

SFX Youth Sports Soccer Rules

Overall Rules:

Equipment/Uniform: Shin guards are required for all players. Shin guards should be covered by soccer socks. Players must wear the SFX Soccer team jersey and shorts. SFXYS provides a team ball. Each player should bring their own ball and water bottle.

THE GOALS FOR EACH FIELD ARE LOCATED IN OUR STORAGE BOX NEXT TO BASEBALL FIELD 4

Prohibited items: Players will not be allowed to play in a game if they are wearing the following items: splints, hard and soft casts, bracelets, necklaces, rings, earrings, nose jewelry, wristwatches, fitness trackers.

Coaches, officials, and spectators are not permitted on the field of play.

Playing time: Players cannot sit out more than one quarter. The goalkeeper cannot play more than two quarters of a game.

Game time slots: Each slot includes a practice portion and a game portion. The first portion of the time slot is reserved for team practice and drills. The second portion of the time slot is the game which will be divided into four quarters.

COACHES FOR 9:00 GAMES HAVE TO GET THE GOALS AND SET THEM UP.

COACHES FOR 10:30 GAMES HAVE TO BREAK DOWN THE GOALS AND RETURN THEM TO THE STORAGE BOX.

THE FIELDS HAVE TO BE CLEARED BY 12:00.

Rookie Division – age 4

Equipment: Size 3 ball. Pug nets.

The Coaches are the refs for the Rookie Division.

Roster: Maximum 8 players on a team. Each team will have 4 players on the field. No player may use their hands.

-Coaches can help from their side

-NO SLIDE TACKLES

All players shall compete up field. **The goal will remain unprotected by a keeper.**

Game time: Games are played in five-minute quarters. 4 Quarters make a full game. **There is NO overtime**

The game time includes practice plus game. Both teams share the field (divided by midfield) for the practice. 30 minutes is allotted for practice. Each team gets a 10-minute break before the game.

Before the game starts, the referee (or both coaches) will toss a coin to decide which team will take the kick-off. The team that isn't kicking first can determine which end of the soccer field they will begin the game.

SFX Youth Sports Soccer Rules

The ball is placed on the mid-line and the player taking the kick-off can kick the ball in any direction and to a teammate.

Balls kicked on the side-line are to be thrown onto the field.

Balls kicked by the offense past the Goal line is a goal kick. The ball is placed 5 yards in front of the defending team's goal and one of the players on the defending team kicks the ball upfield to a teammate.

Balls kicked by the defense past their own goal line is a corner kick for the other team. The ball is placed at the closest corner and the other team after the ref's signal can kick the ball onto the field.

IE. Game start at 9:30 four kids from one team plays four kids from the other team 5 min Quarter, at 9:35 the second group of 4 kids play the other teams next 4 players. 9:40-9:45 Half time. 9:45 we start the third Quarter (the first 4 kids vs the other teams 4 first 4 players, just like the start of the game)

9:50 the second 4 players the other teams second 4 players.

The ref must monitor the time all teams must be off the field at the start of the next hour.

NO PENALTY KICKS FOR ROOKIES

Pee-Wee 6U and Junior 8U Divisions

Equipment: Size 3 ball. Metal Nets.

Teams play 4 vs. 4.

The game time includes practice plus game. Both teams share the field (divided by midfield) for the practice. 30 minutes is allotted for practice. Each team gets a 10-minute break before the game.

Roster: Maximum 8 players on a team. Each team will have 4 players on the field. The on-field positions are the goalie and three other players.

The goalie can use their hands.

NO SLIDE TACKLES

Coaches CAN NOT BE ON PLAYING THE FIELD

Before the game starts, the referee (or both coaches) will toss a coin to decide which team will take the kick-off. The team that isn't kicking first can determine which end of the soccer field they will begin the game.

The ball is placed on the mid-line and the player taking the kick-off can kick the ball in any direction and to a teammate.

Game time: Games are played in five-minute Quarters. 4 Quarters make a full game. **There is NO overtime**

Balls kicked on the sideline are to be thrown onto the field.

SFX Youth Sports Soccer Rules

Balls kicked by the offense past the Goal line is a goal kick, the ball is placed 5 yards in front of the goal and the "Goalie" kicks the ball to their team.

Balls kicked by the defense past their goal line is a corner kick for the other team. Ball is placed at the closest corner and the other team after the ref's signal can kick the ball onto the field.

IE. Game start at 9:30 four kids from one team plays four kids from the other team 5 min Quarter, at 9:35 the second group of 4 kids play the other teams next 4 players. 9:40-9:45 Half time. 9:45 we start the third Quarter (the first 4 kids vs the other teams 4 first 4 players, just like the start of the game)

9:50 the second 4 players the other teams second 4 players.

The ref must monitor the time all teams must be off the field at the start of the next hour.

Senior 10U and Eagle 13U Division

Equipment: Size 4 ball. Metal nets.

Both teams have the field for practice and a game. The game time includes practice plus game. Both teams share the field (divided by midfield). Games should start at 15 minutes past the hour. Please start on time.

Everything must be discussed with the ref unless Coaches are the refs.

8-10 players on a team 8 vs 8 **Goalies** are considered players.

Teams with more than 8 players are to sub in the game.

Coaches should monitor subs and balanced playing times.

All subs must check in at the half line with the ref during a stop in play. Only Goalies use their hands.

-Coaches can help from their side and cannot step onto the field

-NO SLIDE TACKLES

Game time: Games are played in ten-minute quarters. 4 quarters make a full game. **There is NO overtime.**

Before the game starts, the referee (or both coaches) will toss a coin to decide which team will take the kick-off. The team that isn't kicking first can determine which end of the soccer field they will begin the game.

The ball is placed on the mid-line and the player taking the kick-off can kick the ball in any direction and to a teammate.

Balls kicked on the sideline are to be thrown onto the field.

Balls kicked by the offense past the Goal line is a goal kick, the ball is placed 5 yards in front of the goal and the "Goalie" kicks the ball to their team. The other team must be ten feet or more from the kicking player.

SFX Youth Sports Soccer Rules

Balls kicked by the defense past their goal line is a corner kick for the other team. Ball is placed at the closest corner and the other team after the ref's signal can kick the ball onto the field.

IE. Game start at 9:15 8 kids from one team plays 8 kids from the other team 10 min Quarter, after two quarters there is a five min Half time, after two more quarters are played.

The ref must monitor the time all teams must be off the field at the start of the next hour.

- Penalty kicks are rare but do occur. Hand ball within ten feet of the goal, overaggressive dangerous play

[A penalty kick](#) is a kick taken from the penalty mark within the penalty area. Only the goalie and the player taking the kick can be within the penalty area when the penalty takes place.

when making the schedule please label the field number, the given number of the team i.e. (R1) and Coaches last name i.e. (Thomas). Please don't just put the Coaches last name and field.

So R1 Thomas field 1

Also please balance the same number of teams playing at the same time, for example, 9am we can use the same refs for the rest of the day. It's very hard to get a kid to come and ref for only one game.

What Happens When the Ball Goes Out of Play

On a soccer field, the lines marking the field's perimeter, the goal line, and the touch line are part of the playing area. Until the ball goes completely over these lines, the ball is still in play.

When the ball has gone out of play, as it often does in youth soccer, there are three ways for a team to bring it back into play.

- A goal kicks.
- a corner kick.
- or a throw-in

Goal Kick

The referee will award a goal kick when the ball goes out of play at either end of the field, and a player from the attacking team is the last person to touch the ball.

A player from the defending team must take a goal kick from within their goal area.

All players on the opposing team must be outside of the penalty area when the kick is taken.

Corner kick

The referee will award a corner kick when the ball goes out of play at either end of the field, and a player from the defending team is the last person to touch the ball.

SFX Youth Sports Soccer Rules

A player on the attacking team must take the corner kick from the corner of the field closest to where the ball went out.



Throw-in

If the ball goes out of play along the sidelines, or touchline, of the field, the referee will award [a throw-in](#) to the opponents of the team that last touched the ball.

For a throw-in, a player throws the ball in with both hands from where the ball went out of play.

The player taking the throw must have both feet on the ground when they release the ball and throw the ball from behind their head.

Rule #8: Fouls

A significant part of any youth soccer game is understanding what happens when there is a foul.

A foul is any action that gives one team or player an unfair advantage or an action that the referee considers to be dangerous play.

The youth soccer rules include a long list of actions that result in a foul, but I will give you a quick overview of them here rather than the complete list.

Effective September 2023

SFX Youth Sports Soccer Rules

A player cannot:

- kick,
- trip,
- jump at,
- charge,
- strike,
- push,
- hold,
- or spit at an opponent.

If the referee sees one player foul another, they will award a free kick or penalty to the team on the receiving end of the offense.

[free kick](#) is a kick taken from the place where a player committed a foul. When a player takes a free kick, every player on the opposing team must be at least 10 yards from the ball.

[A penalty kick](#) is a kick taken from the penalty mark within the penalty area. Only the goalie and the player taking the kick can be within the penalty area when the penalty takes place.

The referee will award a free kick for any offense outside of the penalty area or for an offense committed by the attacking team within their opponent's penalty area.

As a general rule, the referee will always award a penalty kick when the defending team commits an offense within their penalty area.