of the most rewarding experiences in soccer. The more goals the better. There is no goal limit for a player. Goals can be scored from anywhere on the field.

LAW # 2 – THE BALL

- Size 5
- Home team provides the game ball.

LAW # 3 – THE NUMBER OF PLAYERS

- Format of play: **7v7 and 9 v 9** (including the goal keeper) on the field at a time.
- There is a goalkeeper who can use their hands in the goal keeper area who will wear a goal keeping jersey distinguishing them as the goal keeper.

SUBSTITUTIONS:

- Substitutions are required to be made at half field. The players exit and enter the field of play , at half on the same side as the team benches.
- Substitutions can only be made in a stoppage of play. The Coach must “call for a sub” by asking the referee for a sub when the ball goes out of play.
- Have the players on the bench ready to go on. This should be a quick process so it doesn't bring the game to a half.

LAW # 4 – THE PLAYERS EQUIPMENT

- Players wear equipment that is safe to both themselves and others. This includes shin pads that are **covered by soccer socks**. This is done in case the shin-guards have edges to them that may hurt their fellow players.
- Each team will wear colors that are different from each other's team. If both teams are the same color than the coach can put the team into bibs for that game.
- Players are not allowed to wear hats during play on the field.(safety issue).
- Goalie equipment is necessary. A different coloured bib will do if required.

Player Equipment and Jerseys

- MYSA will provide scheduling of games and jersey tops to be worn for games.
- Players are responsible for purchase of their shoes, shin pads, socks, shorts..

LAW # 5 – THE REFEREES

- Slide tackling from the front is allowed.
- Both coaches and referee should consult with each other if a player's behaviour becomes dangerous.
- Yellow and red cards can be used for the referee to manage the game.
- Coaches are encouraged before each game to talk with their counterpart concerning any issues or concerns. Be pro -active.
- Make sure that these rules are followed and that the Fair Play nature of the game is followed.

LAW # 6 – DURATION OF THE MATCH

- Two twenty five minute halves.
- Teams do switch halves after half time.

NOTE: Due to the busy schedule please be on time and have respect of others time on the field. Use common sense and be considerate with problems that arise. Work them out and be a good example for the kids!

LAW # 7 – KICK-OFF AND RESTARTS OF THE GAME

- Always takes place from the center point (marked or not marked) of the halfway line of the playing area.
- At the kick-off to start the game and after a goal is scored the opposing team will retreat behind the center circle.

- When a team kicks off, they are at half and pass the ball forward to a teammate to begin play.

LAW # 8 – THE BALL IN AND OUT OF PLAY-- THROW-IN, GOAL KICK AND CORNER KICK,

- The ball is considered out of play if the ball goes over the sideline or end line (touch line). Field marked by lines and or cones. The team who didn't kick the ball out then gets to restart play
- **Throw in:** There are throw-ins in U13 soccer When the ball goes over the side line (side of the field) it is restarted quickly with the opposite team taking a Throw in. The opposition must back up 2 meters to allow time for the team to pass the ball in.
- **Throw-In :** There are throw -ins (using hands) in soccer. Feet on or behind the touch line. Using both hands ball must be played over head.
- **Kick in:** When a Foul is committed and called by the referee the opposite team will get a free kick where the fouled occurred. If the foul is in the large crease area a penalty shot is awarded.
- If the ball goes over the end line anywhere outside the goals area, depending on which team has touched the ball last, the game will be restarted with one of the following two scenarios:
- **Goal Kick:** if the attacking team was the last team to touch the ball, taken anywhere on the small crease area. The ball is required to be passed in to begin play. The opposition should retreat 8 meters.
- **Corner Kick:** if the defending team was the last one to touch the ball, taken by opposition from the corner of the field on the side the ball went out of play. The ball will be passed in using their feet.

Opponents must be at least 6 yards away from the ball on all the above. 2 yards away on throw ins.

LAW # 9 – SCORING AND OFFSIDE

- There is offside in U13 soccer. The offside line will be on each third of the field.

LAW # 10 – FOULS AND MISCONDUCT-regular FIFA rules apply

- FIFA laws of the game still prevail when addressing fouls, yellow cards, and red cards.
- Referees, coaches be conscious of this and provide clear communication to your players, coaches, referees if a player's behaviour doesn't change.
- **SLIDE TACKLES ARE ALLOWED** in soccer. Players are allowed to leave their feet or "go to ground" to win the ball from the opponent.