



Umpqua United Soccer Club

Outdoor Soccer Rules

Soccer is the most popular game on the planet!! It is one of the easiest for young children to learn and promotes fitness and exercise as players are constantly running and moving. Below are the general rules of soccer. The table shows the variations for the rules for different age groups offered.

Rules of Play	U6	U7-U8	U9-U10	U12	U14
Referees Used?	YES	YES	YES	YES	YES
Coaches allowed on field?	YES	NO	NO	NO	NO
Approx. field size?	30X20	35X25 (U7) 40X30 (U8)	60X40	55X80 (U12)	60X100 (U14)
Game length?	4 – 8 minute quarters	4 – 12 minute quarters	2 – 25 minute halves	U12 – (2) 30min.	U14 – (2) 35min.
Players on field?	3v3	4v4	6v6	8v8 (U12)	11v11 (U14)
Scores kept?	NO	NO	NO		NO
Goalies used?	NO	NO	YES	YES	YES
Offsides?	NO	NO	YES	YES	YES
Throw in?	YES, but not required	YES	YES	YES	YES
Ball size?	3	3	4	4 (U12)	5 (U14)

Coaches

The coach represents a role model, teacher, and mediator for the team. For the U6 age group, the coach may be on the field to help direct the children and guide them. Coaches should remain on the sidelines for the other age groups.

Player Participation

All coaches and parents are encouraged to maintain that all players share equal playing time. The purpose of the recreational league is to develop proper soccer development, fun, and exercise; not winning. Substitutions can be made at anytime.

Sportsmanship

All coaches, parents, representatives, etc, share in the responsibility for the success of our league, and for maintaining our reputation as a home of good sportsmanship, character, and class.

NO PLAYER, COACH, PARENT, OR SPECTATOR MAY HARASS OR DISAGREE WITH A REFEREE.

Any coaches or parents displaying unsportsmanlike conduct may be asked to leave the playing area for the duration of the game.

Coaches will be aware of the score at all times, even though it's not officially kept, and will actively refrain from running it up. Scores of 9-1 and 11-2 don't make our league stronger, instead they have the opposite effect. Coaches are expected to reposition stronger/advanced players when ahead by three goals or more.

Fouls and Misconduct

Any player playing too aggressive or hitting, pushing, or kicking other players should be pulled for a "breather" by the coach and/or parent. For other age groups, it is important that all coaches and players learn the rules of the game and associated tactics. We encourage you to do this outside of practice and games. Learning the rules will also help parents to enjoy the games. Soccer, like all sports, has a number of rules and buzzwords. Here are a few key terms to understand. They may or may not be called precisely as worded to ensure smooth play and encourage learning the game.

THROW-IN – when the whole of the ball passes over a sideline, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower at the moment of delivering the ball must be. Facing the field of play, touching the ground with both feet (neither of which are in the field of play), and delivering the

ball from behind and over the head using both hands. Throw-ins are not required at the U6 level.

OFFSIDE – Offsides can be taught in the upper age groups but will be enforced by the youth referees understanding of the rule. Since it can be a hard concept to grasp, calling it every time would take away from the flow and enjoyment of the game. But teaching it will prepare players if they plan on moving on to more competitive teams and leagues.

FREE KICKS – Free kicks and penalties can be difficult to understand. It is essential that all players understand the referees signal on free kicks. An indirect free kick is signaled by a raised hand, which remains raised until the kick is taken. Players can score directly from a corner, a penalty, a kick-off or a direct free kick.

HANDBALL – deliberate handling of the ball, carrying, propelling, or striking the ball with the hands or arms.

BALL IN AND OUT OF PLAY – The ball is out play when it has wholly crossed the goal-line or side-line, either on the ground or in the air, or when play has been stopped by the referee. When cones are used as lines, this is obviously an approximate call. The ball is in play at all times, except as listed above, and including: if it rebounds off of a goalpost, corner flag, referee, or coach, on all thro-ins, goal kicks, corner kicks, or free kicks when the action is taken.

GOAL KICK – when the whole of the ball crosses over the goal line (not in the goal), either in the air or on the ground, having last been touched by a member of the attacking team it shall be kicked into play by the defending team (keeper) inside the goal area.

CORNER KICK – when the entire ball crosses over the goal line (not in the goal), either in the air or on the ground, having last been touched by a member of the defending team it shall be kicked into play by the attacking team in the corner nearest to where the ball left the field of play. All defending players must be at least 5 yards away from the ball. There are no corner kicks at U6.

SECOND TOUCH – a player putting the ball into play cannot touch the ball again until it has been touched or played by another player; violation will result in a free kick for the opposing team.

If you want more information on the soccer laws go to www.fifa.com, where all 17 laws are described in detail.