



# NATIONAL YOUTH SPORTS – SAN ANTONIO

## RULES – SOCCER 10-13 YEAR OLDS

*Applies to both practices and games*

*NYS may modify rules each season as needed*

<b>Sport Objective</b>	At this level youth should have a good concept of how the game is played. The game will be called tighter and officials will be using the standard rules of the game. There are limits on physical play by players to ensure safety.
<b>Sportsmanship</b>	We ask all coaches, parents and officials to encourage sportsmanship and fair play at all times. Any unsportsmanship or bad behavior by coaches, parents or players will be asked to leave the area. Any person ejected will be suspended from participating at their next scheduled game.
<b>Uniforms</b>	<ul style="list-style-type: none"> <li>- Players wear NYS provided jersey or approved jersey to participate in games.</li> <li>- Jersey's must be tucked into shorts to participate in games.</li> <li>- Shin guards are mandatory and must be worn under socks.</li> <li>- No hats, jewelry, metal or football cleats allowed. No exceptions!</li> <li>- Pennie or different jersey must be worn by goalie. Goalie gloves are optional.</li> </ul>
<b>Field Specs</b>	<ul style="list-style-type: none"> <li>- Ball size - 4</li> <li>- Goal size - 6 x 18</li> <li>- Field size – approximately 40 yards wide by 65 yards long depending on field availability</li> <li>- Home team provides game ball</li> <li>- Opening kick determined by refs and team captains.</li> <li>- Spectators must be a minimum of 5 yards behind sidelines and cannot stand near goal</li> </ul>
<b>Players</b>	<ul style="list-style-type: none"> <li>- To be eligible to play, players must be listed on the official season roster. Roster checks performed</li> <li>- Game is played 7-on-7 including goalkeeper. If team does not have enough players, then game is played 6 on 6 or 5 on 5 (teams to share players, if necessary).</li> <li>- Players not playing in the game must be 3 yards behind sidelines and on or near their benches.</li> <li>- Every player must play at least half of every game and play in both halves.</li> </ul>
<b>Game Play</b>	<ul style="list-style-type: none"> <li>- Consist of 4, 10- minute quarters with a 3-minute halftime and 1 minute between quarters</li> <li>- Clock starts on the official's whistle</li> <li>- Players must throw-in ball after any out of bounds play, unless corner or goal kick is called</li> <li>- Penalty kicks are placed 12 yards from goal line</li> <li>- No overtime – games end in a tie except during tournament play</li> <li>- <b>PER US SOCCER FEDERATION GUIDELINES FOR YOUTH, NO HEADERS ALLOWED</b></li> <li>- Player can control ball with their head after ball touches ground, but no intentional heading to score or to deflect ball away.</li> </ul>
<b>Substitutions</b>	<ul style="list-style-type: none"> <li>- Allowed with referee's acknowledgment - during breaks in play, kickoffs, scoring, goal kicks, etc.</li> </ul>
<b>Coaching</b>	<ul style="list-style-type: none"> <li>- Coaches must stay on their respective sides with players. Cannot cross the midline of field to coach. No coaching behind the goalie! Assistant coaches only allowed at players bench side.</li> <li>- Head coach has authority to limit playing time for any player who consistently misses practice without an excuse or has caused disciplinary problems.</li> </ul>
<b>Officiating</b>	<ul style="list-style-type: none"> <li>- <b><u>No slide tackling, high kicks or physical play!</u></b> Infraction ends in a turn over followed by referee's judgment call for free, direct, indirect, or penalty kick.</li> <li>- <b><u>Offsides</u></b> – will be enforced. Indirect free kick is awarded to the defense.</li> <li>- <b><u>Headers</u></b> – indirect kick will be awarded to defense even when inside the goal box.</li> <li>- <b><u>Hand Ball</u></b> – a hand ball is called when there is an intentional purpose to stop the ball. A player protecting themselves from being hit is not considered intentional. Shoulder contact is okay.</li> <li>- <b><u>Free, Direct, Indirect, and Penalty kicks</u></b> - awarded based on infraction</li> <li>- <b><u>Throw-ins</u></b> – players must have both feet on ground (planted, crossed, or drag one foot) and cannot cross side line. Infraction will end in a turn over.</li> <li>- <b><u>Yellow/Red Cards</u></b> – called for serious infractions (players or coaches) could result in ejection in game and/or may result in ejection for remainder of season. Includes unsportsmanship.</li> </ul>



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