



## PAYSA U5-U19 OUTDOOR SOCCER RULES



1. **PAYSA** expects that all members/participants conduct themselves in a manner that is respectful and demonstrates their commitment to the principles and the intent of the Rules and Regulations of the game and the PAYSA By-Laws. Each member group (players, coaches, referees/officials, parents and spectators) is expected to conduct themselves with dignity, both on and off the field of play
2. **FAIR PLAY AND CODES OF CONDUCT** for Coaches, Players, Parents (or Spectators), should be discussed (See Coaches package). The focus is on abiding by the rules and regulations of the game, demonstrating a positive and healthy attitude about participation in the game and upholding the ideals of “Fair Play” and sportsmanship. Players should be presented with a clear picture of what constitutes fair play practices. Players should also be advised what actions would constitute a foul and be encouraged to exhibit fair and appropriate behavior before, during and after the game.

The principles of “Fair Play” are exemplified through integrity, fairness and respect for all. As such, a commitment is required from members/participants (players/teams, coaches, referees/officials, parents and spectators) to ensure these principles are followed. Principles include:

1. Respect the rules.
2. Respect your opponent.
3. Respect the officials and their decisions.
4. Everyone has an equal chance to participate.
5. Always maintain your self-control.

3. **SAFETY is of primary importance.** Coaches are expected to stop reckless or dangerous play. Coaches should discuss fair play practices and what player actions would constitute a foul and encourage appropriate behavior.
4. **ABUSE OF THE REFEREES WILL NOT BE TOLERATED.** Cautions and dismissals will be given to bench players and staff for misconduct. Spectators may be dismissed from the sidelines.
5. **ABUSIVE OR OFFENSIVE LANGUAGE** or behavior is prohibited in all venues and in all activities under the jurisdiction of PAYSA. In the case of breach of this rule, the appropriate official may order the offending person from the activity or competition. Coaches or parents should report any additional violations to the PAYSA Technical Director by email or letter.
6. **GOVERNING RULES.** IFAB LAWS OF THE GAME (unless otherwise specified)
7. **GAME OFFICIALS (Coaches and Referees).**
  - a) **Coaches and Assistant Coaches must be CPIC approved.** In U5 to U9 age groups, coaches are expected to monitor/guide the game and will need to be on the field to coach. Coaches in U11 to U17/19 age groups will remain on the bench.
  - b) **Referees.** Fully trained, certified and registered Youth and District level referees are provided for U11–U17/19 age groups. Newly trained referees will be mentored in U11 games for development.

### 8. GAME PROCEDURES.

Age Group	Ball size	Format	Minimum No. of players by 15 min. of scheduled kick off*	Game Duration	Official
U5	3	3 v 3 no goalkeeper		1 hour	coach
U7	3	4 v 4 no goalkeeper		1 hour	coach
U9	4	6 v 6 includes Goalkeeper	4 players	2 x 20-min. halves	coach
U11	4	TBD	4 players	2 x 25-min. halves	Referee
U13 to U19	5	11 v 11 includes Goalkeeper	7 players (min 3 female players)	2 x 30-min. halves	Referee

\* If minimum number of players are not on the field by 15 minutes of scheduled kick off, the game is defaulted.

9. **DEFAULTED GAMES.** If one of the teams does not have the minimum number of players (see Game procedures table), in total, to begin the game after 15 minutes of scheduled kick off time the game is defaulted and the referee will abort (per FIFA LAW #3). In the event of a defaulted game, a pick-up or fun practice type game involving registered players only can commence under the management of both team coaches. If an incident arises in this type of game, coaches are expected to submit a report to PAYSA. Any team that defaults **three games in a row** shall be suspended from further PAYSA league play, **no refunds will be issued.**
10. **MATCH BALL.** The match ball must be provided by the **HOME TEAM.**
11. **EQUIPMENT.** Goalkeeper jersey must be different color to team jersey. Proper soccer clothing (Soccer jersey, shorts, socks) is provided and must be worn at all games. Shin guards **MUST** be worn, and **socks must cover shin guards.** No watches, jewelry, rings, hard hair bands, etc. allowed except for medic alert bracelets/tags. **Drinks in plastic or metal containers only (no glass) are permitted on the field.**
12. **START OF GAME.** Choice of half or kick-off shall be decided by the toss of a coin – IFAB Laws apply.
13. **PLAYERS AND SUBSTITUTIONS.**
  - a) The team format and minimum number of players is outlined in Rule 7. Unlimited substitutions are permitted “on the fly”, at a place within 5 yards of the halfway line. Players leaving the field must be fully off the field before the substitute is allowed to enter. The goalkeeper can only be substituted at a stoppage of play with the permission of the referee.
14. **NOTE: U13 and older must have three (3) female players on the field at all times.** If the team does not have at least three female players on the field, they **MUST** play one player short for each missing female (to minimum 7) for the duration of the game.
15. **BALL “IN AND OUT OF PLAY”.** The ball is “out of play” when:
  - a) when the whole of the ball has crossed the goal-line, or side-line, whether on the ground or in the air;
  - b) when the game has been stopped by the referee. NOTE: The ball is “in play” at all other times.
16. **RESTARTS.** When the ball goes out of play, the game is re-started by one of the following methods:
  - a) **After a goal is scored,** re-start the game with a kick-off at centre mark. Goals cannot be scored directly from a kick-off at center mark for U9 and U11. This practice should be discouraged in all games.
  - b) **Over the sidelines,** with a **throw-in.** The ball must be thrown using both hands from behind the head. Both feet must be on the ground and behind the line. The throw in is taken from the sideline where the ball left the field.
  - c) **Over the goal line or end line,** with a **goal kick** if the attacking team last touched the ball; or a **corner kick** if the defending team last touched the ball. Goal kicks can be taken from anywhere inside the goal area. Corner kicks are taken from the corner arc.
  - d) **An indirect free kick** awarded (e.g. for pass back to the goalkeeper) to the attacking team in its opponents’ goal area is taken from the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
17. **OFFSIDE.** There is no offside in the small sided (U9 and U11) games. This rule is difficult for the players to understand. Coaches should try to make their players aware of the offside rule and discourage “goal hanging”. In the older age groups (U13-U17/19) offside rules stand. Remember there is only one referee at the game so **ONLY** obvious offside will be called.
18. **SLIDE TAKLING** is allowed in older (U11 to U17/19) matches. In U9, on field coaches will restart the game with a direct free kick for the opposing team from the place where the infringement occurred except in the offending team’s penalty area which will be a penalty (kicked from the Penalty Mark).