

CYSA Rules of Competition for U8 and U10 Intramural (In-Town) Matches

CYSA Rules of Competition for U8

For Under 8 (U8) matches in Chelmsford, the following Rules of Competition will be applied. These Laws are specific to CYSA.

Field of Play (Law #1):

The U8 fields in Chelmsford will be a minimum of 20 yards in width to a maximum of 30 yards. The fields will have a minimum length of 25 yards and a maximum length of 35 yards. The fields are to be lined with goal lines and touch lines with a half line placed 1/2 the distance between the goal lines. A goal area will consist of two lines perpendicular to the goal line that are 3 yards in length and a line parallel to the goal line connecting these two lines. A center circle will be lined with a radius of 4 yards. Penalty area and corner arcs are not required for CYSA U8 matches.

The Ball (Law #2):

U8 matches shall use a Size #3 ball.

It is critical that games be played only with properly inflated balls in good condition, if a suitable ball is not available, the game simply cannot be played. You cannot start a game with the “best we could find”. If a suitable and properly inflated ball cannot be found, keep looking, or find a pump.

The Number of Players (Law #3):

A U8 game in Chelmsford will consist of 4 players per team with no goal keepers.

Substitutions:

Substitution will only at the end of each period (below) unless a player is injured. Before the next period can begin all players not participating in the previous period must be substituted into play unless the team roster is greater than eight players.

If a player is injured he or she may be substituted with a player from the coaches box. The opposing team will NOT be given the opportunity to substitute any players at this time.

Playing Time:

Playing time will be managed with substitutions in between each period. All players must be given equal playing time throughout the 60 minute block by managing an equal number of periods for each player on the team.

Coaches are strongly encouraged by CYSA to strive for equal playing time for all players. This is fundamental to the philosophy of CYSA. One player should never play the entire game when the available number of players exceeds the number on the field.

The referee may instruct the coaching staff on player availability when the roster is greater than or less than the optimum number of players. For example, if six players are present for the game, each player must sit out every third block.

Coaches, Parents, and Spectators:

Each team must have a coach, and may have up to two assistant coaches accompanying the team on the “team” side of the field. No other parents or spectators may accompany the team on the “team” side of the field.

All parents, spectators, and other non-participants must watch the game from the opposite side of the field from the team.

The area behind the goals must be free of all spectators.

Player’s equipment (Law #4):

All players must wear a uniform distinguishing the two teams. Non uniform equipment is allowed based on the weather conditions but team colors must distinguish the players. All players must wear shin guards and socks to cover the shin guard. Players may wear soccer cleats or sneakers. American football, baseball and/or lacrosse cleats are not allowed. Players may not play with hard/plaster casts, whether covered or not. Players are not allowed to wear jewelry or any other article that may endanger other players.

The Referee (Law #5):

Referees enforce the laws of the game as presented in this document. Referees are also required to instruct the players on the laws that are being enforced at the time of enforcement. For CYSA U8 matches the referee is also considered one of the instructors of the game.

The Assistant Referee (Law #6):

CYSA U8 games do not use assistant referees.

Duration of the Match (Law #7):

U8 games will consist of an unlimited number of 6 minute periods. The referee will not allow any stoppage time at the end of each period. U8 games are scheduled in 60 minute blocks with the last period starting no later than 10 minutes prior to the end of the block. The referee will blow the whistle twice at the end of each period and three times at the end of the time block. Between each period the referee will allow player substitution (rules above) and then begin the next period when all players are ready.

Kickoff (Law #8):

A kick off is used to start or restart play at the start of a period or after a goal.

The ball must be stationary during the kick off. If it is not, the player may redo the kick off.

The ball can move in any direction at the kick off.

All opposing players must be 4 yards from the ball at the time of the kickoff.

Ball in and out of Play (Law #9):

Ball in and out of play is in accordance with FIFA Laws of the Game.

Method of Scoring (Law #10):

Scoring method is in accordance with FIFA Laws of the Game.

Offside (Law #11):

Offside (Law 11) does not apply to U8.

However, attacking players are not to linger in front of the opposing team's goal and "cherry pick". This is not in the spirit of the game. The referee should warn the attacking player, and encourage him to move back. If necessary, discuss the problem with the coach.

Cards and Misconduct (Law #12): Fouls:

CYSA U8 matches will enforce the 7 careless, reckless or excessive offences (kicking, tripping, jumping, charging, striking, pushing and tackling) along with the 3 other offences (holding, spitting and handling) with an indirect free kick. CYSA will also enforce the indirect free kick offences of playing in a dangerous manner and impeding the progress of an opponent. All offences are restarted with an INDIRECT free kick. CYSA acknowledges that at this age group

most fouls will be unintentional and the referee is to instruct the player on the offence and what corrective action may be required. In the event that a player appears to be committing the foul intentionally, the referee is to speak with the player AND coach to instruct them that such action is not allowed.

No Heading:

Intentionally playing the ball with the head, or attempting to play the ball with the head, is not permitted in CYSA U8 matches. Restart: Indirect free kick for the other team. If players from opposing teams try to head the ball at the same time the restart is a dropped ball.

Misconduct:

Carding a player at the U8 level should never happen. The referee should instruct the player and the coach about the violation and ask them to stop. If it continues the referee should inform the coach that the player needs to be substitute and re-instructed on the reason for his removal.

Coaches may not be shown either the yellow or red card. The referee may dismiss a coach that is abusive, or otherwise is behaving inappropriately, and suspend play until the coach leaves the area. If the coach will not leave the area, the referee must abandon the game.

Any misconduct must be reported as soon as possible to the CYSA Referee Coordinator.

Free Kicks (Law #13):

In U8 play, all awarded free kicks are indirect free kicks.
The opposing players must be at least 4 yards back from the free kick.

Two or more defensive players may not gather or create a wall within 8 yards of the point of the free kick. The team taking the free kick will retake the kick in the event of infringement.

No Penalty Kicks (Law #14):

No penalty kicks are awarded in U8 matches.

Pass In (Law #15):

CYSA will be using a pass in (kicking the ball into play) as a restart when the ball crosses the touch line. A throw in is NOT allowed.

A pass in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the whole of the touch line, either on the ground or in the air.

A goal cannot be scored directly of a pass in. If the ball enters the goal a goal kick is used for a restart if the player kicks the ball directly into the opposing team goal. A corner kick is used if the player kicks the ball directly into his own goal.

The ball must be stationary when the pass in is taken. If it is not, the player retakes the pass in.

All opponents must stand no less than 4 yards from the point at which the pass in is taken.

Two or more defensive players may not gather or create a wall within 8 yards of the point of the pass in. The team taking the pass in will retake the kick in the event of infringement.

The ball is in play when it enters the field of play.

After kicking in the ball, the player must not touch the ball again until it has touched another player. If the player touches the ball, the opposing team is awarded an indirect free kick.

Goal Kick (Law #16):

A 'goal kick' is awarded to a team when a player on the attacking team is the last to touch the ball when the ball is out of play behind the goal.

Goal kicks are taken from the goal box on the line parallel with the goal line.

The goal kick must touch the ground before crossing the center line or an indirect free kick is awarded to the opposing team. Placement of the ball during the indirect free kick will be on the centerline at the point the ball crossed the center line in the air.

All opposing players must move back to half field.

Corner Kick (Law #17):

A 'corner kick' is awarded to a team when a player on the defending team is the last to touch the ball when the ball is out of play behind the goal.

Corner kicks are taken within 1 yard on the spot of the goal line where the goal line crosses the touch line.

All players must be at least 4 yards from the ball when the player taking the corner kick touches the ball.

Two or more defensive players may not gather or create a wall within 8 yards of the point of the corner kick. The team taking the corner kick will retake the kick in the event of infringement.

The referee will strictly enforce the 4-yard space given for all free kicks on the corner kick. Attacking players are not to enter this area until the kick is taken. In the spirit of the game, the corner kick is intended to be highly advantageous to the team taking the kick.

CYSA Rules of Competition for U10

For Under 10 (U10) matches in Chelmsford, the following modifications to the FIFA Laws of the Game apply to in-town play. These modifications are derived from both local rules specific to CYSA in-town play, and the modifications outlined in the Middlesex Youth Soccer League (MYSL) Referee Handbook.

- FIFA Laws of the Game (<http://www.fifa.com/worldfootball/laws-of-the-game/index.html>)
- MYSL Youth Soccer League Referee Handbook: (<https://www.sportsmanager.us/%5CDocuments%5CMYSL%5C142797A0AA.pdf>)

Referees are encouraged to review both documents. This reference sheet provides a summary of the modifications.

Size of Ball:

U10 matches shall use a Size #4 ball.

It is critical that games be played only with properly inflated balls in good condition, if a suitable ball is not available, the game simply cannot be played. You cannot start a game with the “best we could find”. If a suitable and properly inflated ball cannot be found, keep looking, or find a pump.

Player’s equipment:

All players must wear a uniform distinguishing the two teams. Non uniform equipment is allowed based on the weather conditions but team colors must distinguish the players. All players must wear shin guards and socks to cover the shin guard. Players may wear soccer cleats or sneakers. American football, baseball and/or lacrosse cleats are not allowed. Players may not play with hard/plaster casts, whether covered or not. Players are not allowed to wear jewelry or any other article that may endanger other players.

Length of Game:

U10: Two 25 minute periods, 5 minute halftime.

The referee may add stoppage time at his discretion in accordance to the Laws of the Game. However, time should not be extended excessively if it will delay the start of the next scheduled game.

Substitutions:

An unlimited number of players may be substituted, and players may re-enter the game during subsequent substitutions.

Substitutions may be made at the following times:

- The team's own throw-in. Also, if the team throwing-in chooses to substitute, the other team may substitute as well.
- Either team's goal kick
- After a goal by either team
- After an injury stoppage (injured player only, and an equal number of players from the other team)
- Half time

All substitutes are to enter from the halfway line. Players to be substituted must gather by the halfway line prior to the substitution opportunity and be ready to immediately enter the game when the referee grants permission.

Players may only enter the field of play when the referee grants permission. The referee may, at his discretion, not allow substitutions at any particular opportunity.

Playing Time:

In accordance with MYSL guidelines, all players should play a minimum of 40% of the game. Coaches are strongly encouraged by CYSA to strive for equal playing time for all players. This is fundamental to the philosophy of CYSA. One player should never play the entire game when the available number of players exceeds the number on the field.

Coaches are encouraged to use the allowed substitution opportunities (throw-in, goal kick, goal, half) to allow players to receive equal playing time.

In extreme cases, the referee may stop play at his discretion to allow substitutions should the flow of play not allow adequate opportunities to achieve this goal. Such stoppages should be at points in the game which are as non-impacting as possible (ball near mid- field, etc.)

Coaches, Parents, and Spectators:

Each team must have a coach, and may have up to two assistant coaches accompanying the team on the “team” side of the field. No other parents or spectators may accompany the team on the “team” side of the field.

All parents, spectators, and other non-participants must watch the game from the opposite side of the field from the team.

The area behind the goals must be free of all spectators.

Protect the Goalkeeper:

Protection of the goalkeeper is very important in youth play. Once the goalkeeper has control of the ball, no kicking or charging of the goalie is to be tolerated. Any play that looks hazardous to the keeper should result in an immediate whistle for dangerous play, under Law 12, and result in an indirect free kick.

Pass Back to Keeper:

At the U10 level, the “pass back to keeper” rule under Law 12 of the game should be enforced only in the most extreme cases, where the players are clearly and deliberately wasting time, and after the warning of the referee. This rule is in place to discourage deliberate time wasting, and should never be called for a deflection or other unintentional passing of the ball.

Field of Play:

The U10 fields in Chelmsford are lined with a combined goal/penalty area (see diagram). Within this area, the goalkeeper may play the ball with his hands.

The goal kick may be taken from any spot within the approximate area indicated in the diagram; approximately 2 yards back from the line defining the front of the goal area.

No Offside:

Offside (Law 11) does not apply to U10 games.

However, attacking players are not to linger in front of the opposing team’s goal and “cherry pick”. This is not in the spirit of the game. The referee should warn the attacking player, and encourage him to move back. If necessary, discuss the problem with the coach.

Free Kicks:

In U10 play, awarded free kicks are either direct or indirect, per FIFA Law. The opposing players must be at least 8 yards back from the free kick.

No free kicks are to be taken from inside the opponent's goal/penalty area. If the normal placement of the kick would be within this area, the ball should be moved to the nearest spot outside this area.

No Heading:

Intentionally playing the ball with the head, or attempting to play the ball with the head, is not permitted in CYSA U10 matches. Restart: Indirect free kick for the other team. If players from opposing teams try to head the ball at the same time the restart is a dropped ball.

No Penalty Kicks:

No penalty kicks are awarded in U10 matches. No penalty kicks shall be awarded to or taken by either team. All fouls committed inside the penalty area that would normally result in a penalty kick will be moved outside the penalty area to the point closest to where the foul was committed and a free kick awarded.

In U10 play, the awarded kick is a direct free kick.

Kickoff:

Following along with FIFA Laws, a goal may be scored directly off a kickoff.

In CYSA play, the opposing team must honor the 8 yard distance on the kickoff, even if there is no center circle painted on the field.

Goal Kick:

As most CYSA fields do not have a separate goal area indicated on the field, the goal kick may be taken from any spot of the teams choosing approximately 2 yards back from the front of the combined goal/penalty area.

The referee will strictly enforce the 8-yard space given for all free kicks on the goal kick. Attacking players are not to enter this area until the kick is taken. In the spirit of the game, the goal kick is intended to be highly advantageous to the team taking the kick. Referees are to discourage any attempt by the opposing team to “block” the kick.

No Long Punts or Goal Kicks:

A goal kick, or a punt by the goal keeper must bounce, or be played, before entering the opposing teams penalty area. If any punt or goal kick enters the opposing team’s penalty area without touching the ground or being played, play will be stopped, and an indirect free kick awarded to the other team at the half line.

The kick shall be taken from the spot on the halfway line where the ball crossed.

A goal may still be scored directly on a kickoff or punt, provided it bounces off the ground before crossing the halfway line, in accordance to FIFA Law.

Cards and Misconduct:

Carding a player at the U10 level should never happen. The referee should instruct the player and the coach about the violation and ask them to stop. If it continues the referee should inform the coach that the player needs to be substitute and re-instructed on the reason for his removal.

Coaches may not be shown either the yellow or red card. The referee may dismiss a coach that is abusive, or otherwise is behaving inappropriately, and suspend play until the coach leaves the area. If the coach will not leave the area, the referee must abandon the game.

Any misconduct must be reported as soon as possible to the CYSA Referee Coordinator.

Appendix:

Age Group	Ball	Players	Half	Kick Restarts, FIFA IFK, DFK, PK			Slide Tackles	Heading Allowed?
				IFK	DFK	PK		
In-Town U8	#3	4v4, no GK	6 min Periods	All free kicks awarded as IFK			No, IFK (2)	No, IFK (2)
In-Town U10	#4	6v6 w/ GK	25 mins	IFK	DFK	DFK (1)	No, IFK (2)	No, IFK (2)
Travel U10	#4	6v6 w/ GK	25 mins	IFK	DFK	DFK (1)	Yes	No, IFK (2)
Travel U12	#4	8v8 w/ GK	30 mins	IFK	DFK	PK	Yes	No, IFK (2)
Travel U14	#5	11v11 w/ GK	35 mins	IFK	DFK	PK	Yes	Yes
Notes:								
(1) Any foul that would result in a PK, the restart should be placed outside the penalty area and follow the restart above								
(2) Instruct player to either stay on their feet or do not head ball prior to the restart								