

SYSA U6-U10 RULES AND GUIDELINES

Fall 2009

Last Update: 09/09/09

GENERAL GUIDELINES FOR ALL U6-U10 GAMES

SHARING PLAYERS AND PLAYING DOWN: If there are not enough players from one team to play the defined division structure, then we first share players each quarter so that everyone has an opportunity to play. The LAST alternative is to play down and this must be agreed to by both coaches prior to changing the structure for that game and must be communicated to the referee.

LOPSIDED SCORES: The general rule of thumb is for no team to progress beyond a 4-5 goal lead in any match. If that occurs then the coach has the responsibility to change strategy such as moving players in their positions, only allowing a goal scoring attempt after a series of passes, etc.

SUBSTITUTIONS AND EQUAL PLAYING TIME: With the recent changes to the rules for substitutions (including subbing on the "fly" by either team for U6 and U7 games), it is even more critical that coaches keep track of equal playing time. The SYSA policy states that equal playing time for recreational players U6-U10 will be enforced throughout the season. Balancing of player's time is the responsibility of the coach and should be communicated as such to each team. There may be times where a player has to sit out more in one game than their other teammates; it should be made quite clear that in the next game this will not happen in order to balance out playing time.

MATCH FORMATS: Review the Match Formats in the grids below. Due to some smaller rosters, teams may sometime play with fewer players on the field. For example: For U9 Girls, instead of 7v7, it's okay to play 6v6.

ROTATING PLAYERS: Another SYSA policy that needs to be adhered to in the U6-U10 age groups is that of rotating players in positions. This includes the goalkeeper. NO player should be asked to play in goal for more than one quarter per match. In all matches players need to be rotated among the positions EACH quarter. This is to give players opportunities to learn all the different positions and to help keep scores from becoming lopsided.

GOALKEEPER PROTECTION: Inexperienced goalkeepers need more time to play the ball safely. To protect the keeper, follow the guidelines in this document for each age group. It is mandatory for Referees to protect the keepers in U8-U10 levels.

ZERO TOLERANCE POLICY: SYSA has moved to a ZERO tolerance policy when it comes to inappropriate sideline behavior and conduct. This holds true both before, during and after any match. Coaches are responsible for the behavior of their sides of the field. Coaches are to be shown the yellow card (Caution) or red card (Send Off) if their behavior or the behavior of their team's spectators warrants it.

"TSL" -- TEAM SPORTSMANSHIP LIASON: All teams U6 through U10 will have a parent designated as the team's "TSL", who is responsible for monitoring sideline behavior. The Coaches and TSLs will join the referee (along with team captains) at the Center Circle during the coin toss to confirm their commitment to SYSA's Code of Conduct.

GAME RULES: specific rules for each age group follows. However, the following general rules apply to all levels: no jewelry can be worn, socks must cover all shin-guards, no slide tackling permitted.

SLIDE TACKLING: slide tackling is NOT permitted at any time in the U6-U10 age groups. If it is noticed, the referee must blow the whistle, stop the game, and instruct the player that this form of ball tackling is not allowed because of the likelihood of injury at this level of play. Even if executed properly, it is to be called and disallowed. If it continues, the player should be firmly reminded that he/she warned and escorted to the sidelines not to return for this game. A caution is not required at this level of play.

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U6 AND U7 LEVEL MATCHES – SYSA’S LOCAL LAWS OF COMPETITION

DUAL MATCH FORMAT: Split each team into 2 and play 2 simultaneous matches. Less aggressive/experienced players of each team on one field and the more aggressive/experienced players of each team on the other field. Coaches agree on which field is to be used for which prior to the matches and division of teams should remain discreet with no use of terms like good/bad or strong/weak players.

KICKOFF/2nd QUARTER/HALFTIME/4th QUARTER:

- The initial kickoff should be taken at mid-field by the team wearing orange.
- 2nd quarter should start with a kickoff taken at mid-field by the team wearing white
- At halftime prior to the 3rd quarter, teams should change ends and shoot at opposite goal
- 3rd quarter should be started with a kickoff taken at midfield by the team wearing orange
- 4th quarter should start with a kickoff taken at mid-field by the team wearing white

SUBSTITUTIONS: Substitutions can be made on the fly. At any time during the game, a sub may be made by calling one player off the field and allowing another to enter from the midfield line. The referee's attention is not required for this form of substitution.

GOALKEEPERS: Matches are played without goalkeepers. Do not permit a player to act as a goalkeeper.

DEFENDERS: Neither team may position a full time "defender" in defense of the goal. If a player acts as a full time defender, ask them to join the game and mention to the coach at quarter break that full time defenders are not permitted.

ARC RULES: Neither team may enter the arc under any circumstance. If they do, referee will stop the game and restart it as follows:

- ⌘ If the attacking team enters the opponents arc and the ball subsequently goes into the goal, the referee will disallow the goal and award a goal kick to the defending team
- ⌘ If attacking team enters the opponents arc and the ball goes over the goal line without going into the goal, the referee will award a goal kick to the defending team
- ⌘ If the defending team enters its own arc area while defending and blocks a ball that was clearly going in, the referee will award a goal to the attacking team and proceed with a kickoff
- ⌘ If the defending team enters its own arc area while defending and blocks a ball that was NOT clearly on its way into the goal, the referee will award kick-in to the attacking team from the nearest touchline
- ⌘ If the ball stops dead in the arc area during an attack, provide a goal kick to the defending team

FREE KICKS: indirect and direct kick fouls are moved directly out to the closest touchline and taken as "kick-ins" from the touchline. Players may score directly from any kick-in or from the kickoff.

ARC AREA AND GOAL KICKS: The arc area is a semicircle with a 2 yard radius in front of the goal. Goal kicks are to be taken at the hash marks which are 1 yard outside the arc on either side of the goal on the goal line. If there is no hash mark on the end line where the goal kick should be taken, spot the ball approximately one yard from where the arc meets the goal line. If the ball stops dead in the opponent's arc, the defense is awarded a goal-kick.

3-4 YARD RULE: All players must be positioned 3-4 yards (or more if needed) away from the kicker for any kick-in, kickoff, or goal-kick. A goal may be scored from any kick-in, kickoff, or goal-kick.

**SEE THE NEXT TWO PAGES FOR GAME FORMATS, ROSTER SIZES
AND RULES SUMMARIES FOR U6 AND U7**

SYSA U6-U10 RULES AND GUIDELINES

Fall 2009

Last Update: 09/09/09

Age Group	U6 Boys
Roster Size *	10-12 players
Match Format *	(2) 4v4 (sometimes 3v3) on adjacent fields
Match Duration	(4) 8 minute quarters
Half Time Break	5 minutes (1-2 minutes between quarters)
Ball Size	3
Goal Keepers	None, and no defenders acting as keeper
Substitutions	On the fly
Restarts	Kick-ins / Corner Kicks / Goal Kicks
Indirect Kicks	No, kick-in from nearest touchline
Direct Kicks	No, kick-in from nearest touchline
Offside	No
PK's	No
Field Size	20x30
Goal Size	Pop-up Pugg micro-goals

* Match Format and Roster Size may change prior to first match due to late adds.

Age Group	U6 Girls
Roster Size *	10-12 players
Match Format *	(2) 4v4 (sometimes 3v3) on adjacent fields
Match Duration	(4) 8 minute quarters
Half Time Break	5 minutes (1-2 minutes between quarters)
Ball Size	3
Goal Keepers	None, and no defenders acting as keeper
Substitutions	On the fly
Restarts	Kick-ins / Corner Kicks / Goal Kicks
Indirect Kicks	No, kick-in from nearest touchline
Direct Kicks	No, kick-in from nearest touchline
Offside	No
PK's	No
Field Size	20x30
Goal Size	Pop-up Pugg micro-goals

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SYSA U6-U10 RULES AND GUIDELINES

Fall 2009

Last Update: 09/09/09

Age Group	U7 Boys
Roster Size *	10-12 players
Match Format *	(2) 4v4 (sometimes 3v3) on adjacent fields
Match Duration	(4) 10 minute quarters
Half Time Break	5 minutes (1-2 minutes between quarters)
Ball Size	3
Goal Keepers	None, and no defenders acting as keeper
Substitutions	On the fly
Restarts	Kick-ins / Corner Kicks / Goal Kicks
Indirect Kicks	No, kick-in from nearest touchline
Direct Kicks	No, kick-in from nearest touchline
Offside	No
PK's	No
Field Size	25x40
Goal Size	4' x 6'

* Match Format and Roster Size may change prior to first match due to late adds.

Age Group	U7 Girls
Roster Size *	10-12 players
Match Format *	(2) 4v4 (sometimes 3v3) on adjacent fields
Match Duration	(4) 10 minute quarters
Half Time Break	5 minutes (1-2 minutes between quarters)
Ball Size	3
Keepers	None, and no defenders acting as keeper
Substitutions	On the fly
Restarts	Kick-ins / Corner Kicks / Goal Kicks
Indirect Kicks	No, kick-in from nearest touchline
Direct Kicks	No, kick-in from nearest touchline
Offside	No
PK's	No
Field Size	25x40
Goal Size	4' x 6'

* Match Format and Roster Size may change prior to first match due to late adds.

SYSA U6-U10 RULES AND GUIDELINES

Fall 2009

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Age Group	U8 Boys
Roster Size *	8-10 players
Match Format *	7v7
Match Duration	(4) 12 minute quarters
Half Time	5 minutes (1-2 minutes between quarters)
Ball Size	4
Keepers	Yes
Substitutions	At any stoppage of play (except free kicks)
Restarts	Corner Kick, Goal Kick, Drop Ball & Throw-in
Indirect Kicks	Yes
Direct Kicks	No, use Indirect Kick (therefore, no PKs either)
Offside	Yes
PK's	No
Field Size	40x60
Goal Size	6' x 12'

* Match Format and Roster Size may change prior to first match due to late adds.

U8 LEVEL MATCHES – SYSA'S LOCAL LAWS OF COMPETITION

SINGLE MATCH FORMAT: Teams use the single match format with all players rotating positions at every quarter.

SUBSTITUTIONS: Any number of substitutions may be made during the following stoppages: Kick-off, goal-kick, corner-kick, throw-in, and drop-ball. Substitutions can take place for either team regardless of possession. Coaches must notify the referee of the desire to make a substitution so the referee can hold the restart until all subs are in/out. Substitutions must occur at the midfield point on either side of the field.

OFFSIDE: Offside will be monitored by the referee for the first time at this age. Please understand that without Assistant Referees, the Center Referee will be doing his/her best to judge offside, but it is not an easy task along with running the entire field. Referees should only blow the whistle for blatant offside calls at this age (must be more than approximately 2 yards offside)

INDIRECT FREE KICKS: Do not permit ANY indirect free kick restarts to be taken from anywhere inside the penalty area. If a foul occurs within the penalty area or goal area, move the ball out to the penalty area line. This is a safety precaution. An update to the U8 Rules will be posted to reflect this.

2nd QUARTER AND 4TH QUARTER RESTARTS: At the start of the 2nd and 4th quarters, the restart shall be a kickoff by the team last in possession of the ball at the end of the previous quarter.

PROTECT THE GOALKEEPER: Inexperienced goalkeepers need more time to play the ball safely. Once the goalkeeper starts to play for the ball, attackers should be advised to back off. If necessary, to protect the keeper, the Referee should blow the whistle to stop play. Restart with a courtesy drop ball to the keeper unless you can allow play to continue as usual without it.

THROW-INS: Give each player from U8-U10 a second chance on throw-ins. However, if the player commits a second **foul throw**, blow your whistle and award the throw-in to the other team.

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Last Update: 09/09/09

Age Group	U8 Girls
Roster Size *	8-10 players
Match Format *	7v7
Match Duration	(4) 12 minute quarters
Half Time	5 minutes (1-2 minutes between quarters)
Ball Size	4
Keepers	Yes
Substitutions	At any stoppage of play (except free kicks)
Restarts	Corner Kick, Goal Kick, Drop Ball & Throw-ins
Indirect Kicks	Yes
Direct Kicks	No, use Indirect Kick (therefore no PKs either)
Offside	Yes
PK's	No
Field Size	40x60
Goal Size	6' x 12'

* Match Format and Roster Size may change prior to first match due to late adds.

U8 LEVEL MATCHES – SYSA'S LOCAL LAWS OF COMPETITION

SINGLE MATCH FORMAT: Teams use the single match format with all players rotating positions at every quarter.

OFFSIDE: Offside will be monitored by the referee for the first time at this age. Please understand that without Assistant Referees, the Center Referee will be doing his/her best to judge offside, but it is not an easy task along with running the entire field. Referees should only blow the whistle for blatant offside calls at this age (must be more than approximately 2 yards offside)

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PROTECT THE GOALKEEPER: Inexperienced goalkeepers need more time to play the ball safely. Once the goalkeeper starts to play for the ball, attackers should be advised to back off. If necessary, to protect the keeper, the Referee should blow the whistle to stop play. Restart with a courtesy drop ball to the keeper unless you can allow play to continue as usual without it.

THROW-INS: Give each player from U8-U10 a second chance on throw-ins. However, if the player commits a second **foul throw**, blow your whistle and award the throw-in to the other team.

SYSA U6-U10 RULES AND GUIDELINES

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Age Group	U9 Boys
Max. Rosters *	12 players
Match Format *	8v8
Match Duration	(4) 12 minute quarters
Half Time	5 minutes (1-2 minutes between quarters)
Ball Size	4
Keepers	Yes
Substitutions	At any stoppage of play (except free kicks)
Restarts	Corner Kicks, Goal Kicks, Drop Ball & Throw-ins
Indirect Kicks	Yes
Direct Kicks	Yes
Offside	Yes
PK's	Yes
Field Size	50x70
Goal Size	6' x 18'

* Match Format and Roster Size may change prior to first match due to late adds.

U9 LEVEL MATCHES – SYSA'S LOCAL LAWS OF COMPETITION

SINGLE MATCH FORMAT: Teams use the single match format with all players rotating positions at every quarter.

SUBSTITUTIONS: Any number of substitutions may be made during the following stoppages: Kick-off, goal-kick, corner-kick, throw-in, and drop-ball. Substitutions can take place for either team regardless of possession. Coaches must notify the referee of the desire to make a substitution so the referee can hold the restart until all subs are in/out. Substitutions must occur at the midfield point on either side of the field.

OFFSIDE: Offside will be monitored by the referee to the best of his/her ability. Please understand that without Assistant Referees, the Center Referee will be doing his/her best to judge offside, but it is not an easy task along with running the entire field.

2nd QUARTER AND 4TH QUARTER RESTARTS: At the start of the 2nd and 4th quarters, the restart shall be a kickoff by the team last in possession of the ball at the end of the previous quarter.

PROTECT THE GOALKEEPER: The goalkeeper is considered to be in control of the ball (to have possession) by touching it with any part of their hand or arms, such as, reaching an arm out while on the ground to scoop the ball or a finger tip on the ball. If the goalkeeper has possession of the ball and there are attacking players going after it, whistle the play dead to protect the keeper. Restart with a courtesy drop ball to the keeper. When in doubt, err on the side of safety.

THROW-INS: Give each player from U8-U10 a second chance on throw-ins. However, if the player commits a second **foul throw**, blow your whistle and award the throw-in to the other team.

SYSA U6-U10 RULES AND GUIDELINES

Fall 2009

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Age Group	U9 Girls
Max. Rosters *	11 players
Match Format *	7v7
Match Duration	(4) 12 minute quarters
Half Time	5 minutes (1-2 minutes between quarters)
Ball Size	4
Keepers	Yes
Substitutions	At any stoppage of play (except free kicks)
Restarts	Corner Kicks, Goal Kicks, Drop Ball & Throw-ins
Indirect Kicks	Yes
Direct Kicks	Yes
Offside	Yes
PK's	Yes
Field Size	50x70
Goal Size	6' x 18'

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U9 LEVEL MATCHES – SYSA'S LOCAL LAWS OF COMPETITION

SINGLE MATCH FORMAT: Teams use the single match format with all players rotating positions at every quarter.

SUBSTITUTIONS: Any number of substitutions may be made during the following stoppages: Kick-off, goal-kick, corner-kick, throw-in, and drop-ball. Substitutions can take place for either team regardless of possession. Coaches must notify the referee of the desire to make a substitution so the referee can hold the restart until all subs are in/out. Substitutions must occur at the midfield point on either side of the field.

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THROW-INS: Give each player from U8-U10 a second chance on throw-ins. However, if the player commits a second **foul throw**, blow your whistle and award the throw-in to the other team.

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Max. Rosters *	11 players
Match Format *	8v8
Match Duration	(4) 12 minute quarters
Half Time	5 minutes (1-2 minutes between quarters)
Ball Size	4
Keepers	Yes
Substitutions	At any stoppage of play (except free kicks)
Restarts	Corner Kicks, Goal Kicks, Drop Ball & Throw-ins
Indirect Kicks	Yes
Direct Kicks	Yes
Offside	Yes
PK's	Yes
Field Size	50x70
Goal Size	6' x 18'

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SINGLE MATCH FORMAT: Teams use the single match format with all players rotating positions at every quarter.

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THROW-INS: Give each player from U8-U10 a second chance on throw-ins. However, if the player commits a second **foul throw**, blow your whistle and award the throw-in to the other team.

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Keepers	Yes
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Restarts	Corner Kicks, Goal Kicks, Drop Ball & Throw-ins
Indirect Kicks	Yes
Direct Kicks	Yes
Offside	Yes
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