

Jasper Youth Soccer - 2020 Rules and Coaching Guidelines

	U6	U8	U10	U12
Ball	Size 3	Size 3	Size 4	Size 4
Players on field	4 (no goalie)	5 (4 plus goalie)	7 (6 plus goalie)	9 (8 plus goalie)
			If a team does not have at least 2 subs the coach can request to play 6v6(U10) or 8v8(U12)	
Game length	(4) 6 minute qtrs.	(4) 8 minute qtrs.	(2) 25 minute halves *a 2 minute water breaks added at ref's discretion (heat)	(2) 30 minute halves *a 2 minute water break added at ref's discretion (heat)
Headers	No heading of the ball is allowed in games and practices. A purposefully headed ball results in an indirect kick for the other team.			
Off sides	No	No	No	Yes
Goal kicks	None	Taken from inside the goal box. Defensive team must fall back to half line	Taken from inside the goal box. Defensive team must fall back to half line	Taken from inside the goal box
Hand balls	Yes	Yes	Yes	Yes
Penalty kicks	No	No PK, Replace w/direct kick halfway between penalty box & 1/2.	No PK, Replace w/direct kick outside penalty box.	Yes
Punting by goalie	Not applicable	No, goalie throws the ball to their players. Defensive team moves to half line.	Yes, not across half. Defensive team moves to half line.	Yes
Playing time	All players should play at least half the game with no player playing more than 75% of the game			All players play at least half the game
Substitutions	Subs at the 3-minute mark of each qtr.	Subs typically occur at the 4-minute mark of each qtr.	Subs as needed at any out of bounds. Players check in at half line	
Out of Bounds	Referees roll ball back into play	Throw-ins (<i>keep both feet on the ground and hands over the head</i>), Goal kicks and corner kicks		
Direct and Indirect kicks	A direct kick is signaled when the referee places the ball and points directly at the goal. A direct kick can go directly into the goal for a score. An indirect kick is signaled by an upright hand of the referee and this kick must touch another player before scoring a goal			
Guest players	If your team is lacking substitutes you can recruit players from other teams. Guest players should be played in primarily defensive positions and not be used to greatly influence the outcome of the game by being a primary scorer.			
Practice Guidelines	(1-2) 30-45 minute training sessions weekly thru season	(2) 45-60 minute training sessions weekly thru season	(2) 45-60 minute training sessions weekly thru season	(2) 60-75 minute training sessions weekly thru season
Player Development	The goal of each coach should be to help each player develop in his/her soccer skills and ability. Winning games is not the goal of rec. soccer, player development is the goal. Training times should be fun with plenty of ball touches for every player.			
Game Time	Coaches are on the field with players	Coaches remain on the sideline		
Player Positions	All players should have the opportunity to play every position and encouraged to do so. Position specialization should be reserved for travel soccer.			
Equipment	All players MUST wear shinguards in games and practices and cleats cannot have a toe cleat in them. Also, all jewelry must be removed prior to game play. Players wearing earrings do so at their own risk and JYS strongly advises players to remove them.			