



**PAYSA**  
**U5-U17/19 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 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.**

3. **Governing Rules.** The playing rules are regular FIFA outdoor soccer rules

4. **Officials. Small sided and Youth referees are provided with possible mentorship members for development.** Both coaches (or assistant coaches) need to be on the field to coach. (A game sheet is kept). Coaches and Assistant Coaches must be CPIC approved. Prior to the commencement of any league game (U11 and older), the **home** team will supply a game sheet filled in with their team list (current for the game please!) to the visiting team COACH to complete and provide to the referee before kick-off. **ABUSE OF THE REFEREES WILL NOT BE TOLERATED.**

5. **Size of ball. SIZE 3 (U5 and U7) size 4 (U9 and U11) size 5 (U13 to U17/19) BALL** is required. **HOME TEAM MUST PROVIDE THE MATCH BALL**

6. **Number of players. –**

U5	3 v 3 no Goal Keep
U7	4 v 4 no Goal Keeper
U9	6 v 6 includes Goal Keeper
U11	7 v 7 includes GK
U13-17/19	11 v 11 included GK

If one of the teams does not have at least 4 players in total to begin the game after 15 minutes of the scheduled kick off time (U9 and U11) or 7 players ( U13 , U15 and U17/19) , the game is defaulted and the referee will abort due to CSA/SSA referee regulations. 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 report for disciplinary action by PAYSA.

7. **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).**

8. **Start 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 have choice of which goal they wish to attack in the first half, the other team will take the kick off. The team that wins the toss takes the kick-off to start the second half.
9. **Time.** For U5 to U11 Length of practice combined with game should NOT exceed 60 minutes in total.  
  
U13, U15 and U17/19 is 2 x 35minute halves
10. **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
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 touches ceiling structures
  - c) 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**. 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 side line.
  - 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.
  - 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. Although a goal can be scored directly from a kick-off this practice should be discouraged.
14. **Offside.** No off-sides will be called for 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”.
15. **Slide tackling is not allowed** – coaches should discourage for the U9 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).
16. **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.