

RECREATIONAL

Auburn Youth Soccer Club- Foresthill Youth Soccer Club -
Placer Hills Youth Soccer Club

COMPETITIVE

49er United Soccer Club

2022 RULES

These Rules apply to Intra-League games. Games with other leagues (Gold Country, Placer, etc.) may have other specific rules.

Check with the home team when playing out of League.

HOME TEAM will change color of jersey to avoid conflict with visiting team.

ADDITIONAL RULES

Age Group	Ball	Length of Play	Players on Field
U6	#3	4- 10-Minute Quarters	4 (NO Goalie)
U8	#3	4- 10-Minute Quarters	4 (NO Goalie)
U10	#4	2- 25-Minute Halves	7 (Inc. Goalie)
U12	#4	2- 30-Minute Halves	9 (Inc. Goalie)
U14	#5	2- 35-Minute Halves	11 (Inc. Goalie)
U16-U19	#5	2- 40-Minute Halves	11 (Inc. Goalie)

-5 minute breaks between quarters - half time is 10 minutes

U6 to U12 No heading the ball.

U14 - Will follow normal FIFA Laws of the Game.

FOR 2022 - AGE GROUP RULES

U6-U8 4v4-Registered and certified referees are not needed at this level

***One coach for each team is allowed on the field, may not physically move players about.**

*Games will use an "official" (game manager, coordinator, parent, coach or **Grade 9 referee**) to assist in FIFA laws of the game.

*All infringements will result in an indirect-free kick (with 10ft of opponent space given).

*Balls out over touch line will be restarted with throw in from the spot where ball left play. Instead of throw-ins --Kick-ins and/or dribble-ins are also acceptable

*Goal kicks will be taken 2-3 yds off end-line anywhere along the end line closes to where the ball was retrieved.

*Corner kick will follow normal FIFA rules (with 10ft space given by opponent).

*Goal kicks will be taken anywhere within the Goal Area.

*No offside rule, unless coached or blatant.

*All players get 1 re-throw on illegal throw-ins.

U10- 7v7 game....

1.- Cannot score a goal on kickoff. – Restart is an indirect kick for other team at midline.

2.-Goal kicks can be taken from anywhere inside the penalty area. (10yds x 20yds)

3.-All free kicks are indirect. . Minimum distance for opposing players from a free kick is 8 yards

4.-Penalty Kicks YES - 10 Yds from the mark.

5.-Goalkeeper cannot punt the ball. When the goalkeeper plays the ball (**pass, throw or rolls... and on all goal kicks**) The ball must touch a player **OR** the ground on the goalkeeper side of the field before crossing the midline. The restart is an indirect kick for the other team... At the midline.

***Important *SEE => Build Out Line Info page. (for U10 – 7 v 7 only)**

U12

Charging the goalkeeper shall not be permitted at any time when he/she is within his/her own goal area.

Goal kicks shall be taken from any point inside the goal area as per the Laws of the Game.

(all of the opposing players must be outside the penalty area)

Direct and indirect free kicks shall be awarded and taken as per the Laws of the Game; all of the opposing players must be outside the goal area and at least eight yards from the ball (U12).

Penalty kicks shall be awarded and taken as per the Laws of the Game (**10 Yds**)

When a Penalty kick is awarded, all opposing players must be outside of the penalty area and at least eight (U12) yards from the penalty mark.

COACHING RULES 2022

COACHES ARE RESPONSIBLE FOR PROMOTING GOOD SPORTSMANSHIP, AND FOR THE BEHAVIOR OF THEIR PLAYERS, ASSISTANTS, PARENTS, AND SPECTATORS! Cautions and ejections resulting from the conduct of the above will be given to the team coach. (LEAGUE RULE)

THE REFEREE'S JUDGEMENT SHALL NOT BE CHALLENGED! Coaches, Players, Parents and Spectators shall not approach the referee without permission. The referee has absolute authority to eject any player, coach, or spectator from the field vicinity. Threatening or assaulting a licensed referee is a Federal Felony. Complaints and/or comments shall be forwarded to the League Referee Coordinator. (STATE RULE)

EJECTIONS (RED CARD) require the offender to:

- immediately leave the field vicinity and not return;
- be automatically suspended for minimum of one league game;
- be subject to a disciplinary hearing and additional suspensions. (STATE RULE)

COACHING from the sidelines is permitted by **the coach(es) only** and provided:

- it is limited to directing one's own team on points of strategy and position;
- the tone of voice is informative;
- no derogatory remarks are made by coaches, players, or spectators;
- no disruptive behavior is incited;
- no profanity is used. (STATE RULE)

COACHES and players must always remain in the team's bench area. The bench area is that area one yard from the touchline and extending to 10 yards, one way, from the half line. **Spectators may not sit off the end line and must sit 10 feet back from the touchline for safety purposes.** (LEAGUE RULE)

PLAYER CARDS are required for all players. Official league medical releases for all players must be at all practices and games. (STATE RULE)

ALL PLAYERS must play at least 50% of each game, unless the referee and opposing coach are notified in advance. Penalty is game forfeit. (STATE RULE)

SUBSTITUTIONS are allowed **only**:

- with the referee's approval; - at the mid-field line;

**** For U6-U12 -- Substitutions are unlimited and can occur at any stoppage of play after receiving the referee's permission.**

1. Prior to a throw-in,
2. Prior to a goal kick, by either team.
3. After a goal, by either team.
4. After an injury, when the referee stops play, by either team.
5. At half time or hydration breaks.
6. When the referee stops play to caution a player, only the cautioned player may be substituted prior to the restart of the game

49er YOUTH SOCCER LEAGUE GAME RULES 2022

SLIDE TACKLING is not allowed for U12 and younger. (LEAGUE RULE)

A PLAYER down and kicking at the ball is considered dangerous play and may be carded. (LEAGUE RULE)

ALL PLAYERS must have shin guards, **fully** covered by socks. (FIFA RULE)

EYEGLASSES must be secured. (LEAGUE RULE)

PLAYERS may **not** play with:

- **Hard Casts** of any kind. (STATE RULE)
- **Jewelry** of any kind. * (LEAGUE RULE)
- **Earrings** of any kind, including studs, even if taped. (STATE RULE)

* Medical alert bracelets may be worn but must be taped completely.

A PLAYER who is cautioned must leave the field of play for a minimum of five minutes but may be substituted for if one is available. (LEAGUE RULE)

GUEST PLAYER(S): must be declared prior to the match **and you cannot have a guest player from competitive team**

REFEREES will conduct a pregame meeting with both coaches prior to start of the match.

NO TOBACCO/ALCOHOL POLICY: It is League policy that the use of tobacco and/or alcohol is not allowed by anyone on or near playing fields during games or practices.

CLIMATE CONDITIONS: Home coach is responsible for notifying the visiting coach. If in doubt, call the other coach.

IF A GAME CANCELS --- ALWAYS NOTIFY THE REF COORDINATOR.

THE ORDER of applying rules is:

- 1) 49er Youth Soccer League
- 2) California Youth Soccer Association
- 3) FIFA Laws of the Game.

No one under the age of 16 may assist with moving or placing goals or be within 20 feet while goals are being placed. Falling goals are a severe hazard!

THE RULES in this guide were developed and approved by representatives from each of the clubs of 49er Youth Soccer League and apply as written to **Recreational** play. **Competitive and CPL** are not subject to all these modified rules.

RHR – Aug 2021 - Pg 3

US Soccer Player Development Initiatives – U9/U10

ALL leagues (Cal North/CYSA and NorCal)

Build Out Line

Build Out Line is halfway between the halfway line and the top of the penalty area and should be marked. It is used ONLY for 1) Goal Kicks and 2) when the keeper picks up the ball during dynamic play. It is not used for Direct or Indirect Free Kicks originating from within the penalty area for which the ball is in play when it leaves the penalty area.

GK has ball in his/her hands during dynamic play

- The opposing team must move behind the build out line until the ball is put into play.
- GK can pass (place ball on ground and kick it), throw, or roll the ball into play.
- The GK can put the ball in play whether or not the opponents are behind the line, but must accept the consequences of this action.
- Ball in in play when the keeper releases or kicks it; opposing team may cross build-out line.

Goal Kick

- The opposing team must move behind the build out line until the ball is put into play.
- The kicker can put the ball in play whether or not the opponents are behind the line, but must accept the consequences of this action.
- Ball must exit the penalty area to be considered “in play”. Restart: Retake the goal kick.

Punts/Drop Kicks not allowed

- If the GK punts/drop kicks the ball, an Indirect Free Kick should be awarded to the opposition at the spot of the offense.
- If this is in the Goal Area, the IFK should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred. **Opponents must be 8 yards away or on the goal line AND between the goal posts.**
- Do not caution GK for persistent infringement if they do this multiple times, UNLESS the referee deems it a tactic to delay the game, at which point the GK may be given a caution.

Offside

- 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 goal line.

Halftime is 10 minutes for ALL Age Groups.

Substitutions are allowed at ANY STOPPAGE and are UNLIMITED

LLP - 20170915

Age	# Players	Ball	Time	Stoppage	Heading	Distance on FK	Distance on PK	Buildout Line/ No GK punt
U09	7v7, min 5	4	25 min	None	No, IFK	8 yards	10 yards	Yes
U10	7v7, min 5	4	25 min	None	No, IFK	8 yards	10 yards	Yes
U11	9v9, min 6	4	30 min	As needed	No, IFK	8 yards	10 yards	N/A
U12	9v9, min 6	4	30 min	As needed	NorCal - OK CalNorth - No	8 yards	10 yards	N/A

The Start of a Soccer Game

Before every game the home team is responsible to provide a game card.

Each team will have their team roster written on it.

The game card is given to the referee.

After the game the coaches must sign the game card and it is at this time that the coaches may write down any comments regarding the game.

The comments will be kept and filed by the referee coordinator and they will act upon them as necessary.

Using the game card, the referees must verify the players, the coaches, assistant coaches, and parent helpers eligible to be on the field during the game. (in the case of the younger age groups.)

After the teams have been checked in by the referees, the referee will ask for captains at the center circle for the toss.

Kick-off Procedure:

- The team that wins the toss of a coin decides which goal it will attack in the first half, or kick-off.
- Their opponents take the kick-off or choose sides.
- The team that doesn't kick off the first half, kick-off to start the second half.
- For the second half, the teams change ends and attacks the opposite goal.
- After a team scores a goal, the kick-off is taken by their opponents.

For every kick-off:

- All players, except the player taking the kick-off, must be in their own half of the field of play.
- The opponents of the team taking the kick-off must be at least 10 feet to 10 yards from the ball until it is in play (depending on the age group).
- The ball must be stationary on the center mark the referee gives a signal.
- The ball is in play when it is kicked and clearly moves.
- The kick can go in any direction (360 degrees)

Infringements and Sanctions:

If the player taking the kick-off touches the ball again before it has touched another player an indirect free kick, or for deliberate handball a direct free kick, is awarded (depending on age group).

49er Youth Soccer League

Game Card

The home team coach is responsible for providing the game card.

Bring it with your team information filled in and give it to the visiting team as soon as possible.

Player Cards

Every player must have a Player Card to participate in the game.

They are given to the referee at the beginning of the game-don't forget to get them back at the end of the game.

The referee will validate player participation with the player cards.

Game Ball

Home team provides the Game Ball-don't forget to get it back at the end of the game.

Rainouts

Rain is a concern because of potential damage to the fields when they are soaked.

When there is a question regarding the use of field, call the Field Coordinator.

When a game is rained out, the Home Team coach is responsible for calling the visiting coach.

Team Coach-remember you will both have players to call in a timely manner.

For rainout info about the Auburn Recreation District soccer fields:

Please call the ARD Rainout Line: 530-885-8461 Ext. 3

NEW HEADING POLICY

In accordance with U.S. Soccer guidelines. The following policy for heading in games and practices is effective immediately:

PLAYING POLICY:

- Heading is prohibited in 12U and younger small-sided games.
- All players age eleven (11) years old and younger, who are playing up in 13U and older games, are prohibited from heading, and must clearly be identifiable to the match official. (i.e. armband)
- When a player, who is eleven (11) years old and younger, 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 a deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.
- All players age eleven (11) years old and younger, who participate in a sanctioned event with their player pass, must adhere to the heading policy and are prohibited from heading.

PRACTICE POLICY:

- All players age eleven (11) years old and younger are prohibited from heading.
- It is strongly recommended for players between the ages of twelve (12) and seventeen (17) years old, heading in practice must be limited to a maximum of thirty (30) minutes per week, with no more than fifteen (15) to twenty (20) headers, per player, per week.
- In addition, recommends that standard coaching methods to instruct on how to properly head the ball be instituted by all Affiliates. Affiliates, as needed, in teaching coaches the proper heading techniques as such to reduce the risk of possible concussion.

Small Sided Standards & Older Recreational Guidelines

	U6	U7	U8	U9	U10	U11	U12	U13-19
Max Field Size (yds)	25/35 L 15/25 W	25/35 L 15/25 W	25/35 L 15/25 W	55/65 L 35/45 W	55/65 L 35/45 W	70/80 L 45/55 W	70/80 L 45/55 W	112x75
Number of Players	4v4	4v4	4v4	7V7	7v7	9v9	9v9	11v11
Goal Keeper	No	No	No	Yes	Yes	Yes	Yes	Yes
Playing Time	4x8	4x10	4x10	2x25	2x25	2x30	2x30	2x35/40/45
Ball Size	3	3	3	4	4	4	4	5
Goal Mouth Size (feet)	4x6	4x6	4x6	6.5x18.5	6.5x18.5	7x21	7x21	8x24
Offside	No	No	No	Yes	Yes	Yes	Yes	Yes
Substitutes	Injuries & Quarters	Injuries & Quarters	Injuries & Quarters	Injuries Unlimited Halves	Injuries Unlimited Halves	Injuries Unlimited Halves	Injuries Unlimited Halves	Injuries Unlimited Halves
Fouls (type of kick)	Indirect Free Kicks Only	Indirect Free Kicks Only	Indirect Free Kicks Only	Indirect & Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks
Free Kick clearance	10 ft	10 ft	10 ft	8 yd	8 yd	8 yd	8 yd	10 yd
Throw-in	1 Rethrow	1 Rethrow	1 Rethrow	Normal	Normal	Normal	Normal	Normal
Penalty Kicks	None	None	None	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 12 yds)
Penalty Area (yds)	None	None	None	12x24	12x24	14x36	14x36	18 x 44
Goal Area (yards)	Optional 3x8	3x8	3x8	4x8	4x8	5x16	5x16	6 x 20
Heading	None	None	None	None	None	None	None	per Laws/Rules

Note to 'Unlimited' substitutes: District policy is that all recreational players present are to play at least half of the match.

(U6-U12 NO HEADING**)**

8/21/2019