



Soccer has 17 rules called Laws of the Game. These are US Youth Soccer's and DCYSA's recommended Modifications to the FIFA Laws of the U8 Recreation Heading is not allowed for U12 and younger.

- Law 1:
Min field size: 15 yds. wide X 25 yds. long
Max field size: 25 yds. wide X 35 yds. long
Goal size recommended: 6 ft. high X 12 ft. wide
- Law 2: Size 3 soccer ball is to be used.
- Law 3: 5v5
Substitutions are only made at quarters OR during injuries. If an injury occurs then both teams may sub. GOALIES are only allowed to play 50% of the time in the position.
Maximum roster size 9 players (the maximum number can be one greater if voted on by the DCYSA board), minimum number to start the game is 3 players.
 - 10-minute quarters
 - 2-minute break between quarters one and two/three and four
 - 5-minute half-time between quarter two and three
- A certified or non-certified official may be used. All infringements shall be briefly explained to the offending player and to the head coach.

Law 1) The Field of Play – Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line. Length: minimum 25 yards Width: minimum 15 yards
Field Markings: Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 4 yards is marked around it. The Goal Area: 5yds off of the centerline and 6yds out from the goal line. The Penalty Area: None. The Corner Arc: A quarter circle with a radius of 1 yard from each corner is drawn inside the field of play. Flag posts: A flag post, not less than 5 feet high, with a non-pointed top and a flag is placed at each corner Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. The recommended distance between the posts is 6 feet and the distance from the lower edge of the crossbar to the ground is 4 feet. *In times of tournaments where golden goal is used to decide tie breakers the PK mark will be about four feet out from the center of the goal box.

Law 3) Number of players- A match is played by two teams, each consisting of not more than 5 players and minimum of 3 player to start the game. A Goalie only plays 50% in the goal position. Substitutions: Will be made on the quarters or at an injury during the game. If a coach comes onto the field the injured player must come off the field and may be replaced by another player from the bench. Recommended Playing Time: Each player shall play 50% of the total playing time unless player refuses to play. Playing time is kept up with by one of the team's coaches.

Law 4) The Players Equipment- A player must not use equipment or wear anything, which is dangerous to himself or another player including jewelry. **Tape over jewelry is not acceptable. NO Earrings (No not even if you just had them pierced).** The basic compulsory equipment of a player is: • A jersey or Shirt • Shorts • Socks • Shoes • Shin guards-are covered entirely by the socks, is made of suitable material and provides a reasonable degree of protections. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.



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Law 5) The Referee-An OFFICIAL may be used. All infringements shall be briefly explained to the offending player and the coach.

Law 6) Assistant Referees- None.

Law 7) The Duration of the Match - The match shall be divided into 4 equal, 10-minute quarters. There shall be 2-minute break between quarters one and two and another 2-minute break between quarters three and four. There shall be a half-time interval of 5 minutes.

Law 8) The Start and Restart of Play-A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The teams switch halves at halftime. Each team alternates taking the kick-off at the beginning of each quarter. A goal may NOT be scored directly from the kick off. After a team scores a goal, the other team takes the kick-off. A single goal keeper may only play a maximum of 50% of the total playing time in the goal keeper position. A kick off is a way of starting or restarting play: • At the start of the match • After a goal has been scored • At the start of each Quarter of Play Procedure: • All players are in their own half of the field • The opponents of the team taking the kick-of are at least 4 yards from the ball until it is in play. • The ball is stationary on the center mark • The referee gives a signal • The ball is in play when it is kicked and moves forward OR backward (updated 2/2018) • The kicker does not touch the ball a second time until it has touched another player.

Law 9) 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. Play has been stopped by the referee. The ball is in play at all other times, including when: It rebounds from a goal post, cross bar or corner flag post and remains in the field of play. It rebounds from either the referee or an assistant referee when they are on the field of play.

Law 10) Method of Scoring-A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11) Offside-None.

Law 12) Fouls and Misconduct-The following fouls and misconduct are penalized: • Kicks or attempts to kick an opponent • Trips or attempts to trip an opponent • Jumps at an opponent • Charges an opponent • Strikes or attempts to strike an opponent • Pushes an opponent • Holds an opponent • Spits at an opponent • Handles the ball deliberately • Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball. All fouls shall result in an INDIRECT KICK. The Referee/Coach must explain all infringements to the offending player. No cards shown for misconduct.

Law 13) Free Kicks- All free kicks are Indirect and opponents are at least 4 yards from the ball until it is in play. The ball must be stationary when the kick is taken. If the free kick is kicked directly into the opponents' goal a goal kick is awarded. If a free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

Law 14) Penalty Kick-None.

Law 15) The Throw-In-A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded: • When the whole of the ball passes over the touch line, either on the ground or in the air • From the point where it crossed the touch line • To the opponents of the player who last touched the ball At the moment of delivering the ball, the thrower: • Faces the field of play • Has part of each foot either on the touch line or on the ground outside the touchline • Uses both hands • Delivers the ball from behind and over his head

Law 16) The Goal Kick-The goal kick should be taken on the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved.

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Law 17) Corner Kick-A Corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air.

Procedure:

- The ball is placed inside the corner arc at the nearest corner flag post
- The corner flag post is not moved
- Opponents remain at least 8 yards from the ball until it is in play
- The ball is kicked by a player of the attacking team
- The ball is in play when it is kicked and moves
- The kicker does not play the ball a second time until it has touched another player.



DIAGRAM FOR A 30 BY 20 FIELD (YDS)
 90 BY 60 (FT)

