



AGE GROUP DEFINITIONS

U7 is defined as children turning 6 or 7 in the current calendar year. U9 are turning 8 or 9 and U11 are turning 10 or 11. U12 are turning 12 in the current calendar year.

LAW 1 – THE FIELD OF PLAY

- Whenever possible, fields will be marked with touch, goal, centre and retreat lines. Cones may be used where needed.
- A centre circle will not be drawn but teams will need to maintain the proper distance from the ball.
- A Penalty mark is only marked in U-11&12 age group 9m from the goal line.
- A line parallel to the center line at the attacking third mark for the U-11&12 age group is to be marked to indicate the Retreat/Offside line. This may be done by a line or placing Cones/Flags 1 meter off the touch line.

Goal Posts

| | |
|--|-------------------------------|
| U7 | U9 – U12 |
| Mini goals provided for practices are used in games. | Goals are provided for games. |

The Goal/Penalty Area

Due to field limitations, field dimensions (including goal, penalty area and goal size) may differ from BC Soccer guidelines. We use a combined goal/penalty area. The goal keeper is allowed to pick up the ball within this area, and goal kicks can be taken anywhere from within the area. A keeper is considered in possession of the ball on the ground when any part of his hand or arm is in contact with the ball. Offensive players may not attempt to kick the ball away if it is the keeper’s possession.

| U7 | U9 | U11 | U12 |
|---|---|---|--|
| <p>Goal Area 10 feet / 3 meters from the inside each goalpost and the same extending into the field of play for 3 meters. Coaches should define this area with cones.</p> <p>To protect the keeper, for U7 only, offensive players are not allowed in the goal area.</p> | <p>Goal Area 18 feet /5.5 meters from each post and the same extending into the field</p> | <p>Goal Area 21 feet /6.5 meters from each post and the same extending into the field</p> | <p>Penalty Area 30 feet /9 meters from each post and the same extending into the field</p> |

LAW 2 – THE BALL

| Age Group | Under 7 | Under 9 | Under 11 | Under 12 |
|------------------|---------|---------|----------|----------|
| Ball Size | 3 | 3 or 4 | 4 | 4 |

LAW 3 – NUMBER OF PLAYERS See the table below.

Substitutions:

Unlimited substitution shall be allowed at stoppages with permission of the referee.



| Age Group | Under 7 | Under 9 | Under 11 | Under 12 |
|------------------------------|---------|---------|----------|----------|
| Game format including keeper | 4v4 | 6v6 | 7v7 | 8v8 |
| Team Size | Max 8 | Max 10 | Max 12 | Max 14 |

All players shall have an opportunity for equal playing time and should have an opportunity to play goalkeeper.

Dominant Players Dominant players or teams may exist. This creates the possibility for scores that get out-of-hand. Coaches must manage these situations. There are many creative ways to eliminate high scores.

- Dominant players required to create scoring opportunities for teammates by passing to them and not scoring themselves.
- Require that “x” number of passes occur before a shot on goal.
- Require that “x” number of passes back to your own defense occur before a shot on goal.
- Trade players with the other team for the game so that they get one or more of your dominant players.
- Require your dominant player to make passes/kicks with his/her “weak” leg.

LAW 4 – PLAYERS EQUIPMENT

- Players shall not wear anything which endangers themselves or other players.
- Basic compulsory equipment shall consist of shorts, socks (worn over the shin pads), shin guards, footwear, and a jersey.
- Goalkeepers wear colours which are distinguishable from all outfield players and the Referee. Although this rule is not so practical for the younger age groups, U12 should implement it.
- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- Jewelry is not permitted but religious items such as Headscarves or Turbans are permitted as long as they are fastened safely ie. Velcro.

LAW 5 – THE REFEREE

Referees are not provided for U7 teams. Coaches are responsible for managing the games and are expected to be on the field assisting their teams.

The referee’s role is to enforce the Laws of the Game as they pertain to Small-Sided Game and help to keep players safe. Players, coaches and spectators MUST refrain from verbal or other forms of dissension in regards to referee calls.

The referee shall:

- Enforce the Laws of the Game.
- Refrain from penalizing when the offending team may gain an advantage.
- Control who may enter or leave the field of play.
- Stop the game immediately if a player appears to be injured, bleeding, or appear to be concussed.
- Signal to start the game, and to restart it after a stoppage.
- Decide if the field of play and all applicable equipment is suitable.



- Report in writing to the Club or appropriate authority, any misconduct by players, parents, spectators or other persons which takes place on the field of play or its vicinity at any time during the game.

LAW 6 – THE ASSISTANT REFEREE

- Assistant Referee are not required in matches U-12 and below.
- Club Linespersons (Parents or Coach) can be used and will assist the referee in controlling the match but the final decision is made by the Referee. They indicate when the ball leaves the field, and can assist which team is to take a corner kick, thrown-in or goal kick.

LAW 7 – DURATION OF GAME

| Age Group | Under 7 | Under 9 | Under 11 | Under 12 |
|----------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| Game Duration | 2 x 15 min. Half Time: 5 min | 2 x 25 min. Half Time: 5 min | 2 x 25 min. Half Time: 5 min | 2 x 30 min. Half Time: 5 min |

LAW 8 – START AND RESTART OF PLAY

Kick-Off

- At a kick-off, all players shall be in their own half of the field of play.
- All players opposing the team taking the kick-off shall be not less than

| Age Group | Under 7 | Under 9 -11 | Under 12 |
|-----------------|--------------------------|---------------------------|--------------------------|
| Distance | Five (5) meters or yards | Seven (7) meters or yards | Nine (9) meters or yards |

- The referee gives a signal by blowing their whistle.
- The ball will be in play when it is kicked and clearly moves.
- For any infringement of this rule, the kick-off shall be retaken.
- For matches U11-U12 should the player taking the kick-off touch the ball a second time before it has been played or touched by another player, an indirect free-kick shall be awarded to the opposing team. For all other ages the team will retake the kick-off.
- After a goal, has been scored, the game shall be restarted by a kick-off taken by the team against which the goal was scored.
- After the first half of play, the teams shall change halves and the kick-off shall be taken by the team that did not take the kick-off to start the game.

Drop-Ball

- A drop ball will be awarded if there is an injury, interference by an outside agent, or any other reason that the referee stops play which is not a foul.

LAW 9 – BALL IN AND OUT OF PLAY

The ball is OUT of play:

- if the whole of the ball has 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 into play from a goal-post, a cross-bar, or a corner flag post, or referee and remains in the field of play.



LAW 10 – THE METHOD OF SCORING

- A goal is scored when the whole of the ball has crossed over the goal-line, between the goalposts and under the cross-bar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking team, except by a goalkeeper from within their own penalty-area.
- The referee shall be the sole judge as to whether a goal has been scored.

LAW 11 – OFFSIDE

- U 7 and U9 – **NO Offside.**
- U11 & U12 – **A modified offside is used.** In addition to a half way line, the field is divided into thirds with two lines marking the thirds. The advancing third of the field is the offside line. This line may be marked as a dotted line, solid line or single cones on the touch line. It is not an infraction to be in an offside position, but it is an offense for a player to play a ball passed to a him/her when he/she is in an offside position when the ball is passed to him/her.
- When an offside offence occurs, the referee awards an indirect free kick to be taken from the position of the offending player when the ball was last played to him by one of their teammates.

A player in an offside position (A) may be penalised before playing or touching the ball, if, in the opinion of the referee, no other team-mate in an onside position has an opportunity to play the ball.

LAW 12 – FOULS AND MISCONDUCT

For U7 and U9 – all free kicks are Indirect.

A free kick is awarded if a player commits any of the following seven offences:

1. kicks or attempts to kick an opponent
2. trips or attempts to trip an opponent
3. jumps at an opponent
4. charges an opponent
5. strikes or attempts to strike an opponent
6. pushes an opponent
7. tackles an opponent

A free kick is also awarded if a player commits any of the following three offences:

1. holds an opponent
2. spits at an opponent
3. handles the ball deliberately (except for the goalkeeper within their own penalty area)
Handling the ball deliberately (except for the goalkeeper within his own goal/penalty area) is a foul. However, the majority of times that the ball strikes the hand/including the arm, it is not a foul.

Was the arm in a normal position or natural running position?

Did the hand/arm move to contact the ball (foul) or did the ball contact the stationary arm? (no foul).

Indirect free kick - An indirect free kick is awarded if, in the opinion of the referee, a player:

1. plays in a dangerous manner (No Contact)
2. impedes the progress of an opponent (No Contact)
3. prevents the goalkeeper from releasing the ball from their hands
4. commits any other offence, not previously mentioned in Law 12



PUNTS OR DROP KICKS

- An indirect free kick is awarded to the opposing team at the center spot on the halfway line if the goalkeeper punts or drop-kicks the ball in the air from his/her goal area into the opponent’s goal area.

PASS BACK TO GOALKEEPER

- Goalkeepers may pick up a ball passed back to them by a teammate as long as the keeper is within his goal/penalty area.

| Age Group | Under 7 and Under 9 | Under 11and Under 12 |
|--|---------------------|--|
| Pass Back to Keeper by own teammate and picked up by keeper in own goal/penalty area. | Allowed | Not allowed – results in indirect free kick to the other team. |

MISCONDUCTS

Under 7 and Under 9 NO cards shown for these age groups.

Under 11 and Under 12 Caution (yellow) and send off (red) cards may be used.

SLIDE TACKLING

Slide tackling is not allowed in house. An indirect kick is given for attempted slide tackles unless a foul is committed in the attempt for which the appropriate free kick is awarded.

LAW 13- FREE KICKS

All free kicks for U7 and U9 are INDIRECT free kicks.

Direct and Indirect free-kicks apply for the U11 and U12 age groups.

If taken inside the Defending Player’s Penalty area the ball must leave the area to be in play, if it does not or is touched the kick will be retaken.

Ball enters the net

- If a direct free kick is kicked directly into the opponent’s goal, it’s a goal
- If a direct or indirect free kick is kicked directly into a team’s own goal, it’s a corner kick
- If an indirect free kick is kicked directly into the opponent’s goal, it’s a goal kick
- During a free-kick the ball shall be stationary
- All opponents shall be not less than (U7 - 5 meters, U9 – 7 meters, U11-U12 – 9 meters) from the ball until it has been kicked.
- If the kick is inside the Penalty Area all opponents must be outside the area.
- The ball is in play when it has been kicked and moved and if the kick is inside the Penalty area it has to leave the penalty area before being played by anyone.
- If it does not leave the Penalty Area, it is a retake.
- For any infringement of this rule, the free-kick shall be retaken where the foul occurred.
- A player taking a free kick shall not touch the ball a second time until it has been touched by another player, if this happens an indirect free-kick shall be awarded to the opposing team.

Indirect free kick:

- A goal may NOT be scored directly from an indirect free-kick.
- The player taking the free kick can not touch it until it touches another player.
- An indirect free kick is indicated by the Referee raising his/her arm.



- The indirect free-kick shall be taken from the place where the infringement occurred, unless the free-kick is awarded to the attacking team within its opponents’ penalty-area. In this case, the free kick shall be taken from the outside edge of the penalty area in line where the offense took place.

LAW 14 – PENALTY KICKS

- U7 and U9 - There are NO PENALTY KICKS.
- U11-U12 - PENALTY KICKS are allowed

Position of the ball and the players for penalty kicks.

- The ball must be placed on the penalty mark – U11 – 7 meters and U12 9 meters from goal line.
- The player taking the penalty kick: must be properly identified.

The defending goalkeeper:

- Must remain on their goal line, facing the kicker, between the goalposts until the ball has been kicked.

The players other than the kicker must be located:

- Inside the field of play.
- Outside the penalty area.
- Behind the penalty mark at least 7 or 9 meters from the penalty mark.

Procedure

After the players, have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken.

1. The player taking the penalty kick must kick the ball forward.
2. Must not play the ball again until it has touched another player.
3. The ball is in play when it is kicked and moves forward.

The referee decides when a penalty kick has been completed.

| Outcome of the Penalty Kick | | |
|---|----------------------------|----------------------------|
| | Goal is Scored | No Goal |
| Enters into Penalty Area before kick Attacking Team | Retake | Indirect where it happened |
| Enters into Penalty Area before kick Defending Team | Goal | Retake |
| Offence by Goalie | Goal | Retake |
| Ball Kicked Backwards, Illegal Feinting or Wrong kicker | Indirect where it happened | Indirect where it happened |

LAW 15 – THE THROW-IN

Throw-ins are methods of restarting the game after it has crossed the touch line either on the ground or in the air. These restarts are given to the opposing team who last touched the ball before it went out of play.

The player doing the throw-in must

- a) Face the field of play,
- b) Have part of each foot on the touch line or on the ground outside the touch line,
- c) Throw the ball using both hands



d) Deliver the ball from behind and over their head.

| U7 | U9 | U11 and U12 |
|--|---|--|
| <p>Throw-ins introduced in practices and used in games. It is not necessary to stop play on every incorrect throw-in. Gauge the seriousness of the error and instruct on correct method if played stopped.</p> <p>Let play continue on second throw-in regardless of whether done correctly or not. Continue to work on throw-ins in practice.</p> | <p>Progressive enforcement of infractions. For the first two weeks of games, allow for one re-throw. If second throw is incorrect, the other team gets to throw in.</p> | <p>Throw-in infractions result in the other team taking the throw-in</p> |

LAW 16 – THE GOAL KICK

A goal kick is awarded when the whole of the ball has passed the goal line either on the ground or in the air and was last touched by the attacking team and a goal has not been scored.

- The goal kick shall be taken within the goal/penalty area.
- Opposing players must be on their side of the Retreat line.

| Age Group | Under 7 and 9 | Under 11 and 12 |
|---------------------|---|---|
| Retreat Line | The half way line. U7 fields may not be marked with this line. Coaches should place a few cones across the field to indicate this line. | One third of the field. The fields are marked with this line. |

All opposing players cannot pursue the ball until:

- The ball is received by a teammate
- The ball travels over the line
- The ball leaves the field of play

Encroachment of retreat line

If the defending team encroaches across the retreat line before an opposition player touches the ball, then the referee blows the play stopped and issues a re-take of the goal kick.

If the opposing team repeatedly infringes the retreat line, an indirect free kick shall be awarded from the place where the offence occurred for not respecting the restart.

- U7 and U9 - A goal cannot be scored directly from a goal kick.
- U11 and U12 - A goal may be scored directly from a goal kick, but only against the opposing team.

LAW 17 – THE CORNER KICK

A corner kick is awarded when the whole of the ball has crossed the goal-line, either on the ground or in the air, having last been touched by a defending player, and a goal has not been scored.

- The corner-kick shall be taken from the corner-arc nearest to where the ball crossed the goal line.
- All opponents shall be no less than the following from the ball until it has been kicked.
- U7 - 5 meters
- U9 U11– 7 meters



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- U12 – 9 meters
- The ball is in play when it is kicked and moves.
- If the player taking the corner-kick touches the ball a second time before it has been played or touched by another player, an indirect free-kick shall be awarded to the opposing team.
- U6, U7, U8, U9 and U10 - A goal cannot be scored directly from a corner kick.
- U11 and U12 - A goal may be scored directly from a corner-kick.