

Easthampton Youth Soccer Association

General Rules

Field & Ball Size

<u>Grade Division</u>	<u>Field Size</u>	<u>Ball Size</u>
1-2	25 x 40 yds	3
3-4	30 x 50 yds	4
5-6	65 x 105 yds	4
7-9	65 x 105 yds	5

Times of Games

<u>Grade Division</u>	<u>Times</u>
1-2	4 (10 Minute) quarters
3-4	4 (12 Minute) quarters
5-6	2 (30 Minute) halves (referee should let coach know when each 15 minutes of the game has expired for substitutes)
7-9	2 (35 Minute) halves

All times may be longer for stoppage of play.

Players

<u>Grade Division</u>	<u>Number of Players</u>
1-2	7 players per side including the goalie (you may have one coach on the field to assist until October 1 st .)
3-4	7 players per side including the goalie
5-6	11 players per side including the goalie
7-9	11 players per side including the goalie

All players are required to wear shin guards at all times.

All players should **NOT** wear loose jewelry, watches, etc.

All players must wear their uniform during the games and the goalie should wear a contrasting colored shirt.

All players are entitled to play at least ½ of each game (unless of an infraction against the player or disciplinary action).

A player can only play ½ of a game in goal.

Coaches

All coaches should be in control of their players and their own tempers at all times.

No coaches for any divisions can stand on the end lines, you may have one coach on the opposite side of the players bench and the coaches on the players bench side shall stay on their half of the field.

All coaches must wear their coaches shirt at all games.

Substitutions

Substitutions during the game will enter and exit the field from the center line and only during injuries, your own teams throw in, or a goal kick and then only when given the approval from the referee.

Referees

Will enforce the rules of soccer and will use their own discretion on some plays. Referees decisions are final.

Linesmen

Signals out of bounds and off sides but may be overruled by the referee.

Disciplinary

All players and coaches should be on their best behavior and fair play is encouraged.

Yellow carded players or coaches are given a warning (players must be substituted with another player immediately and can return to the game on the next substitution.)

Remember to have fun, be positive and become a role model to these children.

Rules of the Game

Scoring

A goal is scored when the entire ball goes over the goal line.

Throw-ins

A throw-in is awarded when the entire ball goes over the sidelines.

The ball is given to the opposing team that it was last touched by before going out of bounds at that location.

The player throwing in must have both feet on the ground, on or behind the line and with both hands on the sides of the ball, and throw the ball over their head with one continuous motion.

A goal can not be scored from a throw-in and a player can not be off sides during a throw-in.

The player can not touch the ball again until touched by another player.

The opponents can not distract or impede the person throwing in.

While throwing in, if the ball does not come into the field they are granted another try (does not constitute a try in 1-2).

Bad throw-ins result in the opposing team throwing in at that spot.

When there is no obvious person that last touched the ball before going out of bounds, a drop ball will occur.

The team throwing in can substitute at this time.

NOTE: 1-2 players are given two chances at throw-ins.

Corner Kicks

A corner is awarded to the attacking team when the defending team last touches the ball over their end line and the ball is placed at the closest corner where it went out.

The player kicking may not touch the ball until another player touches it.

A goal can be scored by a corner kick.

Goal Kicks

A goal kick is awarded to the defending team when the attacking team last touches the ball over the defending teams end line and is kicked at either goal box corner.

All players except the goalie and the kicker must be outside the penalty box and the ball may not be touched until it clears this area.

The kicker can not touch the ball until another player plays it.

Both teams can substitute before the kick is made.

Off sides

A player (without the ball) is considered off sides when they are closer to the opponents goal than two of the opposing teams players including the goalie, they may run into an offside position when the ball is played to them or is last touched by a defender.

A player with the ball can not be off sides.

A player is not called off side if in the opinion of the referee was not involved in the play and was in an offside position.

You can not be off sides in your own half of the field.

An indirect kick is awarded for off sides at the point of the infraction.

Goalies

Goalies are the only players allowed to touch the ball with their hands within their penalty box.

Goalies steps: 1-2 as many steps within their box, all others; 4 steps with the ball within their box.

The goalie can not intentionally drop or roll the ball on the ground and then pick it up again, and the goalie can not pick up the ball with their hands if the ball is played to them by their teammate (unless headed).

All these infractions will result in an indirect kick for the opposing team outside the penalty box.

When the goalie has control of the ball, they must be given room.

Indirect Kick

On an indirect kick the ball can not score unless touched by another player.

The ball can be played right away and must roll one circumference before being touched by another player but not the player who kicked the ball.

The opposing team can set up a wall 10 yards away; 1-2 (5 yards).

Infractions:

Charging a player (fairly) when the ball is not in playing distance.

Obstructing an opponent.

Charging the goalie.

Improper substitutions.

Off sides.

After a card.

Goalie infractions.

Ball touched again by the same player kicking or throwing in without touching another player first.

Stoppage of play because of injury when the other team has the ball.

Direct Kick

On a direct kick the ball may enter the goal without touching another player.

The ball can be played right away and must roll one circumference before being touched by another player but not the player who kicked the ball.

The opposing team can set up a wall 10 yards away.

Infractions:

Kicking a player.

Tripping.

Jumping at a player.

Charging.

Striking or spitting at a player.

Holding or pushing.

Touching the ball with your arms or hands.

ALL direct kick infractions within the penalty box caused by the defending team will result in a penalty kick for the attacking team.

Penalty Kicks

One player from the attacking team will kick the ball at the goal on the mark.

All other players must stay out of the area until the ball is played.

The goal keeper must stay on his line and may shuffle along the line.

The player kicking the ball may not touch the ball until another player touches it.

After the kick, if the ball rebounds the is considered in play.

Cards

Yellow cards are a warning and can be issued but limited to for showing dissent with a referees decision, unsportsmanlike conduct and entering the field without the referees permission.

Red cards are instant expulsion from the game, they are given after a yellow card for the following infractions but not limited to; violent behavior, use of foul language, spitting, striking or tackling from behind to injure another player.