

Highlands Ranch Soccer Association 7v7: U9 & U10 Rules of Play

Modified Rules per CSA Guidelines – Fall 2016 (modified 8/19)

- **No punting** – If the goalkeeper punts the ball an indirect free kick will be awarded from the spot of the offense. If the goalkeeper punts the ball from within the goal area (small box) an indirect free kick will be awarded on the line of the goal box parallel to the offense. **This same rule applies for goalkeeper's that allow the ball to bounce then punt/drop kick.**
- **No heading** – Indirect free kick given to the opposition if player deliberately heads the ball from where the infraction occurred. If the ball accidentally hits someone's head play should continue. If a defender heads the ball in their own penalty area the opposing team shall be awarded an indirect free kick on the edge of the goal area parallel to the infraction.
- **Build Out Lines** – Lines will be added separating the fields into thirds, these will be known as the build out lines. When the goalkeeper has the ball, in hands or a goal kick the opposing team must retreat behind the build out line. This is to support playing the ball out from the back and to encourage players to receive the ball with more time and less pressure. **Opposing team players can cross the build out line once the ball has been released (pass or throw) from the Goalkeeper. Players can also now receive the ball in their own penalty area.**
- **Offside** – The build out line will be used as the offside line. Players can only be offside beyond the build out line to the goal line.
- **Substitutions** – Allowed on any stoppage of play

Field Dimensions

- The field of play is rectangular with the length being 60 yards and the width being 40 yards

Size of the Goal

- 6½ feet tall by 18½ feet wide

The Ball

- U9 – U12: Size 4 ball

Number of Players

- Teams play with 7 players on the field for each team with 1 player being a goalkeeper. A recommended maximum of 12 players on the roster.

All players must play at least 50% of all games, equal playing time is encouraged.

Duration of the Game

- The game is divided into two 25 minute halves with a 5 minutes halftime.
- Players and coaches are encouraged to arrive at least 30 minutes before the game. Preparation for the game becomes more important as players mature.

Substitutions

- Unlimited number and on any stoppage of play. Rule to be used as intended vs. slowing the game down or to win a game!
- We recommend the coach allows the players to get into the flow of the game and not substitute every 5 – 6 minutes. This also helps ensure players get to play the required playing time.

Fouls and Infractions

- Fouls occur more frequently as the players get older and mature. FIFA rules apply; this includes indirect and direct kicks. Soccer is a contact sport; players are allowed to make shoulder to shoulder contact within close proximity of the ball.

Ball in and out of play

The ball is out of play when the entire ball crosses over a touch line, whether it is on the ground or in the air.

- **Throw in's:** Awarded to the opponents of the player who last touched the ball before leaving the sideline. When taking a throw in players should ensure that both hands are on the ball and it is behind their head. Players must keep both feet on the ground prior to throwing in the ball. Otherwise the throw in is given to the opposing team. The referee is encouraged to provide feedback to the players to ensure it is a positive learning experience.
- **Goal Kicks:** Taken by the defending team after the ball has crossed the goal line after being touched last by the attacking team. The kick may be anywhere inside the goal area. The defending team must retreat behind the build out line.
- **Corner Kick:** When the defending team kicks the ball out over their own goal line. The ball will be placed within 1 yard of the corner to restart. The defending team must retreat at least 8 yards back from the corner until the ball is back in play.
- **Free Kicks:** FIFA rules apply.

Offsides

- U9 and U10: The offside rule applies, beyond the build out line only. See note on modified rules by CSA.

Practices

- U9 teams will practice twice a week for 75 minutes.
- U10 teams will practice 2 twice a week for 75 minutes.

Uniform

- Highlands Ranch Soccer Association uniform provider is soccer.com. Players are required to wear the official Highlands Ranch Soccer Association uniform, previous style uniforms are accepted. Individual teams cannot wear tank tops, t-shirts with team names or other modified jerseys.
- The uniform consists of a Royal and White shirt, black shorts and white or black socks.
- Home team wears royal and away team wears white.
- For safety reasons players should not wear uniforms with their name printed on it.
- Following items are NOT permitted:
 - 1) Hair control devices with hard parts.
 - 2) Jewelry of any sort including earrings.
- Following items are CONDITIONALLY permitted:
 - 1) Religious medals or medical tags which are taped to the body.
 - 2) Splints, casts, braces or other joint support devices that, on both coaches opinion are not dangerous and/or are padded with pliable material to eliminate the dangerous condition, e.g. bubble wrap.
- Footwear, molded soccer cleats are recommended. Sharp edges are not allowed, e.g. baseball cleats with metal parts.
- Shin guards are mandatory during all games and practices. Shin guards are to be worn underneath socks and NOT over the top of them.

General Rules

- **Coaches:** Coaches will refrain from entering the field during the course of play at all times. **If a player is injured the coach needs to get permission from the referee before entering the field.**
- **Referees:** Official referees are assigned by “Play the Whistle” and not LSC or Colorado United. However due to a shortage of referee’s in Colorado each team should have volunteer referee’s that have attended LSC’s in house referee training. These referee’s will have received a yellow “club trained referee” shirt and be aware of the rules. In case of game that hasn’t been assigned a referee by Play the Whistle the home team volunteer referee will step in.
- **Parents/Spectators:** All spectators should remain on the spectator sideline during the games. Coaching or helping the players is not tolerated. Players will learn and understand the game through their own experience and mistakes. Making a mistake is encouraged as it allows the players to learn from that experience.
- Half time and end of game snacks are encouraged; parents should rotate responsibilities to provide these.
- Coaches and players of BOTH teams will sit on the same side of the field. Spectators (parents, grandparents etc.) should sit on the opposite side of the field.
- Highlands Ranch Soccer Association and Colorado United are very proud of its history and tradition of good sportsmanship from its players, coaches and parents. Each person shall abide by the player, coach and parent code of conduct.

Highlands Ranch Soccer Association.

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