



# RULES OF PLAY

## UNDER 13

Updated: January 2020

### 9-A-SIDE SOCCER

#### 1. The Field (required field markings)

- Field length – 210' or 70 yards
- Field width – 165' or 55 yards
- Centre line & circle -The radius will be 30' or 10 yards
- The goal area - 51' wide by 18' long from goal line
- The penalty area – 96' wide by 48' long from goal line
- The penalty shot mark will be 24' from the goal line
- When possible all fields shall have the length of the field running north to south

#### 2. The Goals & Scoring

- **Must be rectangular in shape** (Length– 16' and Height -6')
- Goals should be firmly secured to the ground to ensure they do not to topple on players
- A goal can be scored from anywhere on the field as long as it completely crosses the goal line and under the crossbar
- There is no official score keeping. Game sheets are not required.

#### 3. Corner/Halfway Markers

- Corner flags are required
- Halfway Markers are optional
- They should be safe regardless of what they are

#### 4. Ball

- Size 5 ball
- Please ensure that the ball is pumped up to 8.5-15.6psi and not under inflated

#### 5. Corner, Goal, Throw-Ins

After the ball goes out of play, which means the entire ball goes over the line; the game is restarted by one of the following methods:

1. **Sidelines** - Throw-in with the following stipulations:
  - 1.1. Two hands on the ball
  - 1.2. Ball is thrown from behind the head
  - 1.3. Both feet must remain in contact with the ground at all times during the throw
  - 1.4. The player must be square to the direction of the throw
2. **Goal-line or End-line**
  - 2.1. With a goal kick if the attacking team touched the ball last
  - 2.2. With a corner kick if the defending team touched the ball last
  - 2.3. With a kick-off from centre when a goal is scored
  - 2.4. **Opposing team must retreat to the half way line on all goal kicks**

**NOTE**: Opponents must be at least 30' or 10 yards away from the ball on all the above

## 6. Number of Players and Substitution System

- The game is played with 9 players (8 out players + 1 keeper) on the field at a time
- It is recommended that teams carry no more than 16 players per team to allow for ample playing time throughout the season
- The designated keeper is the only player allowed to use their hands in the goal area. Keepers will be distinguished by a bib or different colored shirt/pinnie as their teammates and opponents.
- All players on the roster must be included in a substitution rotation. Substitutes occur at centre field when the referee stops play and invites players into the field.

## 7. Equipment

Players should wear equipment that is safe to both themselves and others. Each team should try to wear colors that differentiate from each other. In a situation where both teams have the same color jerseys the home team will be required to change jerseys or wear pinnies of a different color. An official "soccer kit" includes a jersey, shorts, socks and shin-guards. **Shirts should be tucked in and socks are required to be pulled up over the shin-guards.** This is done in case the shin-guards have edges to them that may hurt their fellow players.

- Jewelry – *All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc) are strictly forbidden and must be removed. **Using tape to cover jewelry is NOT acceptable.***
- Headscarves – Headscarves are permitted as long as the referee, as per FIFA Law 4 of the Laws of the Game, ensure that the headscarf is safe and does not pose a danger to the wearer or other participants.

## 8. Game Time

There are two 40-minute halves (80 minute total game time), with a 5-minute half time. At half-time players and keepers shall switch ends and play accordingly for the second half.

NOTE: In extreme weather conditions please remember that the safety and wellbeing of the players is the most important thing. In extreme heat ensure lots of water, allow head wear, find shade, and make sure to communicate with your referee if you feel that conditions are too bad to continue. Remember there must be a balance between wanting to play, as the kids will want to do, and being safe. Please see VSA's weather policy with regards to weather conditions and cancelation of games.

## 9. Game Rules, Fouls & Off-sides

- The referee has the final say in all situations.
- No player, coach, or parent at any time is permitted to approach a referee to question a call or rule. If necessary a grievance form will be completed and submitted to your town association and VSA.
- Team benches shall be on one side of the field with players and coaches only and spectators on the opposite side of the field. No spectators shall be behind a goal or goal line.
- No slide tackles allowed.
- At this age, it is recommended that heading techniques be taught utilizing a softer ball (such as a beach ball or volleyball) and limited to no more than 10 touches per session to avoid repetitive contact that can cause injury.
- See [FIFA rules](#). This also includes off-sides as per FIFA rules.

## 10. Field Diagram

### U13 Field

210'x165'

Goal Area - 51'x18'

Penalty Area - 96'x48'

Penalty Mark - 24'

