



Youth Recreational League Rules Coed U9-U12

This rulebook is a guide to procedures, rules, and responsibilities for playing and officiating for the Athletico Center Youth Recreational Soccer Program. Safety, fair play and sportsmanship are the primary concerns. This program is intended as a recreational activity and its purpose is the enjoyment of the sport with fellow participants.

It is recommended that you read through this rule book and address any concerns you may have before the season begins.

THE PROGRAM

Program Goals: The goals of the youth soccer program are to help develop the physical, mental and social skills of all the participants, provide a safe environment for the children to participate in athletics promote sportsmanship, and to allow the children to have fun.

Warning Statement: To participants, parents and coaches: Although participating in supervised athletics can be one of the least hazardous activities in which a person will engage: by nature, athletics include a chance of injury. Players must obey all the safety rules, and report all physical problems to their coaches.

Safety: For protection and safety of all participants, wearing jewelry is not allowed. If the article cannot be removed, then it must be taped. All participants are required to wear shin guards during play. In the event of an injury on the field, the site supervisor will assist by calling for medical help upon request of the coach or parents.

Game Site: All games will be played at the Athletico Center 1900 Old Willow Road Northbrook, IL 60062

Player Equipment

- Size 4 ball
- Team jersey, black shorts, and team socks. Long sleeve shirts, fleeces or sweatpants can be added but must be work UNDER the uniform, not over it, or players can't tell who's on their team.
- Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.
- Shin Guards covered by socks are mandatory at both practices and games. Shin Guards may NOT be worn over socks.
- **No jewelry may be worn for practices or games (this includes earrings)**, unless they are required religious or medical items. The official at the game must determine the safety of these items.

The Players

There will be 7 players per team on the field including goalkeeper (7 v 7) . Substitutions can occur on the fly, at halftime, and for injuries. All players are required to play a minimum of half the game.

The Officials

U9- U12:

Officials will be provided for U9- U12 games. The Official should briefly explain any infringements to the player(s) and encourage proper play and sporting behavior. As with all games, every effort should be made to keep the game moving and free from stoppages for doubtful infractions. Let them play and enjoy.

Assistant Referees/Club Linesmen

There are no Assistant Referees or Club Linesman.

Game Play

- Two 20-minute halves with a 2 minute break at halftime, with a running clock.
- The team listed first is the home team and will kick off. The visiting team decides which goal it will attack.
- Teams switch sides at half-time and the team that didn't kick off to start the game kicks off the second half.
- Stop for a brief substitution break when there's a stoppage (goal scored, ball goes out of play) roughly midway through each half. Afterward, resume the game where it was left off.
- No offsides
- There is no offside penalty during a goal kick, throw-in, or corner kick.
- A penalty kick is awarded if one of the ten offences listed above is committed inside their own penalty area.
- Indirect Free Kick: An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offences:
 - Takes more than six seconds while controlling the ball with his hands, before releasing it from his possession
 - Touches the ball again with his hands after it has been released from his possession and has not been touched by another player.
 - Touches the ball with his hands after it has been deliberately kicked to him by a teammate.
- Corner Kick:
 - Opponents must be 10 yards away from the ball.
 - A goal can be directly scored from a corner kick.
 - The player who kicks the corner kick cannot touch the ball a second time until after another player has touched the ball.

The Kick-Off

- All players, except the player taking the kick-off, must be in their own half of the field.
- While the kick-off is in progress, opponents must be 6 yards from the center mark, i.e. outside of the center circle.
- The ball is placed at the center mark. The ball is in play when it is kicked and clearly moves (in any direction).

Fouls and Misconduct

- The referee/coach will assess INDIRECT free kicks for all fouls, with the opponents 6 yards away from the ball.
- Headers are NOT allowed. If a ball is deliberately headed, the Referee stops play, explains the policy and awards an Indirect Free Kick to the other team.
- If the defending team commits a foul in their own goal area, the free kick should be taken from the goal line in front of the goal. There are no penalty kicks.
- The referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs.

Ball In and Out of Play

- The ball is out of play when it completely crosses the touch line (side line) or goal line (end line) either on the ground or in the air.
- As part of the US Soccer/AYSO Player Development Initiative, kick-in's or dribble-in's have replaced throw-in's. Goals may NOT be scored directly from a kick-in/dribble-in. It must first be touched by a team-mate
- In U6 games, the coaches will determine when the ball is out of play and should guide the restart, interfering as little as possible. It's the player's game, let them play and work on technique later.

Scoring

A goal is awarded when the ball completely crosses the goal line into the goal. Goals should be enthusiastically celebrated by everyone. Goals are not recorded to determine who wins.