



Youth Soccer U-16 Division Rules

GAME FORMAT

- 7 v 7 format
- #5 ball is utilized.
- Game consists of two 30-minute halves with one 5-minute halftime.
- Maximum number on the field: 7
- To start/finish match: 6 minimum

THE CLOCK

The clock will not stop except during halftime. However, time may be added for deliberate time wasting (delay of game) or stoppages due to injury. The referee is the official timekeeper and is the sole judge of how much time, if any, may be added.

SUBSTITUTIONS

Substitutions shall be unlimited except where specified otherwise in the Rules & Regulations. All players shall play a minimum of half of the game unless injury limits a player's ability to participate. An injured player, (or player who cannot continue due to illness), may be substituted for only when the referee has sent the player off the field.

- Substitutions may be made with the consent of the referee at the following times:
 - Prior to a throw in your favor
 - Prior to a goal kick by either team
 - After a goal by either team
 - After an injury by either team, when the referee stops the play
 - Substitutions shall not be limited to only the injured player or his team
 - At halftime
 - After a caution by either team

PLAYERS' EQUIPMENT

- All players must wear the jersey provided by The Family Y.
 - In the event of a conflict of team colors, the home team shall be required to wear pennies provided by The Family Y. Playing in "skins" shall **not** be allowed.
- Only molded cleats or tennis shoes will be allowed.
- Players shall not play with a cast. A brace preventing not correcting injury may be allowed at the referee's discretion.
- All players must wear shin guards covered completely with socks.
- Players will not be allowed to participate with improper equipment.

COACHES BOX AND TEAM AREA

- Only players, a coach, an assistant coach or team mom will be permitted in the team area. All others must be on the spectator's side of the field. Maximum of two coaches. One coach can be standing but other coach must be sitting and controlling the bench.

REFEREES

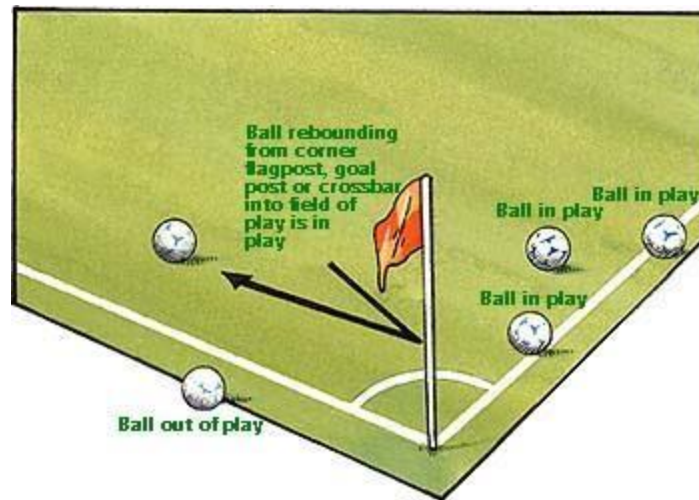
- The Family Y will provide at least 2 referees per U16 match.
 - In the event a referee is not present at a league match, the coach of each participating team shall each referee one-half of the game. The halves to be selected by mutual consent or by a third person agreed upon by both coaches.
- In the U16, the referees are encouraged to be instructional while applying the laws of the game. Expect the referees to apply the rules with caring and concern for the development and safety of the participants.

GAME PLAY

- A coin flip determines which team will begin the game with a kickoff. The visiting team calls heads or tails.
- Teams switch halves of the field at half time.
- Play is restarted at the beginning of each half and following a goal by means of a kickoff taken at midfield.
 - All players must be on their own half of the field.
 - Players on the non-kicking team must be outside of the circle before kickoff.
 - The ball is stationary on the center mark until the referee gives a signal.
 - The ball is in play when it is kicked and moves either forward or backward.
 - The kicking player cannot touch the ball a second time until it has been touched by another player (of either team).
 - All kick offs at the U16 level shall be indirect kicks, meaning that a goal cannot be scored unless the ball is touched by another player of either team before it goes in the goal. If the ball enters the non-kicking team's goal before being touched by another player, a goal kick is awarded to the non-kicking team.
- All games must begin on time. **A team not prepared to begin play within 15 minutes of the scheduled start time shall forfeit the game. A game that starts late will be shortened unless the delay is caused by the tardiness of the referees.**
- A drop ball is used to restart play after a temporary stoppage for any reason not otherwise mentioned in these rules.
 - The referee will drop the ball to team who gains possession after stoppage
 - Determination is made by the referee.
 - Players may not kick the ball until it touches the ground.
- **In COED there must always be one female playing. If the team cannot field a female, then they must play a man down.**

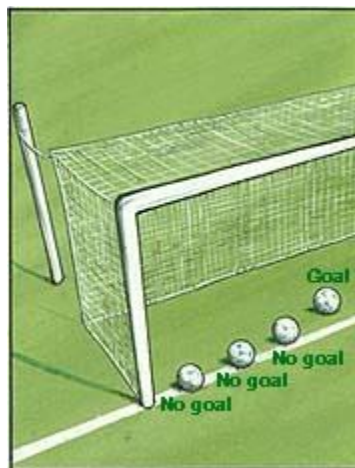
BALL IN AND OUT OF PLAY

- The ball is out of play when the whole ball has crossed the goal or touch line on the ground or in the air; or when play has been stopped by the referee.
- The ball is in play at all other times, including when it rebounds from a goalpost, crossbar, corner flag post or coach and remains in the field of play.



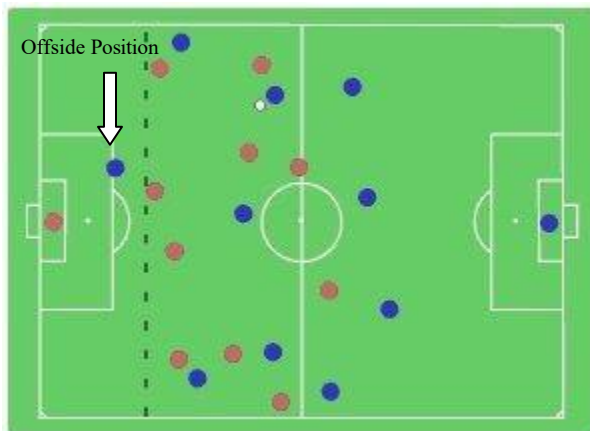
METHOD OF SCORING

- A goal is scored when the whole ball passes over the goal line between the goal posts and under the crossbar, provided that no infringement of the rules was committed by the team scoring the goal.



OFFSIDES

Offside will be called in U16



- A player in an offside position is only penalized if:
 - When the ball touches or is played by one of his/her team, he/she is in the opinion of the referee, involved in active play by:
 - Interfering with play
 - Interfering with an opponent
 - Gaining an advantage by being in that position.
- It is not an offence to be in an offside position.
 - A player is not in an offside position if:
 - He/she is in his/her own half of the field of play
 - He/she is level with the second to last opponent
 - He/she is level with the last two opponents
 - A player is in an offside position if:
 - He/she is nearer to his opponents' goal line than both the ball and the second to last opponent.
- There is no offside penalty during a throw or corner kick.

FREE KICKS

- Free kicks are awarded to the non-offending team at the spot of an infraction.
- Some infractions will result in **direct kicks**, while others will result in **indirect kicks**.
 - The following are infractions that result in a **direct kick** for the opposing team:
 - Tackling from behind
 - Grabbing and holding another player's shirt
 - Intentional tripping, pushing or shoving
 - Intentional handling
 - The following are infractions that result in an **indirect kick** for the opposing team:
 - Impeding the goalkeeper
 - Goalkeeper violating the 5 second rule
 - Goalkeeper handling
 - Incidental handling
 - Offside (in applicable leagues)
 - "Handling" is defined as follows:
 - When a player contacts the ball using any part of the hand or arm from the side of the shoulder to the tips of the fingers.
 - If the ball accidentally touches a player's arm or hand, it is generally not considered a foul unless the arm is in an unnatural position.
- The ball must be stationary prior to the kick, and the non-kicking team must yield a reasonable distance (8 yards, if possible) from the kicker.
- The ball is in play when it is kicked and moves one full revolution.
- No free kicks shall be taken by the attacking team within six (6) yards of the defender's goal.
- The kicker may not touch the ball a second time until it has been touched by another player.

PENALTY KICK

- A penalty kick is awarded against a team that commits one of the offenses in which a direct free kick is awarded while inside its own penalty area and while the ball is in play.
- The kick shall be taken from the penalty mark.
- A goal may be scored directly from a penalty kick.

GOALKEEPER

- Each team will provide one goalkeeper dressed in a contrasting goalkeeper jersey provided by the Family Y.
- Once the goalkeeper is ruled to have possession of the ball all players of the opposing team must move away from and out of the penalty area and not attempt to impede the goalkeeper from releasing the ball back into play.
 - Possession is interpreted by the referee but is generally described as any part of the goalkeeper's hand on the ball in an attempt to gain possession or control of the ball.
- The keeper may punt, place kick or throw the ball into play.
- The goalkeeper may take an unlimited number of steps in the penalty box but must put the ball in play within 5 seconds of gaining possession of the ball.
 - Violation of the 5 second rule will result in an indirect free kick awarded to the opposing team to be taken from a spot just outside the penalty box closest to the spot of the violation.
 - The 5 second rule does not apply to a goalkeeper who gains possession of the ball by his/her feet and never handles the ball. In this scenario the goalkeeper is considered a field player until such time he/she legally handles the ball.
- The goalkeeper may not touch a ball that is passed or thrown to them by a member of his/her own team. If ball is touched by keeper, then ball handling will be called, which will result in an indirect kick from the opposing team 6 yards outside of goal box closest to the infraction.

Goalkeeper and Goal-Kick Distribution Rule

- When a goalkeeper or defender takes a goal kick, or when a goalkeeper gains possession of the ball following a save, the ball may not travel directly across the halfway line in the air when being returned to play.
- The ball must touch the ground or another player before crossing the halfway line. A ball that is played along the ground may continue beyond the halfway line without penalty.
- If the ball crosses the halfway line in the air without first touching the ground or another player, the opposing team will be awarded an indirect free kick at the point on the halfway line where the ball crossed.
- This rule applies to goal kicks and all goalkeeper distributions following possession, including punts, drop kicks, throws, and kicks from the ground.

THROW-IN

- A throw-in is a method of restarting play and is awarded:
 - When the whole ball crosses the touch line in the air or on the ground
 - From the point where the ball crossed the touch line
 - To the opponents of the player who last touched the ball

- A proper throw-in is one in which:
 - The player faces the field of play
 - Has part of each foot either on the touch line (sideline) or on the ground outside the touch line
 - Uses both hands
 - Delivers the ball from behind and over his head
- The thrower may not touch the ball again until it has touched another player.
- The ball is in play immediately when it enters the field of play.
- A goal cannot be scored directly from a throw in. If the ball enters the non-throwing team's goal before being touched by another player, a goal kick is awarded to the non-throwing team. If the ball enters the throwing team's goal before it is touched by another player, a corner kick is awarded to the non-throwing team.
- There is no offside penalty on a throw in

GOAL KICK

A goal kick is a method of restarting play and is awarded when the whole ball, having touched a player of the attacking team, crosses the goal line on the ground or in the air, and a goal is not scored.

- Procedure:
 - The ball is kicked from any point within the goal area by a member of the defending team.
 - Opposing players must remain outside the penalty box until it is kicked.
 - The ball is in play when it is kicked and moves.
 - The goalie can pass to a teammate within the penalty box but the ball is then in play.
 - The kicking player cannot touch the ball a second time until it has touched another player.
- All goal kicks at the U16 level shall be indirect kicks, meaning that a goal cannot be scored unless the ball is touched by another player of either team before it goes into the goal. If the ball enters the non-kicking team's goal before being touched by another player, a goal kick is awarded to the non-kicking team. If the ball enters the kicking team's goal before it is touched by another player, a corner kick is awarded to the non-kicking team.

CORNER KICK

A corner kick is a method of restarting play and is awarded when the whole ball, having last touched a player of the defending team, crosses the goal line on the ground or in the air, and a goal is not scored.

- Procedure:
 - The ball is placed inside the corner arc at the nearer corner flag post.
 - The flag post cannot be removed from the ground for the kick.
 - Opposing players must remain 8 yards away from the ball until it is kicked.
 - The ball is kicked by a member of the attacking team.
 - The ball is in play when it is kicked and moves.

- The kicking player cannot touch the ball a second time until it has touched another player.
- All corner kicks at the U16 level shall be indirect kicks, meaning that a goal cannot be scored unless the ball is touched by another player of either team before it goes into the goal. If the ball enters the non-kicking team's goal before being touched by another player, a goal kick is awarded to the non-kicking team. If the ball enters the kicking team's goal before it is touched by another player, a corner kick is awarded to the non-kicking team.

FIVE SECOND RULE

- The ball must be put into play within five seconds of all restarts including throw-ins, free kicks, etc.
 - Violations of the five-second rule may result in an indirect free kick awarded to the opposing team, taken from the half line. The intent of this rule is to ensure that the game is not delayed unnecessarily.

SLIDE TACKLING

- There is no slide tackling allowed.
 - Violation of this rule will result in a direct kick by the opposing team at the spot of the foul unless the foul occurred in the penalty box. If the violation occurred in the penalty box, the violation will result in a penalty kick. Repeated violation may result in caution or send off. Safety is the main concern. At this age, players should be taught the finer points of defending while on their feet. A player does not have to make contact with an opponent to be judged as in violation of this rule. The referee is the sole judge of a sliding tackle violation.

PROTESTS

- The referee's judgment is final. Only where a team is suspected of using an ineligible player(s) can a protest be filed. Teams found guilty of ineligible participation must forfeit each game where ineligible players are involved. Coaches found guilty of using ineligible players shall be removed from The Family Y Youth Sports Program.
 - Ineligible player is defined as a player not registered for a play on a Family Y team and or not listed on a team's official roster as maintained in The Family Y Youth Sports office. Teams are expressly prohibited from allowing an ineligible player to play or practice with a registered Family Y Youth Sports team on or off The Family Y facilities.

CONDUCT

- Mutual understanding and respect are a must for all players, coaches, officials, parents, and staff.
- Any questions, comments or remarks should wait for the appropriate time (at half-time and end of game). Never during the game, except an injury time out, will the coach enter the playing area. Only after a time out has been called, or during half time, may the coach enter the playing area. Any discussion with the official will be at the official's discretion.
- The field supervisor or The Family Y Youth Sports Director will resolve any disputes or disagreements.

- Coaches and spectators must remain off the playing surface during play.
- Coaches and spectators are restricted from the area directly behind the goal lines.

GAME RESCHEDULES/RAINOUTS/INCLEMENT WEATHER

Only the referee or The Family Y Youth Sports staff may cancel, postpone or reschedule a scheduled game. Should a game's progress be terminated due to weather conditions after one half has been completed, the game will be considered official. If the match is terminated or postponed before the end of the first half and cannot continue, the game shall be rescheduled. Rescheduled games must be coordinated through and approved by The Family Y Youth Sports staff only. The incomplete game will be rescheduled and posted on www.wilson.ygametime.com within 48 hours.

POLICY

The Family Y Youth Sports Complex is a non-smoking, alcohol and drug free facility. We need everybody's help to maintain a safe and wholesome environment for our participants. For the safety of all participants, nonparticipating children should not be left unattended at any time.