

PLANO YOUTH SOCCER ASSOCIATION
PLAYING RULES -- UNDER 7 THROUGH UNDER 19

Except as modified below, playing rules will follow the FIFA rules. See Appendix C for FIFA rules. In general, U12 and above will follow FIFA rules. U 9 and U 10 play FIFA rules except as modified for the size of field, timing, and number of players. U 7 and U 8 are further modified to improve the flow of the games.

1. FIELD OF PLAY

The Plano Parks and Recreation Department will set the size of the field, penalty area, and goals. The following are recommended field and goal sizes.

	<u>Width</u>	<u>Length</u>	<u>Goal Size</u>
Under 7 & 8	Min 40 yards	Min 60 yards	6 feet x 4 yards
Under 9 & 10	Min 50 yards	Min 80 yards	7 feet x 7 yards
Under 12	Min 60 yards	Min 100 yards	8 feet x 8 yards
Under 14	Min 60 yards	Min 100 yards	8 feet x 8 yards
Under 16	Min 70 yards	Min 120 yards	8 feet x 8 yards
Under 19	Min 70 yards	Min 120 yards	8 feet x 8 yards

2. THE BALL

The ball shall be spherical; the outer casing shall be of leather or other approved materials. No material shall be used in its construction which might prove dangerous to the players.

A. Ball sizes vary as follows:

- Under 7 & 8 Size 3
- Under 9, 10 & 12 Size 4
- Under 14 and older Size 5

B. The game ball is provided by the home team as shown on the schedule.

C. The ball shall not be changed during the game unless authorized by the referee.

D. If the ball bursts or becomes deflated during the course of a match, then the game shall be stopped and restarted by dropping a new ball at the place where the first ball became defective. If this happens during a stoppage of the game (free kick, goal kick, corner kick, penalty kick or throw in), the game shall be restarted accordingly.

E. Ball Distribution - Recreational Teams

- (1.) PLANO YOUTH SOCCER will supply one (1) game ball to each team registered and playing in the PLANO YOUTH SOCCER Recreational league at the start of the soccer year (fall season).
- (2.) PLANO YOUTH SOCCER will supply one (1) game ball to each new team registered and playing in PLANO YOUTH SOCCER at the start of the spring season.
- (3.) The coach is responsible for supplying the game ball at each scheduled match.
- (4.) If the game ball becomes lost, stolen, or damaged, the coach is responsible for replacing the game ball with one of equal quality.
- (5.) If the coach quits or is removed from the team, prior to the end of the soccer year, the coach must return the game ball to PLANO YOUTH SOCCER.
- (6.) After the soccer year is complete, the game ball becomes the property of the coach.

3. NUMBER OF PLAYERS AND SUBSTITUTION

- A. The number of players on the field shall be seven (7) for Under 7 & 8, eight (8) for Under 9 & 10, and eleven (11) for Under 12 and older. One of the players shall be the goalkeeper.
- B. Minimum players needed to play a game shall be as follows:
- Under 7 & 8 Minimum of 5
 - Under 9 & 10 Minimum of 6
 - Under 12 and older Minimum of 7

C. Substitutions

There is FREE substitution with the exception of Under 7 and 8 Leagues.

NOTE: The attention of the referee must be gained and his/her permission obtained before substitution can be made at any of the authorized points. This includes changing the goalkeeper. Failure to do so will result in a caution to the players involved and the awarding of an indirect kick to the opposing team.

NOTE: Coaches, spectators, or parents shall not enter the field of play for any reason without permission of the referee.

FOR UNDER 7 & 8

Substitutions are required at the beginning of each quarter and half. This is the only time players may be substituted. The two exceptions are: 1. an injured player or player under duress may be substituted at any time with the permission of the referee. 2. A player who receives a caution from the referee may be substituted at the time of the caution.

FOR UNDER 9 AND OLDER.

- All substitutes will enter the field at the mid-field.
- Substitutions may be made with the consent of the referee, at the following times:
 - (1.) At a throw in, by the team in possession only;
 - (2.) Either team, at a goal kick;
 - (3.) Either team, after a goal is scored;
 - (4.) Either team, at half-time;
 - (5.) Either team, at an injury, when the referee stops play;
 - (6.) When a CAUTION (Yellow Card) is given, that player may be substituted immediately.

D. Playing Time Violation

Each child in the Recreational Division will play a minimum of 50% of each half. In the case where a player's time is to be reduced for medical or disciplinary reasons, the coach must notify the player, the parents of the player, and their League Director at least twelve (12) hours prior to the game. The opposing coach and the referee must be notified prior to the beginning of the game. (Non-attendance at practice may be cause for such disciplinary action.)

When a player is late in arriving to the game and the game is in progress, the coach is required to play that child in only the last half of the game. If the player arrives after the start of the second half, the coach is not required to play that child during any part of the game. A violation of a Recreational player's time will result in a game forfeiture and possible suspension of the coach.

Playing time may be randomly monitored, specifically in the event of a complaint from another team, referee, or league official. A playing time violation in the Recreational League is taken very seriously and discipline may be administered without prior notice or warning.

4. PLAYER'S EQUIPMENT

- A. Players should wear a unique and easily visible numbered shirt (number must be on the back of the shirt) of the same colors as their teammates. The referee shall make the final decision in allowing or disallowing a player to participate.

The final decision on whether there is a color conflict is up to the referee.

In the event two teams are to play and the normal jersey of both teams are identical or similar in color such that confusion might arise, the home team shall be instructed by the referee to wear a T-shirt, bib or other contrasting shirt over the jersey so that they are all the same color for that team, whether or not these substitution shirts are numbered. The referee shall make the final decision in approving or disapproving alternate jerseys.

- B. Shin guards are mandatory for all players. Socks must be worn over the shin guards and shirts must be tucked in.
- C. The goalkeeper will wear colors that distinguish him/her from other players, from the referee **and from all members of the opposing team.**
- D. Players shall not wear anything that is dangerous to himself or herself or to another player (for example, jewelry, broken cleats, etc.).
- E. A player shall not be permitted to wear anything considered dangerous by the referee. Jewelry considered dangerous to them or other players must be removed. Hard casts and finger splints must be covered with suitable padding. If at any point during the match the referee determines an item to be dangerous, the player may be asked to remove it or sit out the remainder of the game.
- F. Players wearing eyeglasses are encouraged to wear an eyeglass retainer strap.
- G. Under foul weather conditions, additional garments (knit caps, gloves, and warm-ups) may be worn as long as the team jersey is on the outside.
- H. Shoes, tennis shoes, or soccer shoes must be worn by all players. All footwear must be of soft toe and have **no metal studs (screw-ins) or any other exposed metal.**
- I. Sponsor's advertisements may be displayed on uniforms. Any sponsor or product must be appropriate for a youth sports organization. The determination of any appropriate sponsor or product is solely at the discretion of the Vice President – Recreational League.
- J. The Home Team (which is listed first on the playing schedule) shall have its choice of the side of the field and is responsible for providing contrasting numbered jerseys in the event of a conflict of colors.
- K. Coaches are responsible for following the league's substitution policy (see Playing Time in the Playing Rules section of this book).

5. REFEREES

- A. A referee shall be appointed to officiate in each game.
- B. The referee has jurisdiction from the time the referee arrives at the field of play. The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.
- C. The referee can stop the game for infringement of the rules and can suspend or terminate the game whenever the referee deems such stoppage necessary, for example, severe weather, interference by spectators and/or coaches.

- D. If the official referee does not appear within fifteen (15) minutes after the scheduled game time, a person mutually agreed upon by both coaches may referee the game. The decisions of that person serving as an emergency referee are just as binding as if he/she were a registered referee. Alternatively, the coaches may agree to reschedule the game.

6. ASSISTANT REFEREES

Assistant referees will be supplied for all U9 and up games. At the referee's request, each team shall supply a team assistant referee in case an assistant referee is not available. The club assistant referee will assist the referee by determining out of bounds.

7. DURATION OF THE GAME

- Under 7 & 8 Four 12 minute quarters
- Under 9 & 10 Two 25 minute halves
- Under 12 Two 30 minute halves
- Under 14 Two 35 minute halves
- Under 16 Two 40 minute halves
- Under 19 Two 45 minute halves

8. PENALTY KICKS

- A. The penalty kick spot for U 9 and U 10 is 10 ½ yards from the goal line.
- B. Penalty kicks will not apply in the U 7 and U 8 league.

9. U 7 and U 8 Only

- A. All kicks will be indirect kicks. Penalty kicks will not be given. Instead an indirect kick will be taken at the place of the foul.
- B. Offside will not be called in this league.
- C. If an infraction occurs on a throw in, a second throw in must be allowed. The referee shall explain the proper method before allowing the player to re-throw. If an infraction occurs on the second throw in, the referee will allow play to continue.
- D. Each half is started with a kick-off. Second and fourth quarters are restarted where play in the previous quarter ended.