



SYSA Soccer Rules for 2009 Fall League

I. Objectives of Soccer for U-7:

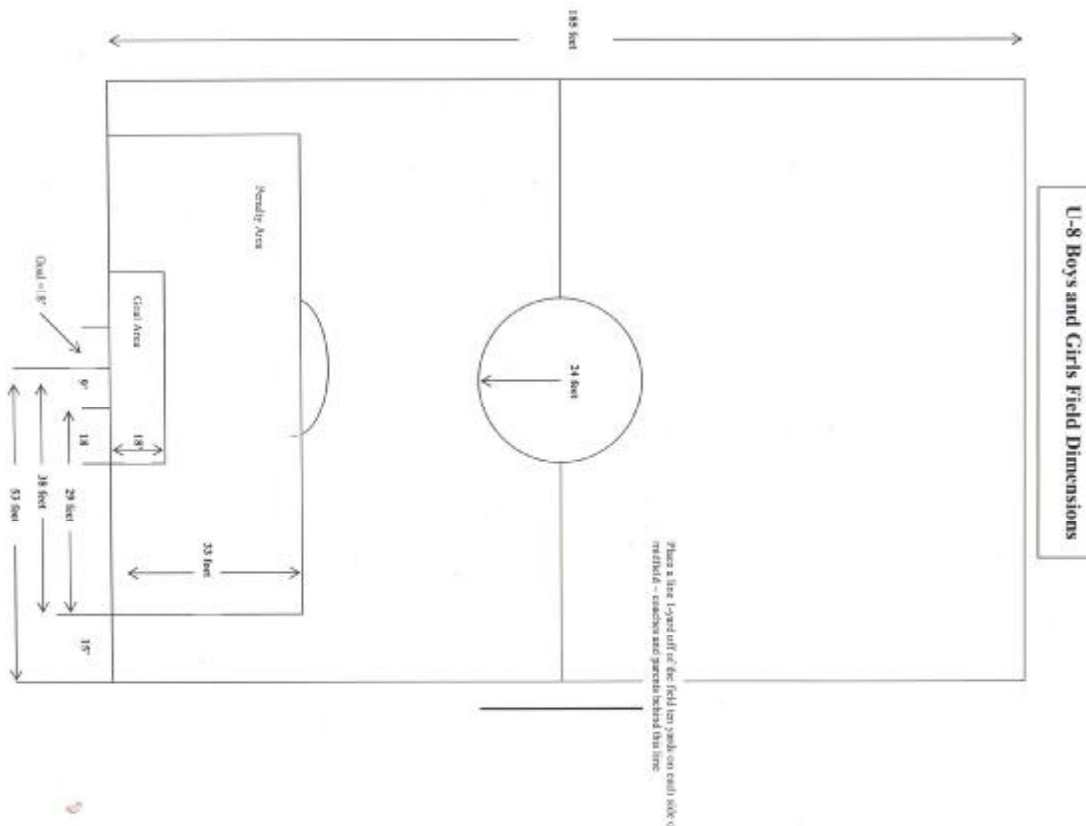
1. Every player must be given the opportunity to make frequent contact with the ball
2. Provide a playing environment which teaches and develops the fundamental soccer skills
3. Present a game that provides a simple understanding of the basic tactical configuration of soccer
4. Encourage decision making in the players
5. Make SOCCER FUN FOR EVERYONE!
6. Unless a change is stated, FIFA rules apply

II. Soccer Rules and Regulations:

1. Length of the Game

The game consists of two 20 minute halves, with a three to five minute break between the halves. Each team has the field for 1 hour.

2. Field Size



3. Ball Size

A size #3 ball is used for these games.

4. Players

A game is played with 6 players, including the goalkeeper, on the field. Each player must play at least 50% of each game and each player must receive playing time in each half. One player cannot be goalkeeper for more than half the game. The minimum number of players allowed on the field for a game to start or continue is 4. The maximum roster size is twice the number of players allowed on the field.

5. Ball Out of Play Over the Touch Line

When the ball goes out of bounds on the sidelines then a throw-in will take place.

Coach/Referee is encouraged to show how to restart play correctly. Player may retake the throw in until correct.

6. Direct Free Kicks

There are no Direct Free Kicks. All fouls are "Indirect Free Kick".

7. Indirect Free Kicks

On an indirect free kick, the opposition must be 6 yards away from the ball and the ball must be touched by a second player (from either team) before:

- a. The player taking the free kick can touch the ball again
- b. A goal can be scored.

8. Penalty Kick

No penalty kicks are to be taken during the games.

9. Slide Tackles

Slide tackles are not allowed.

10. SYSA Sportsmanship/Score Differential Policy

This policy does not apply to this Age Group, however, coaches are encouraged to control a high scoring game by playing weaker players forward and stronger players in defense. A coach should not prevent players from scoring.

11. Substitutions

The number of substitutes shall be unlimited. Substitutions are done during the following times:

- a. Prior to a throw-in, in your favor.
- b. Prior to a goal kick, by either team.
- c. After a goal, by either team.
- d. After an injury, when play is stopped, by either team.
- e. At half time.
- f. When the game is stopped to caution a player, only the cautioned player may be substituted, prior to the restart of the game.

12. Examples of Fouls to Focus on

- a. No deliberate hand balls – Note at this age there are a lot of non-deliberate hand balls. Only call Hand Ball if the player made a purposeful attempt to either catch the ball or knock it away with one or both hands.
- b. No pushing another player using your hands or arms.
- c. Shoulder charges are legal providing they are equally contested.

13. Off-sides

There are no off sides, however, coaches should not "camp" a forward in front of the opponent's goal nor should coaches "camp" a defender in front of their own goal. Such action would offend the spirit of this rule change.

14. Referee / Coaches

A coach from one of the teams or a parent volunteer will referee the game. Coaches, especially if refereeing, shall limit their coaching during a game to encouraging comments and strategy calls.

III. Basic Skills of Soccer

At this level of play you should focus on the following skills:

1. Ball Control
2. Dribbling
3. Passing
4. Shooting
5. Throw-ins

IV. Tactical Team training Ideas

At this level you should be training the players how to:

1. Throw-ins (page 6 of manual)
2. Start of game: show how to kick forward to a teammate
3. Be sure to "balance" your team in each quarter
4. Teach which direction your players need to go: "practice it"
5. At your practices, try to utilize your "balanced" 2 teams (4v4) to run your practice games so that your players get use to playing together under a game condition.
6. Teach players how to defend corner kicks.
7. Teach players how to kick a corner kick
8. Teach goalie and defender how to kick "goal kicks"

Any questions contact:

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