
R. Laws of the Game

The following rules apply to the Academy Youth League.

Note: These rules do **not** apply to Youth League teams participating in the District III League. The District III League has its own set of rules.

Law #1 – Field Dimensions

The dimensions of the field are modified for our league, according to the following table:

Age	Field Size	Goal Size	Penalty Box Size	Goal Box Size
U5/U6	20 yds x 30 yds	4' x 6'	(none)	(none)
U7/U8	30 yds x 45 yds	6' x 12'	22 yds x 10 yds	10 yds x 4 yds
U9/U10	40 yds x 70 yds	6' x 18'	34 yds x 14 yds	18 yds x 6 yds
U11/U12	40 yds x 70 yds	6' x 18'	34 yds x 14 yds	18 yds x 6 yds

Law #2 – Ball Size

The size of the soccer ball is modified for our league, according to the following table:

Age	Ball Size
U5/U6	Size #3
U7/U8	Size #3
U9/U10	Size #4
U11/U12	Size #4

During games, the HOME team provides the game ball.

Law #3 – Number of Players

The number of players is modified for our league, according to the following table:

Age	Number of Players	Maximum Team Size
U5/U6	4 v 4 (no goalie)	8 max
U7/U8	5 v 5 (inc. goalie)	10 max
U9/U10	6 v 6 (inc. goalie)	12 max
U11/U12	8 v 8 (inc. goalie)	16 max

Law #4 - Player's equipment

The Academy Youth League provides a uniform for each player. This uniform consists of a pair of black shorts, a white jersey and a red jersey. In addition, the player is to provide white socks, shin guards, and appropriate shoes (tennis shoes or soccer cleats).

- Shin guards are MANDATORY.
- Socks must be pulled up over shin guards.
- Academy Youth League-issued uniform must be worn.
- Cleats may not be made of metal.
- No jewelry may be worn, and no baseball cleats because the front cleat stick out.

Note: During games, the Home Team wears White jerseys, Away Team wears Red jerseys

Law #5 – Referees

The referee's main concern is the safety of the players. The referee enforces all the rules of the game. The referee rules are modified for our league, according to the following table:

Age	Referee Notes
U5/U6	Both head coaches, if desired, can be on the field during games to act as co-referees and to provide guidance on the field.
U7/U8	Home Team head coach referees 1 st half of game Away Team head coach referees 2 nd half of game
U9/U10	The league provides center referees
U11/U12	The league provides center referees

The referees that the league provides are usually referees-in-training.

Note: Verbal/Physical abuse of referees is not permitted.

Law #6 – Assistant Referees

The assistant referee rules are modified for our league, according to the following table:

Age	Assistant Referee Notes
U5/U6	Not used
U7/U8	Not used
U9/U10	Each team is to supply one assistant referee for the entire game.
U11/U12	Each team is to supply one assistant referee for the entire game.

Each team should secure two volunteers to act as assistant referees. Assistant referees should attend the league's Linesperson Training.

Note: Assistant Referees do not change sides at halftime. Assistant referees should not cheer or talk while performing their duties. The same assistant referees should be used for both halves of a game.

Law #7 - Duration of the Game

The duration of the game is modified for our league, according to the following table:

Age	Game Duration
U5/U6	2 x 20 min halves
U7/U8	2 x 20 min halves
U9/U10	2 x 25 min halves
U11/U12	2 x 25 min halves

Law #8 - Start of play

The start of play rules are modified for our youth league:

- The two halves will start with a kick-off from the center circle. Home Team (white) kicks off 1st half, Away Team (Red) kicks off 2nd half.
- The kick-off is taken at the center spot.
- The game will be re-started from the center circle after every score.
- The ball has to move forward at kick-off to start the ball in play.
- Each player must be in his or her half of the field.
- Each player, except the kicker, must be outside the center circle.
- If a referee has to do a drop ball, the play resumes when the ball hits the ground.

In addition to the rules listed above, our league also has age-specific rules for start of play:

Age	Kick-Off Rule
U5/U6	Kick-offs will be indirect kicks. This means that you can NOT score directly from a kick-off without someone else touching the ball first.
U7/U8	Kick-offs will be indirect kicks. This means that you can NOT score directly from a kick-off without someone else touching the ball first.
U9/U10	A goal may be scored directly from the kick-off.
U11/U12	A goal may be scored directly from the kick-off.

Law #9 – Ball In And Out Of Play

The ball is out of play when it COMPLETELY goes over the goal line or touch-line. It doesn't matter whether it's in the air or on the ground.

Law #10 - Method of scoring

The ball must COMPLETELY go across the line into the goal.

Law #11 – Offside

One of the most complicated laws of the game. The basic concept is that a player must have at least one defender (not including the goalkeeper) between him and the goal WHEN the ball is played to him. Also, to be offside, the player must be in the opponent's side of the field and looking to gain an advantage.

In our league, the offside rule is modified depending on the age group:

Age	Offside Rules
U5/U6	Offside will not be called.
U7/U8	Discourage "cherry picking"
U9/U10	The center referee will enforce FIFA Offside rules
U11/U12	The center referee will enforce FIFA Offside rules

Law #12 – Fouls and Misconduct

At the youth level most fouls are due to pushing, holding or tripping, and result in a free kick. Other ones to watch out for are handballs and charging.

- Handball only called if player purposefully uses his/her hand and not when he/she is defending him/herself.

Law #13 – Freekicks

There are two types of freekicks, direct and indirect. At the youth level most free kicks are classified as indirect. This means a goal may not be scored until the ball has been played or touched by a second player of either team.

Age	Freekicks
U5/U6	All freekicks are indirect, which means a goal may not be scored until the ball has been played or touched by a second player of either team. Players should be 4 yards away from the kicker.
U7/U8	All freekicks are indirect, which means a goal may not be scored until the ball has been played or touched by a second player of either team. Players should be 6 yards away from the kicker.
U9/U10	The center referee will determine if a freekick is direct or indirect, according to FIFA rules. Players should be 8 yards away from the kicker.
U11/U12	The center referee will determine if a freekick is direct or indirect, according to FIFA rules. Players should be 8 yards away from the kicker.

Law #14 - Penalty Kick

If a player commits a foul in their own penalty area, a Penalty kick will be awarded. The penalty kick rules for our league depend on age group:

Age	Penalty Kick
U5/U6	There will be no penalty kicks.
U7/U8	Penalty kicks will be taken from the top center of the penalty box.
U9/U10	Penalty kicks will be taken from the spot indicated by the center referee, 10 yards from the goal.
U11/U12	Penalty kicks will be taken from the spot indicated by the center referee, 10 yards from the goal.

All players shall remain outside the penalty box, with the exception of the defending goalie and kicker, until the ball is kicked. The kicker may not kick the ball again until it is touched by another player on either team.

Law #15 - Throw In

The Throw In rule has been modified for different age groups in our league. Balls over the sidelines will be restarted by the other team as follows:

Age	Throw In Rule
U5/U6	There will be no throw ins. Instead the ball will be passed in. Place the ball on the line and kick it to another player. Goals may not be scored on pass in until touched by another player.
U7/U8	Throw In. Goals may not be scored on throw in until touched by another player. Two trys are allowed.
U9/U10	Throw In. Goals may not be scored on throw in until touched by another player.
U11/U12	Throw In. Goals may not be scored on throw in until touched by another player.

The thing to teach your players is both feet have to be on the ground, must have two hands on the ball, and the throw must come from behind the players head. The penalty for a bad throw in is that the opposing team gets the ball.

Law #16 - Goal Kick

A goal kick is granted when the attacking team kicks the ball over the goal line. The kicker may not touch the ball again until it has left the penalty area and has been touched by another player on either team.

Age	Goal Kick location
U5/U6	The ball is placed on the goal line. All players must be 6 yards back. The ball should go 6 yards before being touched by another player (not enforced).
U7/U8	The ball is placed on one of the corners of the goal box (the smaller of the two boxes in front of the goal). Defending players should remain outside the Penalty Box.
U9/U10	The ball is placed on one of the corners of the goal box (the smaller of the two boxes in front of the goal). Defending players should remain outside the Penalty Box.
U11/U12	The ball is placed on one of the corners of the goal box (the smaller of the two boxes in front of the goal). Defending players should remain outside the Penalty Box.

Law #17 - Corner Kick

A corner kick is awarded when the defending team kicks the ball over their own goal line. A goal may be scored directly from a corner kick. Corner kicks are taken from the corner flag.

Substitutions

Substitutions may occur at the following times:

Age	Substitution Rule
U5/U6	Substitutions may occur at any time (on the fly)
U7/U8	At any stoppage (prior to a kick off, throw-in, goal kick or after an injury)
U9/U10	<ul style="list-style-type: none">• Prior to either team's kick off• Prior to your team's throw-in• Prior to a goal kick• After an injury No substitutions before a corner kick, or before the opposing team's throw-in. Observe proper substitution protocol.
U11/U12	<ul style="list-style-type: none">• Prior to either team's kick off• Prior to your team's throw-in• Prior to a goal kick• After an injury No substitutions before a corner kick, or before the opposing team's throw-in. Observe proper substitution protocol.

Protocol: When substituting players prior to a throw in with a league-supplied referee, players should not enter the field until the center referee signals them to do so, and not until other players have left the field.

S. Other League Rules

Playing Time:

Wherever possible, each player should play at least 50% of each game, unless the player does not want to play or is sick/injured.

Note: Do not use playing time during games as a punishment.

Sportsmanship:

- Opposing coaches are to shake hands prior to kick-off.
- Players are to shake hands after the game.
- Teams should not exceed a 6 point goal differential. No Exceptions!

Coach/Asst Coach T-shirts

During games, coaches and asst coaches will wear yellow staff T-shirts. T-shirts may be worn under an open jacket, as long as the shirt is visible. Coaches/Assistant Coaches that are NOT wearing their yellow staff T-shirts should sit on the spectator side of the field.

NO CASTS OR SPLINTS, PADDED OR OTHERWISE, WITH OR WITHOUT A DOCTOR'S NOTE, AT ANY TIME!!! THIS ISSUE IS NOT NEGOTIABLE.

T. Game Day Instructions

- **Home team** wears **WHITE**. **Away team** wears **RED**
- **Home team** provides the game ball.
- **Home team** selects which goal they will defend 1st half. Teams change sides at halftime.
- **Home team** kicks off 1st half, **Away team** kicks off 2nd half.
- **Goal Differential:** Under no circumstances shall a team defeat another team by more than 6 goals.
- **IMPORTANT !!!** Teams scheduled for the first time slot are responsible for moving goals and corner flags onto the field. Teams scheduled for the final time slot are responsible for moving goals completely off the field onto the gravel parking lot. Corner Flags should be placed in the trash can by the concession stand.
- All Players and Coaches sit on one side of the field.
Parents/Spectators sit on the other side of the field.

(see field map on next page of this document)

U. Field Map

Field Map for Youth League & Tots Program

