



# Oconee County Parks and Recreation Department Spring 2020 Youth Soccer Rules



## Philosophy

Oconee County Parks and Recreation Department offers recreational youth sport programs that allow children to participate, develop skills, and learn the game in a fun and safe environment.

## Code of Conduct

- All participants are governed by the Oconee County Parks and Recreation Department Code of Conduct.
- Players, spectators and coaches should display a good sporting attitude. Spectators, parents, coaches, or participants who display unsportsmanlike behavior will be asked to leave the premises. If such behavior continues, the parent, participant or both may be removed from the program.
- Any coach, assistant coach or player ejected from a contest must leave the vicinity (out of sight and sound) immediately and are prohibited from any further contact with the team (directly or indirectly) for the remainder of the game and will not be permitted on the premises for the team’s next scheduled game.

## Parents

- At least one (1) parent or guardian of each child participating must have completed the Parents Association for Youth Sports (PAYS) program.
- The PAYS program is offered online at <http://www.nays.org/paysonline/how-it-works.cfm>. Select “Oconee County Pks and Rec Dept”. (No payment required).

## Coaches

- All coaches must complete the Online Criminal History Check and fill out a coach application each season.
- All coaches must complete the CDC Head’s Up Concussion Training (<https://headsup.cdc.gov/>).
- All coaches must also be certified through the National Youth Sports Coaches Association (NYSCA).

## Age Divisions

### Age

Under 6	4 – 5 years (Micro)	<i>Must be 4 years old on or before age control date</i>
Under 8	6 – 7 years (Micro)	
Under 10	8 – 9 years	
Under 12	10 – 11 years	
Under 15	12 – 14 years	

### Age Control Dates

**2020 Spring Season: April 1, 2020**

## Local Rules

All games will be played under National Federation of State High School Associations (NFHS) rules except where local rules supersede:

- Shoes, socks, and proper shin guards are required. Shin guards should be covered entirely by the socks
- Players may not wear anything that can be potentially dangerous, i.e., metal cleats, jewelry, etc.
- Each age division will have specific rules per league.
- Roster sizes and the number of players per side during games may vary season to season. This will be dependent on the overall registration numbers for each age division.
- Field sizes are dependent on field size appropriate per age group and field space available for usage.
- Post-season tournaments/jamborees may be offered for U10 and older when the schedule permits.
- Any child that is a member of a school sponsored team is eligible to participate *only* if such participation does not violate school policy and *only* if child is able to fully participate in OCPRD practices and games from beginning of pre-season to conclusion of season.
- Each player, except when sick or injured, must play at least half of the game.

## OCPRD Youth Soccer Rules

### Under 6 & Under 8 Leagues – Micro Soccer

- 1) Coaches serve as the referees on the field during the game.
- 2) Coaches or a volunteer parent must keep time for each quarter and notify everyone when it is time to substitute.
- 3) Ball Size: **3**
- 4) U6 games are played in four (4) 10-minute quarters.
- 5) U8 games are played in four (4) 12-minute quarters.
- 6) Halftime break will be 5 minutes.
- 7) Playing sides: 4 v 4 - No goalkeeper.
- 8) Score will not be kept.
- 9) Substitutions *can* be made at the quarter breaks. The game *may* stop at the 5 minute mark, which would be the halfway point of each quarter for substitutions. (Stoppage at those marks is optional). Substitution breaks midway through a quarter should not last more than 45 seconds.
- 10) Players must play a minimum of half the game. No player should play the entire game unless no substitutions are available.
  - a. We recommend taking substitution breaks at the halfway points of quarters.
- 11) The start of the 1<sup>st</sup> and 3<sup>rd</sup> quarters will begin with a kick-off.
- 12) The 2<sup>nd</sup> and 4<sup>th</sup> quarters will restart with the ball going to the team last in possession of the ball.
- 13) Restarts are determined from where the ball was last ruled dead. Restart options listed below.
- 14) A goal cannot be scored “directly” from a kick-off, throw-in, or indirect kick.
- 15) If a foul is committed, the coach should explain the rule and correct the player. Fouls include pushes, trips, holds, handballs, high kicks, etc. All violations will result in an indirect kick. **(See Page 3.)**
- 16) Coaches shall briefly explain all rule infringements to the offending player.
- 17) Slide tackling is not allowed.
- 18) Heading the ball is not allowed.
- 19) The offside rule will not be enforced. However, coaches should not encourage “cherry picking”.
- 20) **No goal tending** – players, offensive nor defensive, **cannot** camp out in the goal area/front of goal for extended periods. The advantage to Micro Soccer is more touches on the ball with all players on the field as involved as possible. Players camped out in front of the goal are not involved in on-field play.
- 21) Coaches should consistently remind players to refrain from using their hands to push an opponent in an attempt to gain a positional advantage and/or to gain possession of the ball. If a foul occurs, blow the whistle and explain to the player what happened.
- 22) Opposing coaches and players should line-up on opposite ends of the center line at the end of the game to shake hands.
- 23) No overtime. No post-season play.

# OCPRD Youth Soccer Rules

## Under 6 & Under 8 Leagues – Micro

### Playing the Game

- Only one coach per team is to be on the field during games.
- The Ball In and Out of Play: The ball is out of play when it has wholly crossed the goal line or touch line whether on the ground or in the air. The ball is also out of play when play has been stopped by the referee/coach. The ball is in play at all other times, including when it rebounds from a goal post, crossbar, corner flag, or coach.
- Throw-Ins will be taken from the sideline at the point where the ball exited the field of play.
- U6 Goal Kicks will be taken from the end line.
- U8 Goal Kicks will be taken from the goal box.
- U6 /U8 Corner Kicks will occur when a ball has gone out of play; corner kicks will be taken from the 3' arc in the corner.
  - U6: Opponents must be three (3) yards away from the ball.
  - U8: Opponents must be six (6) yards away from the ball.

### Restart Options

Throw-in – Entire ball crosses over the sideline. The ball is put back into field of play by a two handed over head throw. Both feet must be in contact with the ground.

Goal Kick – Entire ball crosses over the endline and the attacking team last touched the ball. (U6) ball placed on end line. (U8) Ball placed anywhere inside of the goal box corners marked on the field. Any player on the kicking team may perform the kick. All U6/U8 defending players must start behind the center line for goal kicks. Defending players may advance once the ball has been put into play.

Corner Kick – Entire ball crosses over the endline and the defending team last touched the ball. Ball is placed on sideline/endline corner of the field on the side the ball went out of bounds. Any player on the kicking team may take the corner kick. Opponents must be at least 10 yards from the ball until the ball is put into play.

Kick Off – Start the game with a kick off and re-start play after a goal is scored with a Kick Off. Ball is placed on the center of the Center Line (middle of the field). Any player on the kicking team may take kick off. Defending players must remain behind the center circle and half-line until the ball is in play.

Indirect Kick – Indirect kick should be awarded at the spot of the foul or where game stoppage may have occurred.

U6-U8: All free kicks will be indirect.

U6: All fouls shall result in an indirect free kick with the opponents three yards away.

No kicks shall be taken by the attacking team within 3 yards of the defenders' goal.

U8: All fouls shall result in an indirect free kick with the opponents six yards away.

No kicks shall be taken by the attacking team within 6 yards of the defenders' goal.

## OCPRD Youth Soccer Rules

### U10 – U15 Leagues

- 1) Players must play a minimum of half the game. No player should play the entire game unless no substitutions are available.
- 2) Slide tackling is not allowed.
- 3) Offside Rule is enforced.
- 4) Halftime break is 5 minutes
- 5) NO overtime in regular season games. Overtime will be in effect during post-season play only.
- 6) **Substitutions:**
  - Either team: At the end of a period, a goal, a goal kick, a caution, if the referee stops clock, disqualification (not for disqualified player), or injury (blood on a player or uniform, sign of concussion, etc). **Players must have reported to half field prior to the ball going out of play, and the referee must signal all subs on.**
  - Team in possession: Throw-in or corner kick (if team in possession subs, other team may also sub). **Players must have reported to half field prior to the ball going out of play, and the referee must signal all subs on.**
- 7) A goal cannot be scored “directly” from a kick-off, throw-in, or indirect kick.
- 8) When a violation results in any type of free kick players defending the kick must be outside a 10 yard radius from the ball.
- 9) Any player or coach who receives a red card in a game will be ejected from the game and suspended from the next scheduled game. Upon investigation by the governing body, the suspension may be longer or permanent.
- 10) A maximum of three (3) OCPRD Certified coaches are allowed on the sidelines during games. All coaches must remain on their designated side of the field between the goal line and center line.

**Coaches must wear OCPRD issued coach badge to be permitted on the sideline.**
- 11) A maximum of two (2) players down from the official playing side to start a game. A team not able to make the minimum requirement for a start will be subject to a forfeit. Forfeits will be recorded as a 1-0 loss for the offending team.
- 12) In case of inclement weather, a game is considered official after one half of game play. League coordinator may reschedule games not reaching the end of the first half.
- 13) Parents/spectators must sit on the sideline opposite the team benches. Anyone on the coach’s sideline will be asked to move to the spectator side.
- 14) Coaches/parents/spectators are not allowed behind the goal lines.
- 15) Please reference post season rules at the end of the document.

## OCPRD Youth Soccer Rules

### U10 Leagues ONLY

- 1) Ball size: 4
- 2) Playing sides: 7v7\*
- 3) Game time: two (2) – 25 minute halves
- 4) All field violations will result in an **indirect** free kick from the spot of the foul. Fouls committed within the penalty box will be placed outside the box parallel to goal line. No PK's will be awarded.
  - **EXCEPTION:** Deliberate handling of the ball inside the **goal area** (what is known as the six yard box) in an attempt to prevent an obvious goal scoring opportunity will result in a yellow card given to the defending player and a penalty kick awarded to the opposing team.
- 5) Heading is NOT permitted. An indirect free kick to the opposing team at the spot of the infraction. If within the penalty area, referee shall move ball outside the penalty area (an indirect free kick to opposing team).
- 6) Goalkeeper distribution: the opposing team must be behind the midfield line. When in play, goalkeepers can throw or roll to a teammate, but may not punt or drop kick the ball. This will allow the goalkeeper to distribute the ball in an unpressured setting. Once the ball is put into play, the opposing team can then cross the midfield line and play resumes as normal.

### U12 Leagues ONLY

- 1) Ball size: 4
- 2) Playing sides: 9v9\*
- 3) Game time: two (2) – 25 minute halves
- 4) All field violations will result in a free kick (direct or indirect kick) from the point of the foul. A penalty kick shall be awarded when a foul which ordinarily results in the awarding of a direct free kick occurs within the offending team's penalty box.
- 5) Heading is permitted. Players may practice heading the ball in organized team practices, but coaches need to monitor so that no single player heads the ball more than 25 times per week.
- 6) Goalkeeper distribution: goalkeeper may roll, throw, or punt the ball in order to redistribute the ball within the goal area.
- 7) Bicycle kicks or other high kicks that are potentially dangerous are not allowed and will fall under the "Dangerous Play" call.

### U15 Girls League ONLY

- 1) Ball size: 5
- 2) Playing sides: 9v9\*
- 3) Game time: two (2) – 30 minute halves
- 4) All field violations will result in a free kick (direct or indirect kick) from the point of the foul. A penalty kick shall be awarded when a foul which ordinarily results in the awarding of a direct free kick occurs within the offending team's penalty box.
- 5) Heading is permitted.
- 6) Goalkeeper distribution: goalkeepers may not punt or drop kick the ball past the midfield line. An indirect kick will be awarded to the opposing team at midfield if this occurs. No limitation on how far a goalkeeper may throw the ball. Goalkeepers can kick the ball past midfield in the air if played from the ground. Other methods to distribute the ball such as rolling, throwing etc. are permitted in place of a punt.

## OCPRD Youth Soccer Rules

### U15 Boys League ONLY

- 1) Ball size: 5
- 2) Playing sides: 11v11\*
- 3) Game time: two (2) – 30 minute halves
- 4) All field violations will result in a free kick (direct or indirect kick) from the point of the foul. A penalty kick shall be awarded when a foul which ordinarily results in the awarding of a direct free kick occurs within the offending team's penalty box.
- 5) Heading is permitted.
- 6) Goalkeeper distribution: goalkeeper may roll, throw, or punt the ball in order to redistribute the ball within the goal area.
- 7) Bicycle kicks or other potentially dangerous kicks are allowable only if they do not pose a threat to any other player (including teammates) in the vicinity of the kick. The game official will, at his or her discretion, have the authority to rule such kick as dangerous and will reward the opposing team with an indirect kick.

*The Oconee County Parks and Recreation Department will be the governing body of this league and will have final authority concerning all rules and decisions. All rules and guidelines for each league are subject to change by OCPRD during regular and post season.*

### Soccer Leagues Overview

Age Group	Player Eligibility	Playing Sides	Ball Size	Heading	Field Size	Duration of Game
U6 (Micro) Boys/Girls	4 years on or before A.C.D.	4 v 4 No Goalkeeper	Size 3	Not Permitted	80' X 60' Subject to Change	Four 10 Minute Quarters
U8 (Micro) Boys/Girls	6 – 7 Years	4 v 4 No Goalkeeper	Size 3	Not Permitted	100' X 70' Subject to Change	Four 12 Minute Quarters
U10 Boys/Girls	8 – 9 Years	7 v 7	Size 4	Not Permitted	165' X 105' Subject to Change	Two 25 Minute Halves
U12 Boys/Girls	10 – 11 Years	9 v 9	Size 4	Permitted <i>Limited to 25 per player per week</i>	240' X 150' Subject to Change	Two 25 Minute Halves
15 Girls	12 – 14 Years	9 v 9	Size 5	Permitted	240' X 150' Subject to Change	Two 30 Minute Halves
U15 Boys		11 v 11			320' X 210' Subject to Change	

*\*Above playing sides are targets for the Spring 2020 season and subject to change*

# OCPRD Youth Soccer Rules

## League Standings

Standings are kept in U12 and U15 leagues and are calculated based on a point system applied to regular season games. Tournament brackets will be seeded based on each team's total end of season points.

Win = 3 Points              Forfeit = 1-0 Win  
Lose = 0 Points  
Tie = 1 Points

Team Tie Breaker Criteria (In Order):

- 1) Head to Head Record
- 2) Wins
- 3) Goal Differential – All Play (total goals scored minus total goals allowed)
- 4) Coin Toss

## Tournament Details

Tournament brackets will be seeded based off regular season standings. All regular season rules apply except overtime will be played to determine a winner of the game.

In tournament play, games ending in a tie will go on to play two (2), five (5) minute overtime periods played in their entirety.

If still tied following the overtime periods, the game will go into penalty kicks. Coach will select the first five (5) shooters/kickers. Coach may select any team roster member to take the penalty kick. If game is still tied after five (5) shooters from each team, the game will advance to a sudden death shootout consisting of five (5) NEW shooters until a winner is determined.