

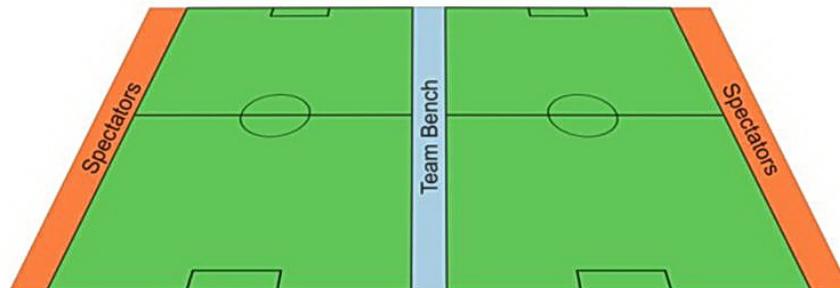
# STYSA 5U-6U Playing Rules

(Version: 09-06-18)

These Rules are for our STYSA Recreational and Developmental league games. STYSA uses the Dual Mode for Field Setup (side-by-side fields). Your team will be split into two squads, to play on separate fields simultaneously (See diagram below).

On games days, 2 coaches, or a coach and an assistant (parent) will be needed to coach the ongoing two (2) games which are played simultaneously side-by-side.

Suggested Set-up for 4v4 Fields Dual Mode



*US Youth Soccer*

## Game Format

### Small-Sided Games Chart

	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size Ranges (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Ball Size	3	3	3	4	4	4	4
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7 GK	7v7 GK	9v9 GK	9v9 GK
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30
Offside	No	No	No	Yes	Yes	Yes	Yes

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## **The Field**

- The field size: 15-25 yds. wide and 25-35 yds. long
- Goal: 6 ft. wide and 4 ft. tall (max. goal size allowed)
- No one is allowed behind the goal line or goals except in bleachers. The only exception is those fields where one or both ends are near a street or ditch. In this case a parent can be posted to stop/chase ball (however, this person cannot coach or participate verbally or by gesture in the game).
- Coaching/Team areas:
  - Team areas are located on the same side of the field, but opposite the side of the spectators.
  - Coaching areas are the same as team areas. A maximum of three (3) coaches are allowed in the coaching area.
  - Parents are not allowed in team/coaching areas.

## **Equipment**

- Ball: size 3
- Shin guards and proper footwear are required. Metal cleats, football cleats, and baseball cleats (with toe cleat) are not allowed for safety reasons.
- No exposed jewelry, watches, etc. (for safety reasons).
- All players must have jerseys and strings from shorts tucked in, and socks over their shin guards.
- Opposing teams must wear different color jerseys. The home team is the team listed first on the schedule; it is the home team's obligation to change jerseys if there is a conflict.

## **The Players**

- We play 4 versus 4. All four (4) players are field players. We do not use a goalkeeper at this age group. A team must have a minimum of three (3) players to play the game.
- Substitutions may be made freely at any stoppage of play.
- Permission for substitution is not required at breaks between periods.
- Players need to enter and leave the field at the midfield line.
- While playing, everyone should participate a minimum of 50% of the time (approximately)

## **Referee**

- There are no referees assigned by the Club. The coaches will act as referees. Each coach will officiate one-half of each game with the home team providing the referee for the first half, and the visiting team providing the referee for the second half.
- Each team shall officiate for half of the game. A team may ask the other team to officiate both halves of the game. The other team may, but does not have to agree. However, once this is agreed to and the game begun, no change is to be made.

## **Duration of the Game**

- The game is split into four (4) 10-minute quarters.

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- There are 3-minute breaks between quarters and a 5-minute halftime break.
- The coaches officiating the game shall allow for time lost through injury (only when a player is replaced) or accident (ball is lost or burst, a dog on the field, etc.) but not allow the half to run longer than 30 minutes.

## The Start and Restart of Play

### 1. Preliminaries

- a) A coin is tossed and the team winning the toss decides which goal it will attack in the first period of the match.
- b) The other team takes the kickoff from the midfield line to start the match.
- c) Teams then alternate taking the kickoff to start the remaining quarters. This means that the team losing the coin toss will take the kickoff in both the first and third periods.
- d) After the second quarter of the match the teams change ends and attack the opposite goals.

### 2. Start of Play

- a) The ball will be placed at the center of the field by the referee and the game will start with one player taking the kickoff, after a given signal (whistle) by the coach officiating game. At the time of the kickoff, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be at a distance away from the center mark equal to the diameter of the center circle or at least four (4) yards.
- b) The ball is in play when it is kicked and moves. The kicker shall not play the ball a second time until it has been touched or played by another player. **The ball may be played in any direction.**
- c) For any infraction of the kickoff procedure, the kickoff shall be retaken.
- d) A goal shall not be scored directly from a kickoff without the ball being touched by at least one other player on either team.

### 3. Restart of Play

- a) After a goal has been scored, the game shall be restarted in like manner by a player of the team that gave up the goal.
- b) Restarting play after temporary delay: In the case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at

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the spot where the ball was declared dead. The ball shall be deemed “in play” when the ball has touched the ground.

## **4. Substitutions**

- a) STYSA substitutions are unlimited. Players may be substituted in the following manner during any stoppage of play, and at coaches’ discretion. Stoppage of play includes: ball out-of-bounds (passed the touch-line), goal kick (by either team), and immediately after a goal has been scored by either team.
- b) To properly substitute, the player must report to the halfway (center) line. The officiating coach will then allow for the substitution.
- c) Substitutions can only take place with the officiating coach’s permission. The new player(s) enter the field only after the substituted player has reached the touchline, or when waived on by the officiating coach.
- d) Injured players who must leave the field may be substituted by the team suffering the injury only, after notice to the officiating coach. Note Injury Modification – in youth soccer, at 5U and 6U level, the coaches can call a stoppage at any time when they think a player might be injured. As a courtesy every player takes a knee to allow for the coaches to attend the injured player. Play is then resumed with a “drop ball”.

## **5. Fouls**

- a) Fouls are called by the coaches, and coaches are encouraged to explain the infringement to the offending player. No cards are shown for misconduct.
- b) All fouls called shall result in a direct free kick.

## **6. Goal Kick**

- a) When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and was last played or touched by a player of the attacking team, it shall be kicked into play from any point inside the goal area (including the goal area lines) by the defending team.
- b) The goal kick shall be taken within three (3) yards of the goal line, anywhere across the width of the field of play at the nearest point from where the ball was retrieved.
- c) All opposing players must be at least four (4) yards away from the ball.
- d) The ball must leave the goal area before it is considered in play. If it does not, retake kick.
- e) The kicker cannot play the ball a second time until it has been touched or played by another player. The punishment for this, except in cases where (d) applies, will be an Indirect Free Kick awarded to the other team at the point the ball was played a second time.

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## **7. Corner Kick**

- a) When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and it was last played or touched by a player of the defending team, it shall be kicked into play from the corner arc on the side of the goal on which it went across the goal line by the attacking team.
- b) All opposing players must be at least four (4) yards away from the ball.
- c) The ball must travel its own circumference before it is considered in play. If it does not, then retake the kick.
- d) The kicker cannot play the ball a second time until it has been touched or played by another player. The punishment for this will be an indirect free kick awarded to the other team at the point the ball was played the second time.
- e) A goal can be scored directly from a corner kick.

## **8. Ball out of play**

- a) The ball is out of play:
  - (i) When it has entirely crossed the goal line or touch line, either on the ground or in the air
  - (ii) When the game has been stopped by the referee
- b) All balls out of play over the touch line will be restarted with a kick-in, awarded to the opponents of the player who last touched the ball.

## **9. Kick-In**

- a) There are no throw-ins in the 5U-6U group.
- b) Once the ball goes out of bounds and completely crosses a touchline, it shall be kicked in from the point where it crossed the line. All opposing players must stand back three (3) to four (4) yards from the ball (in all directions).
- c) The player who kicks the ball in may not play the ball until another player has touched it.
- d) A goal shall not be scored directly from the kick-in (ball must touch another player before passing the goal line and into the net).

## **10. Offside Rule**

The offside rule will not apply to any 5U-6U games; however, the intent of the rule will be followed. Positioning a player in front of the opponent's goal irrespective of the location of the ball on the field is contrary to the aims of the program, commonly referred to as "cherry picking". The coaches shall take appropriate action to prevent this kind of play (a direct free kick to the offended team and instructional statements to the violating players).

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Encourage all players on the field to get involved in the play. For individual player development purposes encourage all players to participate in the attack. No player should play the game positioned in or near the goal.

## Fouls and Misconduct

### **1. All fouls will result in a DIRECT FREE KICK**

- a) Direct Free Kick: means the kick is free from interference by the opposing team and from which a goal can be scored. We have no penalty kicks at this age level.
- b) All opposing players must stand back three (3) to four (4) yards from the ball in all directions.
- c) In addition to those offenses defined in the FIFA Laws of the Game, a direct free kick shall be awarded to the opposing team if a player, in the opinion of the coaches: Slide tackles (Slide tackling is not allowed for 5U-6U).
- d) Consistent with the educational intent of the Small-Sided Program, the coaches should inform the offending player of the infraction that was committed.
- e) Deliberate heading is not allowed in the 5U-6U division. If the officiating coach determines that a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate heading occurs within the goal area, the indirect free kick shall be taken on the goal line parallel to the goal line at the point nearest where the infringement occurred.

Indirect Free Kick: means the ball must touch a minimum of two players before a goal can be scored. If the player kicks it straight into the goal without touching either team's player, it does not count.

### **2. Game Conduct**

- a) Players and coaches are expected to abide by the principles of good sportsmanship and fair play at all times. However, players and coaches are specifically prohibited from:
  - (i) Being behind either goal line during the game
  - (ii) Entering the field without the permission of the officiating coach
  - (iii) Consuming alcohol or tobacco at games
  - (iv) Making derogatory gestures or statements to officiating coaches or opposing players and/or spectators, including particularly dissenting from officiating coach's rulings during the game.
- b) A player who is cautioned for foul play should be removed from the game via substitution. The player should be counseled prior to returning to the game. At this age group there are no yellow or red cards. Coaches are encouraged to explain all infringements to the players instead.

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- c) Sending off – there are no send-offs at this age group. Coaches can assess playing time for affected player, as needed, if necessary.

## End of Play

- The officiating coach will blow his whistle several times to indicate that play is suspended for half-time breaks and for the end of the game.
- At the end of the game the players from each team should line up and shake hands.

## Parents Responsibilities

- Parents should respect the commitment made by their coach and try to make all practices and games. Please be on time.
- Parents and other spectators should be respectful of the players and coaches. They should cheer and encourage all players and should leave the coaching to the coach.
- Teams and parents should not enter the field if another game is in progress.
- No one should cross a field in use during a game.
- Parents should help their children pick up all trash and dispose of it properly as well as reminding them to pick up their belongings after games and practices. Coaches are ultimately responsible for leaving their team sidelines and field clean of trash and debris.
- Parents should inform their coach if a problem arises during the game. Parents should never directly confront an opposing player/coach. It is the responsibility of the team coach and not the parent to address these matters. Parents who violate this rule will be asked to leave the area of play by the team coach.
- There should be no coaching from the sidelines, on the field, or from behind the goal. Parents can cheer and provide positive reinforcement to the players, but the coaching is only to be provided by the coach and his/her assistants.
- Parents are asked to refrain from addressing coach or assistants during or after the game for any issues. If parents need to address any concern with the coach or assistant, please contact coach not earlier than twenty-four (24) hours after game has concluded. We refer to this as the “24-hour Rule”.

Note: the second touch rule may be modified by coaches depending on the age and skill of the players.

## Concussion Initiative

- Per U.S. Soccer’s Concussion Initiative, if a player is suspected to have a head injury the officiating coach is instructed to stop play to allow for treatment/evaluation as needed.
- If the player leaves the field of play for additional evaluation, a substitution can be made in that moment.
- The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player.
- Any parent insisting on returning the player to the game without approved clearance will result in the coaches ending the game.

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The US Soccer Laws of the game as amended by LSA will be used for any rules not specified. The STYSA League rules comply with the LSA procedure that allows associations to amend rules to fit the playing formats of the respective association.

Coaches will need a whistle, a watch, a coin (for the coin toss) and a good attitude and good sense of humor

All of the rules above are subject to change, but the most important rule at STYSA will always be:

**Let the kids play and have Fun !!!**

If there are any questions regarding these rules, please email [stysasoccer@gmail.com](mailto:stysasoccer@gmail.com)