

SYSA U6-U10 INDIVIDUAL RULES AND GUIDELINES

Fall 2017

Last Update: 7/10/2017

U6 – U8 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 (handball, tripping, pushing, unsportsmanlike conduct) 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 - U8**

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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	U7 Boys & U6/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
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.

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SYSA U6-U10 INDIVIDUAL RULES AND GUIDELINES

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Age Group	U8 Girls and U8 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'

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SYSA U6-U10 INDIVIDUAL RULES AND GUIDELINES

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U9 – U10 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 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. This is a safety precaution

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 U9-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.

Age Group U9 - U10 Boys and Girls	
Roster Size *	12 players
Match Format *	7v7 (6v6 if needed)
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
Restarts	Corner Kick, Goal Kick, Drop Ball & Throw-ins
Indirect Kicks	Yes
Direct Kicks	No, use Indirect Kick (therefore no PKs either)
Offside	Only between end line and build out line
PK's	No
Field Size	50x70
Goal Size	6' x 18'
Goalkeeper	Only pass, throw or roll the ball into play after stopping a goal; NO Punting or Drop kicking
Build Out Line	*See the build out line rules

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***Build Out Line** (please see the picture below, the line will be white not blue on our fields)

- a. Build Out Line promotes playing the ball out of the back in a less pressured setting.
- b. When the goalkeeper has the ball in his/her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put in play.
- c. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play
- d. After the ball is put in play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
- e. The opposing team must move behind the build out line during a goal kick until the ball is put into play
- f. If the goalkeeper punts or drop kicks the ball
 - i. An indirect free kick will be awarded to the opposing team from the spot of the offense
 - ii. If it 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
- g. Build Out Line will also denote offside offense
 - i. Players can't be penalized for an offside offense between the halfway line and the build out line
 - ii. Players can be penalized for an offside offense between the build out line and the goal line.
- h. Most of the time, the goalkeeper will wait to put the players are behind the build out line.
- i. If the goalkeeper decides to put the ball in play before the players are behind the line, the keeper does so accepting the positioning of the opponents and the consequences of how play resumes.

