

# **MYSA General Rules and Regulations**

## **Applies to all age levels**

Rules of play shall be the Laws of the Game as published by the International Football Association Board ([www.theifab.com](http://www.theifab.com)) in conjunction with the modifications outlined below.

### **Equipment:** (provided by player)

1. Soccer cleats, no toe cleat (baseball/football cleats) and no metal cleats.
2. Shin Guards must be worn and covered by socks at all games and practices.
3. Soccer Ball-Size 3 for U6-U8; Size 4 for U10-U12; Size 5 for Jr High.

### **Uniforms:**

1. Uniforms are provided as part of your registration fees. Uniforms must be worn to all games. Socks must match jersey color.
2. Each child is responsible for their own shin guards and ball. Shin guards must be worn and covered by socks at all practices and games. Bring soccer ball to all practices unless otherwise instructed by the coach.
3. Soccer cleats are required to participate in all practices and games.
4. A goalkeeper jersey and gloves will be provided to all U10, U12 and Jr. High teams by the league. During games, the goalkeeper must wear a goalkeeper jersey or some other jersey/shirt that is not similar in color to either team involved. Gloves are recommended, but not required.
5. The supplied uniform must be worn over any other clothing. No exposed hoods and no jean pants. Hats, knit gloves and athletic type apparel may be worn during cold weather.
6. NO jewelry or hard items may be worn.
7. Any cast, brace, splint, etc. must be completely covered with bubble wrap or foam padding and are subject to the approval of the referee.

### **Weather:**

1. Games will be cancelled for thunder and/or lightning, severe cold or poor field conditions at the discretion of the Board. It is the intent of the league to only cancel games if absolutely necessary.
2. Games will be cancelled for inclement weather in a reasonable amount of time prior to the game starting in order that teams and referees can be notified.
3. Once a game has started, if lightning strikes or thunder is heard, everyone will retreat to their vehicles and there will be a 30 minute hold on the games. Games may also be called off by a Board member if necessary.

4. Any make up/cancelled games will be played the following Sunday afternoon. Divisional Directors will notify the coaches by Tuesday of the make-up game times. If other arrangements are needed, coaches must get Board approval.

### **Playing time:**

1. All players must play or be encouraged to play half of each game, it may be at one time or scattered throughout the game.
2. U6 teams play (4) 10 minute quarters with a two minute break after the first and third quarters and a 5 minute break at half time.
3. U8 and U10 teams play (2) 20 minute halves with a 5 minute break at halftime.
4. U-12 teams play (2) 25 minute halves with a 5 minute break at halftime.
5. Jr. High teams play (2) 35 minute halves with a 5 minute break at halftime.

### **Team:**

1. Field players may use any part of their bodies except their hands. ("Hands" defined as the shoulder, from armpit, down to fingertips)
2. The goalkeeper may use their hands only while in the penalty area (18 yard box).
3. NO slide tackles in any age group. Slide tackle is defined as a player sliding onto the ground, into another player with the intent to gain possession of the ball.
4. U6 will have a total of 4 players on the field, but can be changed at game time if agreed upon by both of the coaches. No players are allowed in the goal arcs at any time. If the ball stops in the goal arc, the result is a dead ball and a goal kick is issued.
  - Offside not called
  - All fouls result in an indirect free kick
  - Players cannot head the ball
5. U8 will have a total of 7 players on the field (1 goalkeeper, 6 field players). Referee to officiate. Score is not kept.
  - Offside called only between build out line and opponent's goal line
  - All fouls result in an indirect free kick
  - Goalkeeper MAY play ball with hands on pass back from own team
  - Players cannot head the ball

6. U10 will have a total of 7 players on the field (1 goalkeeper, 6 field players). Referee to officiate. Score is recorded.

- Offside called only between build out line and opponent's goal line
- All fouls result in an indirect free kick
- Players cannot head the ball

7. U12 will have a total of 7 players on the field (1 goalkeeper, 6 field players). Referee to officiate. Score is recorded.

- Offside will be called
- Players cannot head the ball

8. Jr. High will have a total of 9 players on the field (1 goalkeeper, 8 field players). Referees to officiate. Score is recorded.

- Offside will be called
- Players may head the ball

### **Timing and Substitutions:**

1. Time starts after the referee blows the whistle, the ball is kicked and clearly moves.

2. The clock is running at all times. Extra time will be added at the end of each half at the referee's discretion (injury, excessive delays, etc.).

3. U6 – U8 – may substitute at the discretion of the coach.

3. U10, U12, JH - Player substitutions may be made, by either team, on any restart when the ball is out of play. When a yellow card is issued, the carded player must be substituted and can reenter the game at the next substitution opportunity. The opposing team may also substitute one player when a yellow card is issued.

4. Substitutions must enter from the centerline.

### **Kickoff:**

1. U6 through U12 - the home team starts the game with a kick off, alternating between the teams for each quarter/half. Teams will switch defending ends at halftime.

2. Jr. High - there will be a coin toss prior to the game starting. Captains will meet referees at the centerline of the field. Away team will call the coin toss. Winner will choose which end they would like to defend the first half. At halftime teams will switch defending ends and the kick off.

3. The kickoff will be at midfield with the ball stationary at the center mark. The ball is in play when it is kicked and clearly moves.

4. The first player to touch the ball may NOT play the ball again until touched by another player.

5. A goal can be scored directly from the kickoff.

### **Goalkeeper:**

1. Use of the hands can only be done inside the penalty area (18 yard box).
2. The goalkeeper may punt or drop-kick the ball in U12 and JH divisions only. See section on bulildout line for U8/U10 divisions.
3. The goalkeeper may not be charged. They are to be left alone in their own penalty area while in possession of the ball. ("Possession" defined as having the ball in control.) Kicking at the ball must be stopped immediately following the goalkeeper acquiring possession.

### **Restarting Play:**

1. Throw-in is awarded if the ball leaves the field of play by crossing the touchline (sideline). The ball is out of play when the entire ball crosses the entire line. The throw must be made with both feet on the ground, on or behind the line, with two hands on the ball, and delivers the ball from behind and over the head.
2. Comer Kick is awarded if a defensive player kicks it out of the end line.
3. Goal Kick is awarded if an offensive player kicks it out the end line.

### **Fouls:**

Ball is put into play from point of infraction. Opponents must be at least 10 yards away from the ball in all directions. For U6, U8, U10, all fouls result in an indirect free kick. Direct free kicks only awarded in U12 and JH. Results of fouls are:

**Direct Free Kick:** Can be identified by the signal given by the referee. The referee will only point in the direction of the infraction (toward the offending team's goal). A goal can be scored by a single player kicking the ball directly into the defending team's goal. A direct free kick is awarded to the opposing team if a player commits any of the following seven offenses:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following three offenses:

- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his own penalty area).

Note that for the top seven direct free kick offenses, the referee must judge if the offense was careless, reckless, or committed with excessive force.

- **Careless** – is when a player shows a lack of attention or consideration when making a challenge or acts without precaution. No further disciplinary sanction is needed.
- **Reckless** – is when a player acts with disregard of the danger to, or consequences for, an opponent and must be cautioned. Yellow card (unsporting behavior)
- **Excessive force** – is when a player exceeds the necessary use of force and endangers the safety of an opponent and must be sent off. Red card (serious foul play or violent conduct)

**Indirect Free Kick:** Can also be identified by the signal given by the referee. The referee will raise one hand straight above their head and will only lower it once the ball is in play and is touched by a second player. A goal cannot be scored by a single player kicking the ball into the defending team's goal. The ball must touch another player before entering the goal. Infractions that will result in an indirect free kick are:

- Impeding the progress of an opponent (without contact)
- Plays in a dangerous manner
- Prevents the goalkeeper from releasing the ball

An indirect free kick is also awarded to the opposing team if a goalkeeper inside his own penalty area, commits any of the following four offenses:

- Controls the ball for more than six seconds without releasing the ball
- Touches the ball again with his hands after he has released it from his possession and before it has touched another player
- Touches the ball with his hands after it has been deliberately kicked to him by a team-mate (note that a “kick” is defined as being played with the foot; the goalkeeper can play the ball with his hands if it is deliberately headed, chested, kneeled, etc. back to him from his own teammate)
- Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate.

### **Buildout Line (U8/U10 only)**

A build out line crossing the entire field (touch line to touch line) will be painted midway between each penalty area and the halfway line.

When the goalkeeper gains possession of the ball during play (save from an opponent) or during goal kicks or any free kick from within the penalty area:

- The opposing team must move behind the build out line until the ball is released into play.
- The teammates of the goalkeeper in possession of the ball do not have to fall back behind the build out line.
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play (punts and drop kicks are not allowed).
- After the ball is put into play by the goalkeeper (or when the ball is kicked outside the penalty area from a goal kick or free kick), the opposing team can cross the build out line and play resumes as normal.
- If the goalkeeper punts or drop kicks the ball, an indirect free kick is awarded to the opposing team from the spot of the offense.

*Ideally the goalkeeper will wait to put the ball into play once all opponents are past the build out line. However, the goalkeeper can put the ball into play sooner but he/she does so accepting the positioning of the opponents and the consequences of how play resumes.*

The build out line will also be used to denote where offside offenses can be called.

- Players cannot be penalized for an offside offense between the halfway line and the build out line.
- Players can be penalized for an offside offense between the build out line and their opponent's goal line

### **Offside: U12 and Jr. High, (U8/U10 only when beyond the build out line)**

#### **Offside position:**

It is not an offence to be in an offside position.

A player is in an offside position if:

- Any part of the head, body or feet is in the opponent's half (excluding the halfway line) and
- Any part of the head, body or feet is nearer to the opponent's goal line than both the ball and the second-last opponent

The hands and arms of all players, including the goalkeepers are not considered

A player is not in an offside position if level with the:

- second-last opponent
- last two opponents

#### **Offside offense:**

A player in an offside position at the moment the ball is played or touched by a team-mate is only penalized on becoming involved in active play by:

- interfering with play by playing or touching a ball passed or touched by a team-mate or:

Interfering with an opponent by:

- preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or
- challenging an opponent for the ball or
- clearly attempting to play a ball which is close to him when this action impacts an opponent or
- making an obvious action which clearly impacts the ability of an opponent to play the ball or
- gaining an advantage by playing the ball or interfering with an opponent when it has: rebounded or been deflected off the goalpost, crossbar or an opponent, or been deliberately saved by an opponent

A player in an offside position receiving the ball from an opponent who deliberately plays the ball (except from a deliberate save by any opponent) is not considered to have gained an advantage.

A "save" is when a player stops a ball which is going into or very close to the goal with any part of the body except the hands (unless the goalkeeper within the penalty area).

**No Offense:**

There is no offside offense if the player receives the ball directly from:

- a goal kick
- a throw-in
- a corner kick

**Infringements and sanctions:**

If an offside offense occurs, the referee awards an indirect free kick where the offence occurred, including if it is in the player's own half of the field of play.

## **U10 - Jr High Competitive Rules and Regulations**

It is understood that U10, U12 and Jr. High divisions are considered competitive divisions with the following additional rules, regulations and guidelines.

**Forfeit Rule:**

1. There is no automatic forfeit rule. Teams will play with the number of players present. The coach with the least number of players may choose to forfeit. There will be no reschedule of that game unless it is under extreme circumstances and done so by the Executive Board.
  
2. In the case of a coach deciding to forfeit a game that counts towards the standings, goals will be awarded per the following; forfeit team = 0 goals, non-forfeit team = 4 goals.

**Substituting Players From Another Team:**

1. Teams may use players from another team if they do not have enough to field a team.
2. You can only borrow enough players to field a full starting team plus 3 subs max.  
Example: for JH (9 v. 9) if you have 9 players, you may borrow 3; if you have 6 players you can borrow 6 (to make a full starting team plus the 3 subs).
3. Coaches may only use substitute players from the same division or one age division lower.

**Standings:**

1. Teams will be ranked in standings based on their record from games that count determined by the following point system:  
Win = 3 points  
Tie = 1 point  
Loss = 0 points
2. Teams ranked in 1st, 2nd or 3rd will be recognized as such. The number of ranked teams will not exceed half of the number of teams in the division.
  
3. Standings will appear each week on the league board at the field and the website.

### **Tie-breaker Formula:**

1. Ties in the standings will be broken based on the following formula. The formula will be implemented from the top down on the games that counted.
  - a. Head to head games
  - b. Goal differential
  - c. Total goals allowed
  - d. Total goals
2. A team will be awarded a maximum of 4 goals more than their opponents
3. A team's goals against will be increased by a maximum of 4 goals less than their opponents score for each game played to be used as the basis of the Tie breaker formula.
4. If after the 4th step of the Tie breaker formula a tie is not broken, the teams will be both awarded the same ranking in the standing.

### **Score Sheets:**

1. Score sheets will be given to the referees to track score and caution/send-off offences.
2. Score sheets will be provided for each game by the Board of Directors.
3. Score sheet accuracy must be verified and signed off by both coaches.
4. Referees will sign the score sheet and return it to the league representative assigned to disburse payments.

### **Team Captains (Jr High only):**

Jr. High Coaches to select 2 player captains from their team to participate in the pregame coin toss. Coaches may also assign other duties to the captains, examples; lead in stretching, relaying instructions from the coaches, discussions with referees, etc. Coaches may change the captains as they see fit.

### **Disciplinary Sanctions (U10-JH only)**

- The yellow card is used to communicate that a player, coach or parent has been cautioned (the coach will be shown the caution for any of their player's parent and spectator violations).
- The red card is used to communicate that a player, coach or parent has been sent off (the coach will be shown the red card for any of their player's parent and spectator violations).
- Any player, coach or parent that receives a direct red card will be required to meet and discuss the sanction with the Head Coach, Head Referee, game Referees and parents at the earliest day following the date of the sanction.
- The referees have the authority to take disciplinary sanctions from the moment they enter the field of play until they leave the field of play after the final whistle.



### **Cautionable Offences (Yellow card)**

A player or coach (the coach will be shown the caution for any of their player's parent and spectator violations) is cautioned and shown the yellow card if they commit any of the following seven offences:

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of the Laws of the Game
- Delaying the restart of play
- Failure to respect the required distance when play is restarted with a corner kick, free kick, or throw-in.
- Entering or re-entering the field of play without the referee's permission
- Deliberately leaving the field of play without the referee's permission

### **Sending-Off Offences (Red card)**

A player or coach (the coach will be shown the caution for any of their player's parent and spectator violations) is shown the red card and is sent off the field if they commit any of the following seven offences:

- Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to the goalkeeper within their own penalty area)
- Denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick (some DOGSO offences in the penalty area are punishable by a yellow card)
- Using offensive, insulting or abusive language and/or gestures
- Receiving a second caution in the same game

A player, coach or parent who has been sent off must leave the vicinity of the field of play. A substitute player can be put in play for a sent off player.