

Date: 8/25/17

Club-League Playing Rules Reminder:**New Policy on Heading**

Effective immediately, the CalNorth Youth Soccer Association will implement the following policy and modified laws of the game for heading. This requirement is for all SBYSL activities.

Heading

All players in age groups U8, U9, U10, U11 & U12 shall not engage in heading in either practice or games.

All players age 10 years old and younger shall not engage in heading in either practice or games regardless of what age group program they are playing in.

For all players between the ages of 11 and 13, heading training will be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player, per week. No limit of heading in games.

Heading Training

SBYSL are to inform all coaches to teach and emphasize the importance of proper techniques for heading the ball.

Heading Infraction

For those players designated as not being permitted to head the ball in games as identified in the above section the following modified law 12 will apply.

An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, deliberately heads or attempts to head the ball.

If, in the opinion of the referee, a deliberate header or attempt to head occurs within the goal area, the indirect free kick will be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

If, in the opinion of the referee, a player does not deliberately head or attempt to head the ball, then play shall continue.

Build Out Line

For All players in age groups U8, U9, U10, U11 & U12

The build out line promotes playing the ball out of the back in a less pressured setting

When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play

Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)

After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal

The opposing team must also move behind the build out line during a goal kick until the ball is put into play.

If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense

If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

Under 6:

Maximum number of players on the field (4), games will be played without a goalie.

Minimum number of players on the field(3)

Ball size (#3)

Substitution: Unlimited with referee`s permission.

Playing time: Each player must play 50% of the game.

Duration of the game: 4 quarters of:

First 8 minutes

Break 2 minutes
Seconds 8 minutes
Half time break 10 minutes.
Third 8 minutes
Break 2 minutes
Fourth 8 minutes
Field Size (yards) Length 25-35 Width 15-25

Under 8:

Maximum number of players on the field at any time is (7).

Minimum number of players on the field at any time is (5)

Ball size (#3)

Substitution: Unlimited, can be made at any time with referee's permission.

Playing time: Each player must play 50% of the game.

Duration of the game: two equal halves of 25 minutes:

Half time break 5 minutes.

Field Size (yards) Length 55-65 Width 35-45

Off-Side: They will be loosely called to avoid the interruption of the game. A player in an outside position will be provided with an explanation, however outside will be called the second time the same player is involved in an outside position.

Throw –In: Conform to the FIFA laws of the game; however, one re-throw is allowed after the explanation.

Fouls: All intentional fouls will result in an indirect free kick- with the opponent six yards away.

Under 10:

Maximum number of players on the field at any time is (8).

Minimum number of players on the field at any time is (6)

Ball size (#4)

Substitution: Unlimited, can be made at any time with referee's permission.

Playing time: Each player must play 50% of the game.

Duration of the game: two equal halves of 25 minutes:

Half time break 5 minutes.

Field Size (yards) Length 55-65 Width 35-45

Off-Side: Conform to the FIFA laws of the game, referee must provide an explanation after the infraction.

Throw –In: Conform to the FIFA laws of the game; however, one re-throw is allowed after the explanation.

Fouls: All intentional fouls will result in an indirect free kick- with the opponent six yards away.

Under 12:

Maximum number of players on the field at any time is (9).

Minimum number of players on the field at any time is (7)

Ball size (#4)

Substitution: Unlimited, can be made at any time with referee's permission.

Playing time: Each player must play 50% of the game.

Duration of the game: two equal halves of 25 minutes:

Half time break 5 minutes.

Field Size (yards) Length 70-80 Width 45-55

Off-Side: Conform to the FIFA laws of the game, referee must provide an explanation after the infraction.

Throw –In: Conform to the FIFA laws of the game; however, one re-throw is allowed after the explanation.

Fouls: Conform to the FIFA laws of the game . All intentional fouls will result in a direct free kick.

Note: Please avoid running up the score. “The real problem with running up the score is the disregard for the feelings of the other players, coaches and families As coach you are a role model for your players and if you do not possess qualities and values that make our kids better people for having participated on you team, please seek out these qualities and become a positive influence”.