

Cabrini Booster Youth Soccer Program  
Rules of the Game

**RULE 1 – Equipment**

Shirts

Each player will be given a team t-shirt.

Shoes

Regular tennis shoes are fine for 3 and 4 year olds.

Ages 5 and up **must have soft-cleat soccer shoes** for their safety. Football, softball, or baseball cleats are not allowed. These shoes have a toe cleat which is considered dangerous in soccer.

Shin guards

It is **mandatory** that all player wear shin guards.

Shin guards must be covered entirely by the soccer socks. You may also wear an “all-in-one” soccer sock that has a sewn-in shin guard.

The league **will not allow** a person to play or practice soccer without shin guards or soft-cleat soccer shoes.

The Ball

Size 3 Ball will be used for 3-4 year olds.

Size 4 Ball will be used for 5-10 year olds.

Safety

A player must not use equipment or wear anything which is dangerous to themselves or another player:

- Jewelry of any kind (rings, watches, bracelets, necklaces, earrings, etc...)
- Barrettes, hair pins, or hair clips.
- Casts are prohibited.
- Hats, visors, bandanas, etc... are not permitted on the field. (Religious affiliations are exempt)
- Players with braces should use a mouth guard.

Players are prohibited from grabbing or hanging on the soccer nets.

**RULE 2 – No Hands**

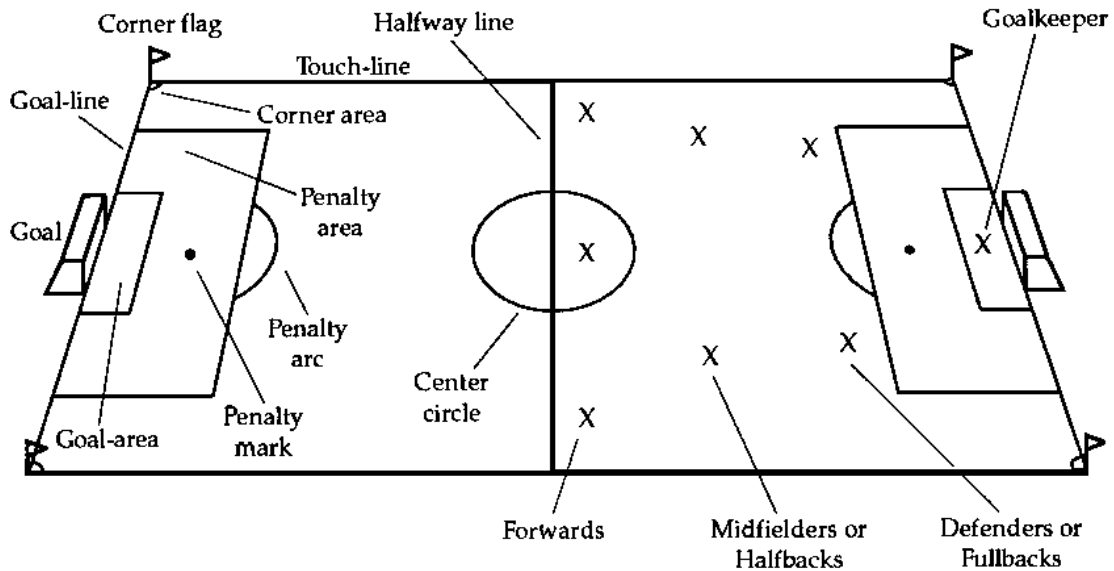
A player cannot use their hands, arms or shoulders to purposely “handle” or “touch” the ball in play. A ball that is kicked and hits a player’s hand or arm is considered accidental contact.

The referee or coach must use their own judgment in determining whether or not a hand ball is accidental contact or on purpose.

Only a goalkeeper can use their hands to touch or catch the ball in play, but they must be in the penalty area. However, goalkeepers cannot pick up a pass that came directly from one of their teammates, they must use their feet to accept the pass.

Cabrini Booster Youth Soccer Program  
Rules of the Game

**FIELD DIAGRAM**



**RULE 3 – Start and Restart**

A kick-off is the way a soccer game is started or restarted: at the beginning of a game, after a goal has been scored, or to start of the second half.

The ball is placed in the center of the field. All players must be in their own half of the field and the opponents of the team taking the kick-off must be at least 10 feet from the ball.

The ball is in play when it is kicked and moves forward. Note: The same player is not allowed to touch the ball twice in a row during a kickoff.

**RULE 4 – Two-Touch Rule**

A player cannot touch the ball twice in a row when putting the ball in play. You will see this frequently on kick-offs or direct and indirect kicks.

If a kid barely hits the ball and tries to kick it a second time, that is a two-touch. This also applies to throw-ins. A kid cannot throw the ball in and then kick it.

**RULE 5 – Throw-ins**

A throw-in is taken when the ball crosses a sideline and leaves the field. The two basic soccer rules for a proper throw-in are to have both feet on the ground and to throw the ball with both hands over the head.

Players in the 5/6 & 7/8 divisions may take 2 attempts, and then lose possession.

Players in the 9 & 10 divisions will get 1 attempt, and then lose possession.

Cabrini Booster Youth Soccer Program  
Rules of the Game

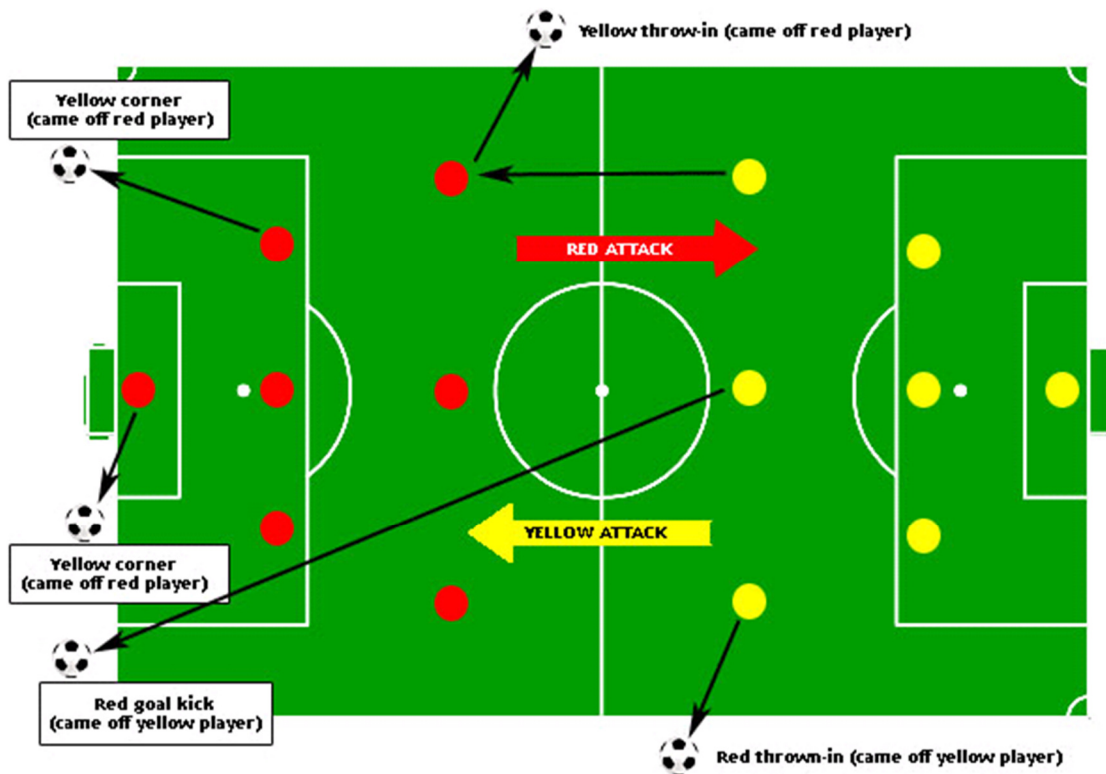
**RULE 6 – Corner Kick and Goal Kick**

A corner kick or goal kick is taken when the ball leaves the field across a goal-line – the end of the field with a goal.

If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out; play is restarted with a corner kick. The corner kick is taken from the corner nearest to where the ball left the field.

The goal kick is taken from anywhere inside the “goalie box”. It can be taken by any player, not just the goalkeeper. The ball is not back “in play” until it leaves the penalty area, the large box outside of the “goalie box”.

If either team touches the ball before it leaves the penalty area the kick must be retaken, and if the ball is not kicked well enough to leave the area, the kick must be retaken.



Cabrini Booster Youth Soccer Program  
Rules of the Game

**RULE 7 – Direct and Indirect Free Kicks**

A direct kick comes from a contact foul or hand ball. Everything else is indirect.

On a direct kick you can score by kicking the ball directly into the goal.

On an indirect kick you cannot score. An indirect kick must be touched by another player before it can go into the goal – that is the kicker and a second person.

**RULE 8 – Penalty Kick**

A penalty kick results from a contact foul or hand ball by the defending team within the penalty area – the large box on either end of the field. So it's a type of direct kick also.

The ball is placed on the penalty spot, 12 yards in front of the center of the goal.

All players must remain outside the penalty area until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked.

If after the ball is kicked, it rebounds off of the goal or the keeper and stays on the field, the ball is "live" and anyone can play it.

**RULE 9 – Fouls**

Soccer can be a physical, contact sport when two opposing players both want the soccer ball.

Bumping or going shoulder-to-shoulder while competing for a ball is not a foul until the hands or elbows come up.

Slide Tackling is prohibited.

A player cannot kick, trip, jump at, charge, strike, push, hold, or spit at an opponent.

A player cannot play the ball while on the ground.

Fouls will result in an immediate direct kick and the player will receive a warning, if a second violation occurs the player will be removed from the game.

Fighting will not be tolerated and result in an expulsion from the league.

**RULE 10 – Offside**

Offside is enforced for the 9 & 10 year old division. The referee will try and issue a warning if offensive players are behind the last defender. Regardless if the referee is able to issue a warning, if a goal is scored while a player is offside, the goal will not count.

An offensive or attacking player can't be ahead of the ball and involved in the play unless there is a defender between him/her and the goalkeeper. Simply put, you can't hang out at the other team's goal waiting for the ball.

It's also important to note that offside applies at the moment the ball is passed, not at the moment the ball is received. Therefore, if the offensive player that will receive the pass is "onside" at the time the ball is passed, but then runs behind the unsuspecting defender before receiving the pass, the receiving offensive player is not offside.

Offside does not apply on corner kicks, throw ins, and goal kicks.

For the 7 & 8 year old division, a form of offside, known as cherry picking, will not be allowed. A member of the opposing team cannot be in the goalbox unless a) the ball is there OR b) a defender

## Cabrini Booster Youth Soccer Program Rules of the Game

from the other team is in the goal box as well. Again, the referees will try and issue warnings to the players. However, if a goal is scored and the team was cherry picking, the goal will not count.

### **RULE 11 – Goalkeeping**

The goalkeeper is restricted to “handling” the ball inside the penalty area.

The goalkeeper can not pick up a ball that is intentionally passed back to the keeper by his own teammates. Balls passed back from any part of the body besides the foot, are legal to pick up.

Once the ball is picked up by the keeper, he/she has 5 seconds to get the ball back into play.

If a ball is thrown into the opposing teams net from the goalkeeper, a free kick from the top of the arc will be awarded.

Punting the ball is allowed.

The goalkeeper has special protections inside the Penalty Box; the ball may not be kicked if he is touching it with his hand or arm and the referee will call a foul if the goalkeeper is endangered.

### **RULE 12 – Injury**

When a player gets hurt, the referee or coach will stop the play. Players are to move away from the injured player on the field and should kneel down and wait.

If the injury looks serious, the coach will call the player’s parent(s) onto the field. Play is resumed with a “drop ball” that becomes live when it hits the ground.

### **Rule 13 – Substitutions**

Substitutes shall be allowed in the following circumstances:

1. Prior to a throw in by the team that has possession. If the possessing team decides to substitute, then the opposition may also substitute.
2. Prior to a goal kick by either team.
3. Prior to the game restart after a goal (kick off) by either team.
4. At half-time.

No substitutions on corner-kicks.

Please notify the referee/coach that you want to make a substitution.

### **Rule 14 – Number of Players**

3-4 division = 5, no goalie

5-6 division = 5 + goalie

7-8 division = 7 + goalie

9-10 division = 7 + goalie

If a team is winning by more than 5 goals, they must remove one player from the field until the difference is less than 5 goals. (Does not apply to 3-4 division).

### **Rule 15 – Game Duration**

Games will consist of 2 halves and a 5 minute half-time.

3-4 division = 2x20 minutes (Coaches may end game early if both teams agree)

5-6 division = 2x20 minutes

7-8 division = 2x25 minutes

9-10 division = 2x25 minutes

## Cabrini Booster Youth Soccer Program Rules of the Game

### Rule 16 – Scoring Goals

A goal is considered when the entire ball crosses one of the goal lines.

Goals can be scored from game action, directly from a kick-off (even if no one else touches the ball), from penalty shots and direct free kicks.

You cannot score directly from a throw-in. If the ball goes into the goal directly from a throw-in without anyone else touching the ball, that is not a goal. Play would resume with a goal kick.

### Miscellaneous

- Pets, alcoholic beverages and tobacco use at a field, practice or game is prohibited.
- Unsportsmanlike conduct including inappropriate language directed toward a coach, player, or referee is prohibited.
- Spectators are not allowed on the field unless directed to do so by a coach, referee or league coordinator.
- No coach, parent, player or spectators can be positioned behind the goal line.
- Opposing teams (players/coaches) should shake hands after each game.

### Coaching Expectations

If your game does not have a referee, one coach from each team may be on the field throughout the game to referee. The coach may not interfere with play. Coaches are encouraged to substitute throughout the games, so that everyone on the team gets significant playing time.

This league puts an emphasis on playing and learning. Remind parents and players about sportsmanship. ***It's just a game.*** Here are a few tips to follow to make sure that players are learning the game of soccer and having fun:

#### 3 and 4 year old division

Try to get kids to work together and stay on the field when playing - KEEP IT FUN

Teach them how to sit on the sidelines when not playing

Please have snacks after the game, not during halftime

No "all-ins" at the end of game. (Do not put entire team on the field in the last minute of play.)

#### 5 and 6 year old division

Help the players understand the following:

- Kick with the inside of the foot
- How to start a game and restart a game after a goal
- Proper throw-in technique
- Learn when you get a corner kick or a goal kick
- How to sit on the sidelines and cheer for their team when not playing

#### 7 and 8 year old division

Players should be developing knowledge of positions and team movement on the field.

Try getting the players to stay in their positions.

Respect the referee's decisions.

#### 9 and 10 year old division

Get players to encourage each other and communicate on the field.

Teach the players to pass the ball and anticipate on the field.

Teach the players to avoid being off-sides.

Respect the referee's decisions.

## Cabrini Booster Youth Soccer Program Rules of the Game

### Definitions

Corner kick – a direct free kick that is awarded when the defending team puts the ball over the end line. A corner kick is taken by the offensive team from next to the corner flag.

Dangerous Play – an action by a player that the coach/referee considers dangerous to that player or others. Examples are high kicking, playing while lying on the ground, or playing the ball while it is in the possession of the goalkeeper.

Direct Free Kick – a free kick that is awarded at the spot of the infraction for a physical contact foul such as tripping, holding, pushing, tackles from behind, jumping into an opponent, or for handballs. A direct free kick can score by going directly into the goal. It does not have to be touched by anyone other than the kicker.

Drop Ball – a method of restarting a game where the coach/referee drops the ball between 2 players facing each other. A drop ball restarts the game after play is stopped for no penalty situation (e.g. after an injury). The ball is dropped where it was last in play or at the nearest point outside the penalty area.

Foul – when the coach/referee judges a violation against an opposing player. The team that suffers the foul is awarded with a direct free kick unless the foul is committed by a defensive player inside his own penalty area, in which case the foul results in a penalty kick.

Goal Kick – a type of restart that is awarded when the attacking team puts the ball over the end line. The ball is kicked from anywhere inside the goal area away from the goal to restart play. After the kick is taken, the ball cannot be touched again by any player until it is outside of the penalty area.

Indirect Free Kick – a free kick that is awarded at the spot of the infraction for other fouls that are judged not to be serious such as obstruction, dangerous play or charging (non-contact fouls), as well as for offside. Indirect kicks must touch another player (either team) before the ball goes into the net in order to score.

### Sportsmanship

Good sportsmanship is when teammates, opponents, coaches, and officials treat each other with respect. Kids learn the basics of sportsmanship from the adults in their lives, especially their parents and their coaches. Kids who see adults behaving in a sportsmanlike way gradually come to understand that the real winners in sports are those who know how to persevere and to behave with dignity — whether they win or lose a game.

Parents can help their kids understand that good sportsmanship includes both small gestures and heroic efforts. It starts with something as simple as shaking hands with opponents before a game and includes acknowledging good plays made by others and accepting bad calls gracefully. Displaying good sportsmanship isn't always easy: It can be tough to congratulate the opposing team after losing a close or important game. But the kids who learn how to do it will benefit in many ways.

Kids who bully or taunt others on the playing field aren't likely to change their behavior when in the classroom or in social situations. In the same way, a child who practices good sportsmanship is likely to carry the respect and appreciation of other people into every other aspect of life.