

St. Helens Youth Soccer Association Guide



SHYSA is the local soccer club registers players, forms teams, selects coaches, allocates practices fields, and manages uniforms and equipment for all players. Club members include coaches, parents and club administrators, all of who strive to provide a positive experience for the players and referees of the club.

Goals:

1. Provide opportunities for youth to play and have fun
2. Teach soccer skills and understanding of the game
3. Teach the rules and regulations of soccer
4. Foster sporting conduct and team play
5. Promote the game of soccer in our community
6. Organize and facilitate inter-club play for youth players
7. Provide positive and instructive coaching
8. Provide qualified referees
9. Provide safe practice and game environments
10. Allow all youth to participate

VOLUNTEERS

SHYSA is run ***EXCLUSIVELY*** by volunteers and can always use more volunteers. Below are some of the areas that are critical to the success of our soccer program.

Board Members

Serve on the club board to help facilitate the management and operation of the club. The following list identifies the current board positions: *President, Vice President, Secretary, Treasurer, Registrar, Referee Coordinator, Coach Coordinator(s), Field Coordinator, Equipment Coordinator, Fund Raising Coordinator, Field Maintenance, Classic Coordinator*

More board members lighten the workload for everyone and provide stability and continuity as volunteers leave.

Coaches

Head and Asst. coaches are always in demand. They must complete a short background check form on-line, and have a sincere interest in helping youth develop as players and people. Quality training is available through our parent organization, the Oregon Youth Soccer Association so you do not need prior soccer experience.

Referees

Youth and adult referees are needed to ensure that games will be properly officiated. Youth should be at least 14 years of age. Training is provided through OYSA and the Oregon Referee Committee.

Player's Code of Conduct

SHYSA considers good conduct by players, parents and coaches to be an extremely important part of the soccer program. The following Code of Conduct for players needs to be understood.

- ◆ Treat opponents with respect
- ◆ Play hard but within the rules of the game of soccer
- ◆ Keep control of your temper
- ◆ Respect the referee and accept their decisions without gesture or argument
- ◆ Win without boasting, lose without excuses
- ◆ Never quit
- ◆ Remember it is a privilege to represent your soccer club and community

Player's Rights

- ◆ The right to decide when to participate in soccer
- ◆ The right to play at least 1/3 of each game (this may be conditional on a player being disciplined, sickness or injury, does not apply to Classic)
- ◆ The right to participate at a level that corresponds to each child's maturity and ability
- ◆ The right to be taught the fundamentals of soccer
- ◆ The right to participate in a safe and healthy environment
- ◆ The right to play as a child and enjoy participation in the sport

Parent's Code of Conduct

SHYSA considers conduct by parents and spectators to be supportive and positive at all time. The following Code of Conduct for parents emphasizes the key areas that all parents and spectators are expected to abide by during all SHYSA competitions.

- ◆ Remember that children play organized sports for their own fun. They are not there to entertain you; and they are not miniature professional athletes.

- ◆ Be on your best behavior. Don't use profanities or harass players, coaches or referees.
- ◆ Applaud good plays by your own team AND the opposing team.
- ◆ Show respect for your team's opponents. Without them there would be no game.
- ◆ Never ridicule or scold a child for making a mistake during a competition or practice session.
- ◆ Condemn the use of violence in all forms
- ◆ Respect the referee and do not criticize their decisions
- ◆ Encourage players to always play according to the rules
- ◆ Do not coach team players, including your own child, from the sidelines during the game.
- ◆ Communicate with your coach and create a positive, supportive working relationship.
- ◆ Avoid the use of fear and win-at-all cost mentality – players just want to have fun.

Coaches

SHYSA appreciates the time youth coaches take to provide a positive experience for the youth in our community. A coach is a teacher, a friend, and a role model. The following is expected of all SHYSA coaches.

- ◆ Treat all players, parents, opponents and referees with respect.
- ◆ Respect the interpretation of rules and judgment of the referees.
- ◆ Remember that you are a youth sports coach and that the game is for the children and not adults.
- ◆ Place the emotional and physical well being of your players ahead of a personal desire to win.
- ◆ Treat each player as an individual remembering that each player develops at different social, physical, and mental rates.
- ◆ Be knowledgeable of the rules of soccer and teach these rules to your players.
- ◆ Do your best to provide a safe playing environment for your players.
- ◆ Do your best to organize practices that are fun and challenging for all your players recognizing the value of play in a child's development.
- ◆ Provide a sports environment for your team that is free of drugs, tobacco, and alcohol and refrain from their use at all soccer events.
- ◆ Assistant coaches need to lead by example by demonstrating fair play and sportsmanship to all players.
- ◆ Remind your team and fans to exhibit good sportsmanship at all times, both when winning and when losing.

RULES SUMMARY

Registered Players

All players and coaches participating in SHYSA games, practices and events must be registered with the Oregon Youth Soccer Association (OYSA).

Age

All players must play on a team that is proper for their grade in school. Players may play up no more than one year – no exceptions.

Individual Playing Time

All players are entitled to play approximately one third of each game for which they suit up. Failure to practice, disciplinary action, sickness, team size or injury might be cause for an individual to play less than the mandated playing time but coaches should still make every effort for children to play one third.

Equipment

All players on the field must wear acceptable soccer shoes and shin guards covered by socks. Acceptable soccer shoes include plastic molded cleats, standard length screw-in cleats, studded soccer shoes or soccer turf shoes (for hard, dry fields). The following shoes are specifically not permitted:
Baseball & Football Cleats All Metal Studs Deep Cleated Mud Shoes All Metal Spike Shoes Any Shoes with a center front Cleat

All players on the field must be attired in matching jerseys, except goalkeepers, who must wear colors that distinguish them from all other players on the field. When, in the opinion of the referee, two teams are so similar in color or appearance as to cause confusion, the team designated as the home team will change uniforms.

No earrings, watches, rings, necklaces, bracelets, wristbands, casts, etc. may be worn during game play or practice. Hair bands must be elastic. Other articles that, in the opinion of the referee, may endanger the player or other players are also not allowed. Taping over or taping down jewelry is not a permitted alternative.

Spectator and Team Location

All spectators, parents, coaches and players not on the playing field must remain on the side of the field at least 18 yards away from the goal line for U10-U14 games and 6 yards for U6-U9 games. Spectators should stay a minimum of 3 yards back from the sideline. The coach and players should stay a minimum of 2 yards from the sideline to allow room for the assistant referees to work. Teams (players and coaches) are to be located on one side of the field and parents on the other.

Code of Conduct

The SHYSA considers good conduct by coaches, parents, and children to be an extremely important part of the soccer program. The referee is responsible for calling the game, but the coach is responsible for the behavior of his or her parents and team members.

Neither the referee nor the children should be subjected to negative comments from anyone. Remember that referees have a difficult job at best and provide a valuable service that contributes to a successful soccer season. SHYSA wants all soccer participants treated with respect.

Comments to Players: Parents and coaches must refrain from yelling at individual players. Remarks should be limited to positive, team oriented comments, such as “go blue”. Remember that the soccer game belongs to the players, not the coaches and parents.

Comments to Referees: Parents, coaches and players must refrain from making any negative or mean-spirited comments to or about the referees or assistant referees. If there is a perceived problem, then submit a written SHYSA Game Evaluation form describing the event. Remember that the referee is often a young high school student trying to do his or her best and that it is difficult to see everything when you are actually out on the field doing the job.

Impact of Misconduct

The use of cards by the referee is based upon the referee’s judgment with regard to the Laws of the Game. Cards are used to control the game to insure a fair contest.

Caution (yellow card): Any player receiving a yellow card must leave the field immediately before play resumes and may not reenter until his/her team’s next substitution opportunity. Another player may replace the cautioned player. In SHYSA games, the referee may caution coaches and spectators.

Examples of yellow card violations:

- Enters or leaves the field of play during the game without the referee’s permission
- Persistently infringes upon the Laws of the Game
- Shows by words or actions, dissent from any decision by the referee
- Is guilty of unsporting conduct

Ejection (red card): Any player given a red card shall be disqualified from further play during the game AND shall receive a minimum subsequent one game suspension. No substitution may be made for a player receiving a red card. In SHYSA games, the referee may give a red card to coaches and spectators.

Coaches and spectators receiving a red card must leave the field surroundings immediately AND are prohibited from participation at the team's subsequent game. No appeal shall be allowed.

Examples of red card violations:

- Is guilty of violent conduct
- Is guilty of serious foul play or dangerous play
- Uses foul or abusive language
- Persists in misconduct after receiving a caution.

Any player, coach, or spectator who assaults a referee (verbal threats, shoving, bumping, etc.) or his/her equipment (kicking the referee's bag or breaking the flags) may be suspended for one year. Violent assault against the referee (hitting, spitting on, etc.) may result in expulsion from SHYSA participation for life.

Introduction

Soccer is one of the most popular games in the world. It is played in virtually all countries, and relative to other countries, the United States is new to the game of soccer. Youth soccer is currently the second highest youth participation sports in America because soccer is fast-paced and kids of all ages, sizes and abilities can play.

The Game

The game of soccer is played on a level field with goals at each end. The size of the field and goals varies depending on the age of the players. Two teams face each other and try to put the ball in the opponent's goal. The team with the most goals at the end of the game wins. Soccer is a very active game with few rules, plenty of running and action, and fun for everyone on the field. It enjoys a broad base of support from people of all ages.

Much of the fun in soccer is due to the transition from offense to defense because play is constant and continues when the team loses possession of the ball. The field is large enough to allow the ball to be played for some time before the ball can go out of play and stop the action.

The clock runs continuously, and once the game is started, coaches must let the players play and make decisions on the field. There may be stoppage of play due to injuries but the clock will continue to run. Due to game times and field availability, our games do need to end on-time so while a referee may make a judgment call to extend time as a result of a stoppage, this is not a guarantee and is solely a decision made by the referee. NOTE: the referee will not stop play at the request of a coach or parent. There are no time outs in soccer.

A game begins with a coin toss. The team winning the toss may select which end of the field they wish to attack or the ball. The ball must start at the center spot within the circle in the middle of the field. The player taking the kick-off must move the ball forward and cannot touch the ball again until another player has touched it.

The number of players on the field and the length of each game is dependent on the age of the players.

Age	Game Played	Ball Size	Game Time	Goal Size	Approx Field Size
U7	4 v 4	#3	2x20 minutes	Popup goals	2 - 20 x 30 yds
U9	8 v 8	#4	2x25 minutes	6 x 18 ft	40 x 60 yds
U10/11	8 v 8	#4	2x25 minutes	6 x 18 ft	50 x 80 yds
U12	11 v 11	#4	2x30 minutes	8 x 24 ft	60 x 120 yds
U13/14	11 v 11	#5	2x35 minutes	8 x 24 ft	60 x 120 yds

Game time is divided into two equal halves, with a 5-minute break between.

U9 through U14 includes goalie in total player count.

U9 – U14 Teams

Each team consists of 8 to 11 players depending on the age of the team. Each team is comprised of a goalkeeper, defenders, midfielders, and forwards. All positions are equally important. All players must develop offensive and defensive skills and every player has the potential to be a scorer. There is no such thing as a fixed space or position in soccer. Players may interchange positions during the game.

Goalkeeper (Goalie): Is the teams' last line of defense and has the primary responsibility to prevent the opponent's ball from entering the goal for a score. The goalkeeper is the only player allowed to touch or pickup the ball with their hands, and may only do so when the ball is within the goalkeeper's own penalty area. The goalkeeper has 6 seconds to play the ball once he/she has control of the ball. The goalkeeper may not touch the ball with his/her hands again until another player outside the penalty area touches the ball.

Defenders (Fullbacks): Defenders have the responsibility to win the ball from opponents or prevent the opponents from creating a shooting opportunity. Defensive players also play a key role in offensive play by moving the ball up the field after winning the ball or receiving the ball from the goalkeeper.

Midfielders (Halfbacks): Midfielders are the link between the defensive players and the forwards. They are generally "all purpose" players who have good endurance and can play both offense and defense. Midfielders are important because the team that dominates the midfield is likely to control the game.

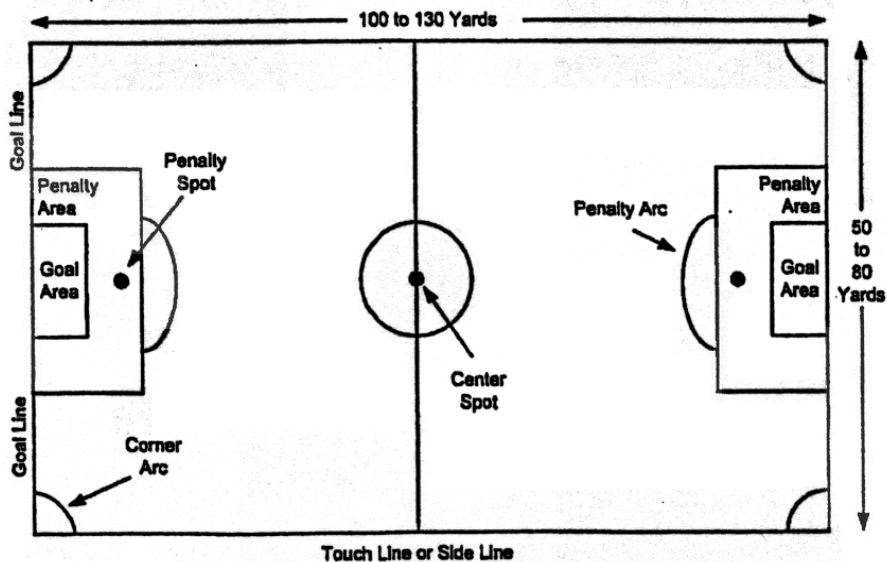
Forwards (Strikers): Forwards stay nearest the opponent's goal and are primarily offensive players whose main responsibility is to score goals.

The Field (Full Size)

A soccer field's dimensions depend on the age of the players and the space available at the time the field was developed. Generally speaking, the older the player, the larger the field. Fields will be marked to designate areas of play including:

- Touch line or Side line
- Goal line
- Goal area
- Penalty area
- Center circle
- Penalty spot

The teams designated, as home teams are required to mark the corners with flags or cones and provide nets. Nets are in lock boxes at fields depending on the field. Small-sided fields (U8 and below) will not bear the same exact markings as shown in the diagram or will be scaled down accordingly.



Referees

The referee is in complete charge of the soccer game. The safety of the players is the referee's primary concern. They are responsible for keeping time, enforcing the Laws of the Game and SHYSA rules, stopping and restarting the game, cautioning or banishing offenders (including coaches and spectators) and ending the game if necessary. All decisions by the referee are final.

Assistant Referee

The referee is assisted by two Assistant Referees (a parent volunteer from each team) who are primarily responsible for indicating when the ball is out of play and which team should receive the throw-in. Assistant referees are impartial game officials and must not coach or direct players on their team.

U7 Teams

The Game:

The U7 age groups play small-sided games, where the number of players on the field is greatly reduced from the traditional 11-v-11 games. The emphasis is on player development and enjoyment. Small-sided soccer is intended to better meet the developmentally needs of younger children by allowing them more touches on the ball and fewer players to interact with on the playing field.

The number of players on the field, the length of each game, field size and goal size is dependent on the age of the players.

Age	Game Played	Ball Size	Game Time	Goal Size	Best Field Size
U7	4 v 4	#3	40 minutes	Popup goals	20 x 30 yds

U7 games are played on two equal playing fields (A and B) close to each other. Two teams face each other on each field and try to put the ball in the opponent's goal. At half time the HOME teams switch fields. The emphasis is on player development and no score is kept.

Field A

1st Half Home team1 vs Visitor team 1

Field B

Home team 2 vs Visitor Team 2

2nd Half Home team 2 vs Visitor team 1 Home team 1 vs Visitor Team 2

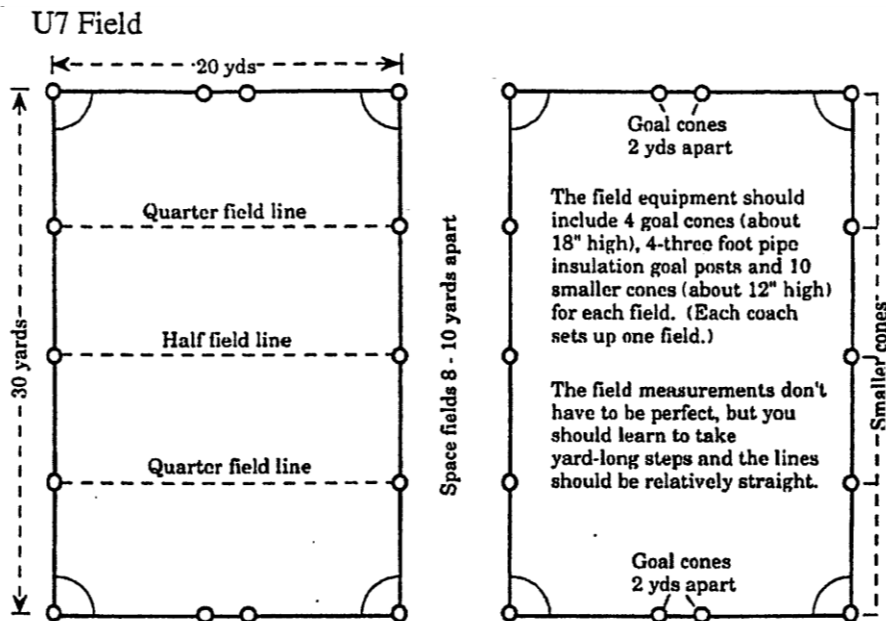
Game time is divided into two equal halves, with a 5-minute break between.

The Team:

Each team of 10-14 players is divided before play begins into small, evenly balanced squads of 5 to 7 players. The players should be divided differently each week so the same players are not always together. The coach leads one squad and the assistant coach leads the other. Each squad plays against a similarly constructed opponent's squad. For U7 there is no goalkeeper.

The U7 Field

For U7 games the field is 20 x 30 yards. Each team is responsible for setting up one field. Goals consist of the pop-up type half circle. Teams will also need 10 flat cones to line the sides of the fields as shown below.



The U9 Field

For U9-U11 games, the field is 40 x 60 yds to 50 x 80 yds. The field is a much smaller version of a full-size 11 v 11 field. Goals are 6x18 feet with nets on site in lock boxes. The HOME TEAM coach of the first game in the morning is responsible for setting up the playing fields. The HOME TEAM of the last game is responsible for taking down and storing the equipment.

The Officials

In the event we do not have a referee at U9 games, a parent volunteers will perform the following functions:

- Referee:** At least one of the teams must provide one parent volunteer to referee the playing field. Each parent should become familiar with the small-sided soccer rules and the playing field. The primary concern of the referee is the safety of the players. Players must wear the proper equipment (soccer shoes and shinguards) and play in a fair and safe manner. Although most fouls are unintentional, mistakes should be corrected (gently) for everyone's safety.
- Timekeeper:** At least one of the teams must provide a timekeeper to start and keep the games on time. Each half lasts 20 minutes with a 5-minute half-time break. During each half the clock runs continuously and is not stopped for breaks in the action (ball out of play, injury, etc).

Laws of the Game

The rules of soccer are set forth in a document called the Laws of the Game. A summary of the selected rules can be reviewed below:

LAWS OF THE GAME

LAW 1: THE FIELD OF PLAY

Depends on the age level.

LAW 2: THE BALL

U7 Size #3
U8-12 Size #4
U13-14 Size #5

LAW 3: THE NUMBER OF PLAYERS

U6-7 4v4
U9-11 8v8
U12-14 11v11 Minimum # of players = 7

Substitutions:

U7 Unlimited on the fly
U9-14 Unlimited with referees' permission and during stoppage of play
Substitution of Goalkeeper requires referee notification and must be during the stoppage of play.

LAW 4: THE PLAYERS EQUIPMENT

Shirt, shorts, shin guards, stockings (that cover the shin guards), footwear
Goalkeepers must wear colors that are different from their team, the opposing team, the opposing goalkeeper and the official.

LAW 5: THE REFEREE

Has the full authority to enforce the laws of the game in connection with the match.

ADVANTAGE RULE: The referee is also allowed to apply advantage to any call. This means that if the referee determines that stopping the play would take away an advantage from the offended team, he can choose to not stop play (this does not mean that the referee is not calling the foul; it just means he is choosing not to stop play). If the anticipated advantage does not develop, the referee is allowed to stop play and award the free kick for the infraction, so long as the ball has not yet gone out of play.

LAW 7: THE DURATION OF THE GAME

U6-7-8-9 20 minute halves with a 5-minute break

U10-11-12 30 minute halves with a 5-minute break

U13-14 35 minute halves with a 5-minute break

LAW 8: THE START AND RESTART OF THE GAME

Preliminaries:

Coin toss with captains. Team that wins the toss selects which goal they want to attack. The other team gets to kickoff. The team that won the coin toss takes the kickoff at the start of the 2nd half. In the second half, teams change ends and attack opposite goals.

Kickoff:

1. Start of match
2. After a goal is scored
3. Start of 2nd half

Procedure:

1. Players on own half of field
2. Opposing players at least 10 yards away. (See modified rules for U6-U10 for proper distance)
3. Ball stationary on center mark
4. Referee gives signal
5. Ball is in play when it is kicked and moves forward
6. Kicker may not touch ball a second time until it has touched another player. (** if the kicker touches the ball again before the ball has touched another player, the restart is an Indirect Free Kick of the opposing team)
7. For anything else the kick is retaken.

Dropped Ball:

Restart for when play has stopped with the ball in play and no other foul having occurred. The referee drops the ball at the point where the ball was when play was stopped. Opposing players must wait for the ball to contact the ground before they touch the ball. If a player makes contact before the ball reaches the ground, the restart is a dropped ball.

Special Circumstance:

1. Drop ball inside the goal box, is taken on the goal box line, parallel to the goal line, nearest the place where the ball was when the play was stopped.
2. Indirect Free Kick to attacking team in the goal box, ball is placed on the goal box line, parallel to the goal line, nearest the spot of the foul.
3. Indirect or Direct Free Kick to the defending team in the goal box can be taken anywhere inside of the goal box.

LAW 9: THE BALL IN AND OUT OF PLAY

The ball is out only when it has passed completely over the line. No part of the ball being over the line.

LAW 10: THE METHOD OF SCORING

Ball completely over the goal line inside of the goal.

LAW 11: OFFSIDE

Offside is a very simple law, but it is almost universally misunderstood. The intent of this law is to penalize the player who tries to camp near the opponent's goal to try to capitalize on easy scoring chances. The law is NOT intended to make up for poor defense.

A player is in an offside position if he is ahead of the ball, and ahead of the second-to-last opponent in his or her attacking half of the field. It is not an infraction to be in an offside position.

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in ACTIVE PLAY by:

1. Interfering with play
2. Interfering with an opponent
3. Gains an advantage by being in that position

There is no offside offense when a player receives the ball directly from:

1. A goal kick
2. A throw-in
3. A corner kick

It should be obvious that **offside** must be re-judged every time the ball is played. A player may be in an **offside position** and never interfere with play (so there is no **offside**, even if a goal results), or a player may momentarily return to an onside position just as the ball is played to her (so there is no **offside**), or the ball may go to another area of the field where the attacker was not in an **offside position** (so there is no **offside**). Also, a player passing to himself is never **offside**. A player coming back to an onside position to receive the ball is still **offside**, provided he was in an **offside position** when the ball was played.

Sanction: Indirect Free Kick from the spot of the Foul

LAW 12: FOULS AND MISCONDUCT

Law 12 is rightfully considered the heart of the Law. It defines both the letter of the Law and the spirit of the game. Law 12 is also exhaustive: if it is not listed here, it is not an infringement. For example, it is legal for players to play the ball with their head (or chest or knee, etc.), because Law 12 only forbids playing the ball with a hand or an arm.

Law 12 describes two different kinds of infringements:

- Fouls – punishable by some sort of free kick
- Misconduct – punishable by a yellow card or red card

Fouls are further subdivided into:

- Penal fouls – are physical in nature and are punishable by a direct free kick or penalty kick.
- Technical fouls - are non-physical fouls and are punishable by an indirect free kick.

PENAL FOULS – DIRECT FREE KICK (DFK)

A DFK is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent (refers to cleats-up foot-first jump at an opponent regardless of the position of the ball – if there is contact, there is a foul)
- Charges an opponent (a fair charge is shoulder-to-shoulder, non-violent, both players have at least one foot on the ground and the ball is within playing distance)
- Strikes or attempts to strike an opponent
- Pushes an opponent

A DFK is also awarded to the opposing team if a player commits any of the following four offenses:

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- Holds an opponent
- Spits at an opponent

- Handles the ball deliberately – except for the goalkeeper within his or her own penalty area (possibly the most misunderstood foul- law requires that it be deliberate and not incidental – a good rule of thumb is to determine if the hand went to the ball (handball) or if the ball played the hand (incidental)

A DFK is taken from where the offense occurred. A penalty kick is awarded if any of the above ten offenses is committed by a player inside his or her own penalty area, irrespective of the position of the ball, provided it is in play.

TECHNICAL FOULS – INDIRECT FREE KICK (IFK)

An IFK is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following five offenses:

- Takes more than six seconds after controlling the ball with his or her hands before releasing it from his or her possession.
- Touches the ball again with his or her hands after it has been released from his or her possession and has not touched any other player
- Touches the ball with his or her hands after it has been deliberately kicked to him or her by a teammate
- Touches the ball with his or her hands after he or she has received it directly from a throw-in taken by a teammate
- Wastes time

An IFK is also awarded to the opposing team if a player, in the opinion of the referee:

- Plays in a dangerous manner (a high kick is only dangerous if another player is within playing distance – a player who attempts to head a waist high ball may be called for dangerous play for putting themselves in a dangerous situation)
- Impedes the progress of an opponent (interpreted as playing the man and not the ball – attempting to prevent an opponent from playing the ball without putting yourself in a position to play the ball)
- Prevents the goalkeeper from releasing the ball from his or her hands
- Commits any other offense, not previously mentioned in Law 12 for which play is stopped to caution or dismiss a player.

An Indirect Free Kick is taken from where the offense occurred.

MISCONDUCT – CAUTIONABLE OFFENSES – YELLOW CARD

A player is cautioned and shown the yellow card if he or she commits any of the following seven offenses:

- Is guilty of unsporting behavior (these are violations of the spirit of the game – examples are any of the first six penal fouls: kicks, trips, pushes, jumps, charges, strikes – committed in a reckless manner, any penal foul to break up an opponent’s attack deliberately handling the ball to score a goal, verbal distraction of an opponent and interfering with a opponent’s throw in)
- Shows dissent by word or action (this is defined as showing disagreement, by word or gesture, with any decision of the referee – coaches are responsible for the conduct of their team’s fans)
- Persistently infringes the Laws of the Game (this is continuous infringement of the laws not at a level serious enough for any one incident to warrant a caution)
- Delays the restart of play (sending the ball away to prevent the opponent from taking a quick kick or throw)
- Fails to respect the required distance when play is restarted with a corner kick for free kick (refers to a player not retiring 10 yards to allow the kick to be made)
- Enters or re-enters the field of play without the referees permission
- Deliberately leaves the field of play without the referees permission

MISCONDUCT – SENDING – OFF OFFENSES - RED CARD

A player is sent off and shown the red card if he or she commits any of the following seven offenses:

- Is guilty of serious foul play
- Is guilty of violent conduct
- Spits at an opponent or any other person

- Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (does not apply to goalkeeper within his or her own penalty area)
- Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
- Uses offensive, or insulting or abusive language and/or gestures
- Receives a second caution in the same match

LAW 13: FREE KICKS

Free kicks are either Direct or Indirect. A goal can be scored from a Direct Free Kick (DFK). A goal can only be scored from an Indirect Free Kick (IFK) if it touches another player before it enters the goal.

The ball is in play when it is kicked and moves forward (unless it is taken from inside a team's own defensive penalty area, in which case it must exit the penalty area). The kicker may not touch the ball again until another player has touched it.

The free kick is taken from the spot of the offense. For an IFK inside a team's attacking goal area, the free kick is located on the 6-yard line closest to where the offense occurred. For a DFK inside a team's attacking penalty area, the kick is taken from the penalty spot.

All opposing players must retire 10 yards from the spot of the free kick, unless they are on their own goal line and between the goal posts. If the free kick is inside a team's defensive penalty area, the opponents must retire 10 yards and be outside the penalty area.

The referee will signal an IFK by holding one arm straight up until another player touches the ball.

Infringements – Sanctions:

- Free kick by defending team from own penalty area not kicked directly out of the penalty area – Rekick
- If, after the ball is in play, the kicker touches the ball a second time before the ball has been touched by another player – IFK for the opposing team
- If, after the ball is in play, the kicker deliberately handles the ball – DFK for the opposing team

LAW 14: THE PENALTY KICK

A Direct Free Kick (DFK) awarded to a team inside their attacking penalty area is taken from the penalty spot. All players, except the goalkeeper and the person taking the kick, must be outside the penalty area, outside the penalty arc, and behind the ball.

The goalkeeper must remain on the goal line until the ball is played (he/she may move laterally, but not forward). The ball is in play as soon as it is kicked and moves forward. The kicker may not play the ball again until another player has touched it. A goal may be scored directly from a penalty kick.

The kicker may not try to fool the goalkeeper. Any violation by the kicker or his team will prevent a goal from being awarded, if a goal was scored, the kick shall be re-taken. Any violation by the goalkeeper or his team will not prevent a goal being awarded, if a goal was not scored, the kick shall be re-taken.

LAW 15: 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 is crossed the touch line
- To the opponents of the player who last touched the ball

Procedure – 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 touch line
- Uses both hands
- Delivers the ball from behind and over his head

The thrower may not touch the ball again until it has touched another player. The ball is in play as soon as it enters the field of play. A goal cannot be scored directly from a throw-in.

LAW 16: GOAL KICK

When the ball goes out of play over the goal line and is last touched by an attacker, the defending team is awarded a goal kick.

The goal kick may be taken from any point inside the goal area and is in play when it leaves the penalty area (whole ball over the whole line).

Opponents must be outside the penalty area. The kicker may not play the ball a second time until another player touches it. A goal can be scored from a goal kick.

LAW 17: CORNER KICK

When the ball goes out of play over the goal line and is last touched by a member of the defending team, the attacking team is awarded a corner kick.

The corner kick may be taken from any point inside the nearest corner arc, and is in play when it is kicked and moves. The corner flag or corner marker may not be moved.

Opponents must be 10 yards away from the ball. The kicker may not play the ball a second time until touched by another player.

A goal can be scored directly from a corner kick.

LAW 18: SPIRIT OF THE GAME

This is not written directly into the laws. It is part of the training of the Referee and allows the use of DISCRETION by the referee. It allows the use of cautions when a player uses a trick to deliberately circumvent the written rule. It entails the ADVANTAGE clause and allows the game to be played in the gray areas so that it is a smoother more beautiful game. The primary direction for the referee is safety of the players. There is nothing more important than this.

MODIFIED LAWS FOR U9 – U14 TEAMS

SHYSA follows the rules or Laws of the Game except for modifications that have been made to account for the recreational spirit of our club and the age of our players. The following modifications apply to all SHYSA games.

Slide Tackling

Slide tackling is not allowed at all. This includes playing the ball while on the ground when another player is within playing distance of the ball. The referee will award an Indirect Free Kick (IFK) for this infraction.

LAW 3: SUBSTITUTION

Any number of players may be substituted at one time in a SHYSA game with the prior consent of the referee. Substitutions may only be done at a dead-ball situation (throw-in, free-kick, goal kick, etc.). The referee may refuse to allow the team not taking the kick or throw-in to substitute if the team taking the kick or throw-in is clearly interested in restarting the game quickly and there is an advantage in doing so.

LAW 12: CHARGING THE GOALKEEPER

1. No player shall make physical contact with the goalkeeper or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever within the penalty area (“control of the ball” is defined as contact between any part of the goalkeeper and the ball).

2. Intentional charging of a goalkeeper is defined as “violent conduct” and shall result in the ejection of the guilty party.

MODIFIED LAWS FOR U6, U7, AND U8 TEAMS

SHYSA follows the rules or Laws of the Game except for modifications that have been made to account for the recreational spirit of our club and the age of our players. The following modifications apply to all SHYSA games.

Method of Scoring

A goal is scored when the whole of the ball crosses the whole of the line made up of the temporary goals. A goal may not be scored from a throw-in, kick-off, or free kick. A goal can be scored from a corner kick.

Kick-Off

Officially begins the game at each half and restarts play after a goal is scored. The ball must go forward and cannot be touched again by the kicker until another player touches it. Opponents must be on or behind the quarter field line in their half of the field when the ball is kicked.

Goal Kick

Taken by any defending player to restart the game when the ball goes out of play past the goal line and was last touched by an attacking player. The goal kick may be taken anywhere on the quarter field line. All opposing players must stand on or behind the half line until the ball is kicked.

Corner Kick

Taken by any attacking player to restart the game when the ball goes out of play past the goal line and was last touched by a defending player. The kick is taken in the corner area on the side of the field where the ball went out of play. Opponents must be 10 or more yards away.

Throw-In

Taken to restart the game after the ball goes past the touchline (sideline). Any member of the team that did not touch the ball takes the throw last, within one yard of where the ball went out of play. The thrower must face the field and throw the ball with equal strength by both hands, in one continuous motion from the back of his or her head and over the top of his or her head.

When the ball is released the thrower must have some part of both feet on the ground and behind the touchline. If the throw-in is taken improperly, the referee may briefly explain the proper technique to the player, give the player a second chance and/or award a throw-in to the other team.

Remember: The player taking a kick off, goal kick, corner kick, or throw-in may not play the ball a second time until it is touched by another player.

More Information for coaches:

There is a vast compilation of US Youth soccer resources at the links below in PDF file formats. Including practice plans, exercises, and other important information for Coaches.

<http://www.utahyouthsoccer.net/resources/technicaltuesday.aspx>
<http://www.usyouthsoccer.org/index.html> (look in coaches section)