



**PAYSA  
U5-19 SOCCER RULES  
2021-2022**



**As per SASK health regulation, it is mandatory for everyone to wear a mask at all times while in the Alfred Jenkins Field House except while players are participating in soccer on the pitch.**

**(Masks must also be worn while on the bench)**

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 the principles of “Fair Play” are followed. These principles are:

- i. Respect the rules
- ii. Respect your opponent
- iii. Respect the officials and their decisions
- iv. Give everyone an equal chance to participate
- v. Maintain your self-control at all times.

**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 by email or letter to PAYSA.**

**Cautions and dismissals can now be given to bench players and staff for misconduct**

3. **Governing Rules.** The playing rules are regular FIFA soccer rules
4. **Size of ball: SIZE 3 (U5/U7) size 4 (U9/U11) size 5 (U13-U19) BALL** is required.
5. **Number of players. –**

U5	3 v 3 no Goal Keep
U7	4 v 4 no Goal Keeper
U9	5 v 5 includes Goal Keeper
<b>U11</b>	<b>6 v 6 includes Goal Keeper</b>
U13-U19	7 v 7 includes GK

If one of the teams does not have at least 5 players in total to begin the game after 15 minutes of the scheduled kick off time, the game is defaulted and the referee will abort it. In the event of a defaulted game, a new game involving registered players only, as instructed by the Technical Director, will be permitted if there is are the minimum players there for that game. In that case, then referees are required to stay.

6. **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 with the exception of medic alert bracelets/tags. **Only water in plastic or metal containers (no glass) is permitted on the turf field. No hot drinks, Juices, Gatorade (or similar product).**

7. **Start of the Game : Coin toss – winner chooses kick off or end**
8. **Time.** For U5 to U9 Length of practice combined with game should NOT exceed 45 minutes in total. U11 to U17/19 is 2 x 25 minute halves, **GAMES MUST REMAIN ON TIME.**
9. **Substitutions.** Substitutions are permitted “on the fly”, at a place within 5 yards of the halfway line and players should be fully off the field before the substitution is allowed to enter. The exception is the goal keeper who can only be substituted at any stoppage of play with the permission of the referee
10. **U13 and older must have two female players on field at all times.** If the team does not have two female players, they MUST play a man down all the time.
11. **Ball “in and out of play”.** The ball is “out of play”:
  - 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 ball goes out of the “field of play”(e.g. crosses the side-line or end-line (goal line));
  - c) when the ball touches ceiling structures
  - d) when the game has been stopped by the referee.NOTE: The ball is “in play” at all other times.
12. **Restarts.** When the ball goes out of play, the game is re-started by one of the following methods:
  - a) Over the sidelines, with a throw in.
  - b) 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. Goal kicks (and free kicks in the penalty area) no longer have to leave the penalty area to be in play.
  - c) Hitting ceiling structures, with an **indirect free kick** to the team that did not touch the ball last at a place below where the ball touched the ceiling.\*
  - d) An opponent must be a minimum of **5 yards** from the place where indirect and direct free kicks take place.\*Note: An indirect free kick awarded 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.
13. **After a goal is scored**, re-start the game with a kick-off at centre mark.
14. New this season: Goals cannot be scored directly from a kick-off at center mark.
15. **Offside.** No off-sides will be called for the any game. This rule is difficult for the players to understand, but coaches should try to make their players aware of the offside rule and discourage “goal hanging”.
16. **Slide tackling is not allowed for U11 and younger age groups** – .Restart will be a direct free kick for the opposing team from the place where the infringement occurred except in the offending team’s penalty area (Penalty Kick Marking). In the older ages the regular FIFA rules regarding slide tackling apply.
17. **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.
18. Any team that defaults three games in a row is suspended from further PAYSAs league play. The suspension continues until the Technical Director reinstates the team.