

## U12 AND BU14 METRO RULES OF COMPETITION – OUTDOOR

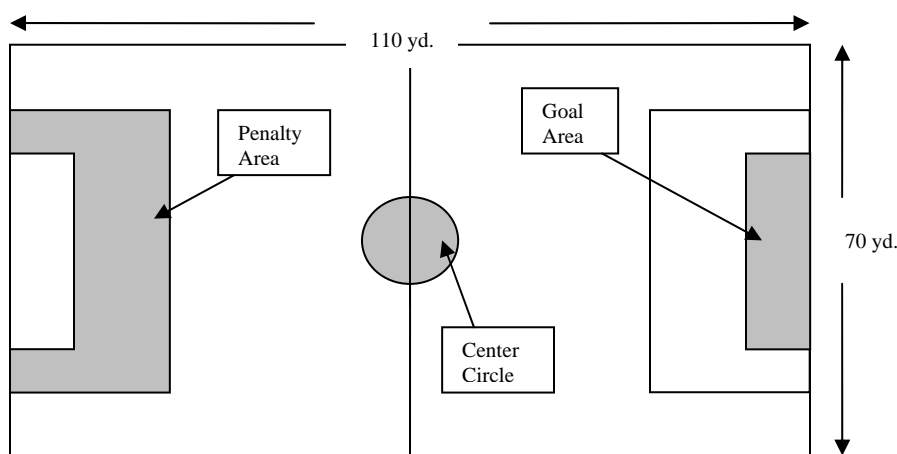
### **Rule 1 OUTDOOR/FIELD**

All competitions shall be governed by the Rules as stated herein in all cases where they are applicable. All members of SYSA shall be governed by these Rules of Competition.

### **Rule 2 FIELD OF PLAY**

#### **2.1 Dimensions**

- (a) The following specifications are applicable to all U12 and up competitions administered by SYSA.
- (b) The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line. The maximum length is 110 yards and the maximum width is 70 yards. Interior markings consist of four corner arcs (1 yd. radius), a center circle (10 yd. radius), a goal area (6 yd box), and a penalty area (18 yd box). The goal mouth will be 8 x 24 ft. In case permanent goals are not available, flags or cones may be used to mark the goals and corners. If cones are used for goals, the top of the goalkeeper's hands will determine the "imaginary" height of the crossbar. See drawing below.



#### **2.2 Game Postponement**

A game may be postponed at the field site if weather conditions are too hazardous for play. Extreme weather includes lightning, snow or ice on the ground. Rain is not a reason to postpone play. In case of a postponed game, the Soccer Coordinator has the ability to re-schedule the game as long as it does not conflict with the remainder of the season.

#### **2.3 Team Responsibilities**

All teams are responsible for the clean up of the fields after each game. Please do not leave garbage on the sidelines.

#### **2.4 Game Duration and Ball Size: Two 30-minute periods with a 5-minute halftime break.**

Ball Size: four (4) **BU14 Metro**: Size five (5)

#### **2.5 Number of Players: Teams shall have no more than 18 players on the roster and 11 players on the field, one of which is a goalkeeper.**

#### **2.6 Substitutions**

- (a) Substitutions may be made, with the consent of the referee during any stoppage of play.
- (b) Players not on the field of play must remain two (2) yards behind the touchline and not within the distance of the goal area from the corner of the field. No players, parents, or spectators may be allowed to stand behind the goals.
- (c) "A cautioned player shall be substituted for immediately and not return until the next legal substitution."
- (d) FIFA Rule 5: The referee ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee who must be satisfied that the bleeding has stopped.

#### **2.7 Player's Equipment**

- (a) All players shall wear shin guards. Socks must be worn up and over the shin guards. **NO JEWELRY.**

- (b) A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry).
- (c) All players shall be in uniform to play. A minimum "official" uniform is the standard SYSA issued jersey with number, black shorts, and socks. Goalkeepers shall wear the issued SYSA goalkeeper jersey.
- (d) Standard approved soccer shoes or gym shoes shall be worn by all players. A player may not play in their bare feet. Shoes with toe cleats will not be permitted.
- (e) All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects provided that the proper team uniform is worn outermost, any hat should be without peak, bill or dangling or protruding object of any kind, however, the goalkeeper may wear a soft billed hat and referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.
- (f) No player wearing a cast or splint shall be permitted to play in any regularly scheduled practice or game.
- (g) No player shall be allowed to play in any regularly scheduled practice or game with an injury or a known medical condition, which can be communal or aggravated by playing.
- (h) Prosthetic Devices require a physicians permission before a player may play and it must state the player needs to wear the device in order to play. Even then, such devices must pose no danger to other players on the field. The referee's judgment shall be the final determining factor.

## **2.8 Officiating**

- (a) All games will be officiated by a referee assigned by the referee assignor of SYSA. In the event that a referee is not present, both coaches will mutually agree upon one. If one cannot be agreed upon, each coach will referee one-half.
- (b) Assistant Referees and linesman will be assigned for these games if possible. It is expected that a parent from each side is to help with out of play calls along the sideline if no assistant referees are available and after permission from the referee.
- (c) It is the duty of each official to conduct himself/herself in a manner becoming a member of the league, encourage clean competition and good sportsmanship at all times and enforces the rules and regulations of the league. Any official who does not comply with the ideals of SYSA Soccer shall be subject to removal from league participation. Neither the use of foul language nor the drinking of alcoholic beverages by an official during the competition shall be tolerated.
- (d) Misconduct Reports: If a player or coach is cautioned or ejected, the referee must send in a Misconduct Report directly to the SYSA office within 48 hours of the offense. A player or coach who receives an ejection shall not participate in his/her team's next game. A player receiving 2 yellow cards in the same game shall be ejected upon issuance of the 2<sup>nd</sup> yellow card. A player or coach that receives a 2<sup>nd</sup> ejection in a season shall not participate in the next 3 games. A player or coach who receives 3 cautions in a season shall be suspended for 1 game. A player or coach who participates in a game while under suspension shall cause his/her team to forfeit that game. A player or coach may appeal a suspension to the SYSA Soccer Committee. If the appeal is not upheld the decisions may then be appealed to District 6 and thereafter to WSYSA.

## **2.9 Charging the Goalkeeper**

- (a) In U12 and above: No player shall make physical contact with the goalkeeper within the GOAL AREA, harass the goalkeeper, or attempt to play the ball once the goalkeeper has possession of the ball in any manner and to any degree whatsoever. For infringement of this rule, an indirect kick shall be awarded. Generally, one finger on the ball is considered having possession of the ball.

## **2.10 Coaching**

- (a) The coach or designated adult should attend every practice and every game. All coaches, team managers, and assistants must fill out the required Washington State Patrol forms and comply with all Risk Management requirements. There must be an approved adult at all functions.
- (b) The coach should have a team and parent meeting before the 1<sup>st</sup> practice.
- (c) The coach should hand out the team game schedule and announce team practice times and fields.
- (d) The coach is responsible for his own behavior as well as that of his players, parents and spectators on his/her sideline. Remember this is just for fun.
- (e) Every player must play in each game at least 50% of the playing time unless they are not able to play due to illness or injury.
- (f) All coaches should attend an appropriate level-coaching clinic prior to the start of the regular season.
- (g) Coaching from the sidelines is permitted but not recommended. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.

- (h) It is every coach's obligation and duty to attend coaching meetings in order to acquire information that, in turn, may be passed on to the players.
- (i) Make sure that you have a game ball properly inflated before the game starts. The home team is responsible for providing the game ball.
- (j) Make sure that your players are properly equipped, fit and emotionally ready to play.
- (k) In case of injuries during the game, assure that the player is properly attended to. Check his/her condition after the game and follow up with a call to the home in the evening.
- (l) In the event an injured player requires medical attention, he/she must have a written release from the doctor before returning to practice or play with the team.

**2.11 Field Boundaries:** Each team, its coaches, players and spectators shall be on opposite sides of the field. The designated home team shall have choice of sides. Both teams should never be on the same side of the field. Coaches and other team officials shall not enter the field unless requested to do so by the referee.

**2.12 Practices**

Only two (2) practices per week for a one (1) hour each time is allowed for the U12 age level.

**2.11 Lineup Cards:** A lineup card must be provided to the official by both coaches prior to the game. Signed lineup cards shall be completed by the referee and forwarded to the SYSA Office.

**Rule 3 THE RULES OF PLAY**

**3.1 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 a kick into the opponent's half of the field, after a given signal by the referee. 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 10 yards from the center mark.
- (b) The ball is in play when it is kicked and moves forward. The kicker shall not play the ball a second time until it has been touched or played by another player. If this infraction occurs an indirect free kick shall be awarded for the opposing team. If the kickoff is started backwards it is considered an improper start and a re-kick will be awarded. The kickoff is considered a direct free kick.

**3.2 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) To start the second half, the game will be restarted with the kickoff by a player of the opposite team to that of the player who started the game.

**3.3 Ball in and out of Play:** The ball is out of play when it is wholly crossed the goal line or whole touchline, whether it is on the ground or in the air.

**3.4 Method of Scoring:** A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air between the goal posts (flags) and under the crossbar (height of the flags). In the event that cones are used for markers, the height of the crossbar will be determined by the height of the goalkeeper's arms.

**3.5 Offside Rule:** The offside rule will be enforced at the U12 and U14 Boys Metro age level. The referees will call the rules and the proper penalties will be assessed.

**3.6 Fouls and Misconduct**

- (a) Free Kicks: Free kicks shall be classified under two (2) headings: "Direct", from which a goal can be scored by a direct kick against the offending side and "Indirect", from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal. Opponents must be 10 yards away before the kick is allowed.
- (b) Penalty kicks will be awarded for the U11 and above age levels. They will be taken at twelve (12) yards from the goal.
- (c) A DIRECT KICK shall be awarded for the following nine (9) offenses committed in a careless or reckless manner:
  - (1) Kicking an opponent
  - (2) Tripping an opponent
  - (3) Jumping at an opponent
  - (4) Charging an opponent in a violent or dangerous manner

- (5) Charging an opponent from behind
- (6) Striking an opponent
- (7) Holding an opponent
- (8) Pushing an opponent
- (9) Intentionally handling the ball, with the exception of the goalie, in the designated area
- (d) An INDIRECT KICK shall be awarded for the following offenses:
  - (1) Dangerous play (high-kicking or playing the ball while lying on the ground)
  - (2) Charging fairly (shoulder to shoulder) when the ball is not within the playing distance of the players involved
  - (3) Obstructing the goalkeeper (there will be NO INTENTIONAL physical contact with the goalkeeper in the “penalty area”)
  - (4) Lying on the ball and not allowing others to play it
  - (5) Unsporting behavior
- (e) Slide tackling is allowed at the U11 and above age levels as long as the safety of the players involved is not endangered.
- (f) The referee should inform the offending player of the infraction that was committed.

### **3.7 Throw-ins**

- (a) When the whole of the ball passes over the whole touch line, either on the ground or in the air, it shall be put back into play by a throw-in. The throw shall be taken from the point where it crossed the line, by a player of the opposing team.
- (b) The thrower must face the field of play and must keep both feet on the ground while releasing the ball. He/she shall use both hands on both sides of the ball to deliver the ball from behind and over his/her head. If an incorrect throw occurs the throw shall be awarded to the opposing team. The thrower may not play the ball until another player has touched it. If the thrower plays the ball a second time before another player has touched it, the penalty for doing so shall be an indirect free kick for the opposing team.
- (c) A goal shall not be scored directly from the throw-in.

### **3.8 Goal Kicks**

- (a) When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the attacking team, it shall be kicked directly into play by a goal kick. A goal kick may be taken from anywhere inside the goal area by any defending player, including the goalkeeper, may take the goal kick.
- (b) The kicker shall not play the ball a second time until it has been touched or played by another player. A goal shall not be scored directly by a goal kick. The ball is in play when it crosses outside the goal area.

### **3.9 Corner Kicks**

- (a) When the whole of the ball passes over the whole of the goal line excluding that portion between the goal posts and under the crossbar, (either in the air or on the ground), having last been played by one of the defending team, a player of the attacking team shall have a corner kick.
- (b) The ball shall be placed within a three (3) foot arc from the corner flag or cone and shall be kicked into play from that position by an attacking player.
- (c) A goal may be scored directly from a corner kick.
- (d) Players from the opposing team to the kicker shall not approach within the distance of the center circle measurement (7 yards) of the ball until it is in play.
- (e) If the player who takes the kick plays the ball a second time before it has been touched by another player, the referee shall explain to the kicker the proper procedure of a corner kick. Then the referee shall award an indirect kick to the opposite team from a spot where the infringement occurred. For any other infringement the kick shall be retaken.

### **3.10 Miscellaneous Rules**

- (a) Good judgment, sportsmanship and fair play should govern the decisions and actions of all the coaches, referees and spectators.
- (b) Coaches, their assistants or spectators are not allowed on the field of play during the game unless permission is given by the referee (in case of emergencies or unusual situations).
- (c) There will be no published team standings and game scores will not be recorded.