

**PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

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**Introduction:**

Welcome to the Recreational Program at the ***PSL Soccer Club***. This document will serve as a guide to how the club expects the season to run, give you guidelines for the season and describe playing rules for each division. We hope you find the rules and guidelines for the season useful to ensure the players get the best soccer experience possible.

The different age group formats were chosen by the Board of Directors to give the players the best chance at developing their soccer skills within the confines of enrollment numbers, field space and US Youth Soccer and Florida Youth Soccer Association mandates and guidelines.

Any questions and or concerns should be directed to the Director of Coaching, Board Member or the Club President.

**Age Breakdowns:**

\* Micro - ages 3-5. Play 4v4, no GKs/small goals on the Micro fields, Micro 1 and Micro 2.

\* U8 - ages 6-7. Play 4v4, no GKs/small goals on fields U8 East and U8 West.

\* U10 - ages 8-9. Play 7v7 with GKs on fields 3 and 2.

\* U12 - ages 10-11. Play 9v9 with GKs on fields 3, HS West ( 1A ), HS East ( 1B ) and U12 #2 Comp.

\* U14 - ages 12-13. Play 9v9 In House or 11v11 in the TCSL, with GKs on fields HS West (1A), HS East (1B) and U12 #2 Comp.

\* High School - ages 14-18. Play 7v7 In House or 11v11 in the TCSL with GKs on fields HS West (1A), HS East (1B) and U12 #2 Comp.

**PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Specific Age Rules for 4 v 4 Play: Micro – Rules:**

\*Game is played 4 v 4. (3) players minimum on the field for a team to start a game.

\* No GK.

\* Small Goals.

\* Throw-ins from side line if ball goes out.

\* No corner kicks, defending team always plays ball out from a goal kick start from the top of the arc in the goal area. Attacking team retreats to halfway.

\* Goal kicks, when the ball crosses the end line the result is a Goal Kick. The opposing team must retreat to the mid field line.

\* Penalty Arc, No ball is to be played inside the penalty arc and no player shall stand inside the penalty arc. If the ball stops inside the arc the result is a Goal Kick. A ball can be passed through the arc and a player can run through the arc but there will be no shots on goal taken inside the arc.

\* Kickoff from center after goal is scored. Team that just scored retreats to their own penalty arc.

\* ( 1 ) Referee.

\* Game Duration is ( 2 ) 20 minute halves with 5 minute halftime.

\* Ball used is a size ( 3 )

\* No Offsides

\* Substitutions are unlimited and on the fly but a player has to come off of the field for another to come on.

\* Substitutions are made from the mid-field line

\* There will be No Heading drills.

**Guidelines for Micro Games:**

EQUAL PLAYING TIME.

* The aim with the Micro players is to try and develop each child’s love for soccer; they should be having fun and celebrated for their efforts at all times.
* Make sure that all players are hydrating if they are not on the field. Play stops each time the ball leaves the field of play.
* Coaches will encourage the players to keep the ball on the field as much as possible.
* For hand balls or free kicks if someone is tripped for example, award the victim’s team the free kick and order the offender’s team to retreat to their own half or their goal depending where the ball is placed. No free kicks will be taken inside the goal arc or on the arc.
* Coaches will be responsible for player supervision. Coaches shall be the only voice to give instructions to the players.
* Parents are not permitted on the player’s side of the field or behind the goals.
* Promote Good Sportsmanship and teamwork.
* The Referees are the “ultimate authority”
* No Jewelry can be worn

**PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Specific Age Rules and Guidelines for U8 4v4 play**

**\* Teams play 4v4 in U8. Minimum of ( 3 ) players on the field for a team to start a game.**

**\* Game play is 4 field players – No Goalie for U8**

**\* Throw-ins from side lines.**

**\*Goal Kicks. For Goal Kicks in U8 - the opposing team must retreat to mid-field so the kicking team has the ability to play the ball out of the goal area – “The Arc” Once the ball leaves the ARC then the opposing team can advance to the ball.**

**\* No offside in U8.**

**\* No Goal Hanging / Cherry Picking by either team. No players are allowed in the ARC – Coaches cannot place a player as a defender in front of the ARC. A Goal can be scored once the ball has crossed mid-field.**

**\*No Corner Kicks – All restarts if the ball leaves the field behind the goal will be a “Goal Kick” Regardless of who touches the ball last.**

**\* Kick off from center after goal is scored.**

**\* ( 1 ) Referee.**

**\* Game duration in U8 is ( 2 ) 20 minute halves with a 5 minute half time.**

**There is a 1 minute water break with having ( 1 ) break for each half.**

**\* Substitutions are unlimited and on any stoppage. A player must leave the field before another player can come on.**

**\* Substitutions are made from the mid-field line.**

**\* Coaches are to stay within their technical area which is 3yds in front of the bench and 5 yds from either side of the bench. Coaches are not to coach from the mid-field line or by the goal areas.**

**\* NO PARENTS are allowed on the player’s bench area or behind the goals.**

**\* Coach is the only voice to give tactical and technical information to the players.**

**\*There’s NO HEADING or SLIDE TACKLING ALLOWED**

**\* Ball size is ( 3 ).**

**\* There will be No Heading drills. We want to limit the amount of times the head comes in contact with the ball.**

**U8 Guidelines:**

**\*Parents cannot be behind the goal area. Parents should not be giving instructions**

**\* At Practice – Parents should not be on the field, they should be off the sidelines.**

**\* The game should be free – flowing and fun. There should be an emphasis on creative thinking and working as a team. The game should be the teacher, everyone plays at least ½ of the game.**

**\*Focus should be on enhancing and developing individual skills as well as problem solve as a team working together.**

**\* Game time should not be the time to coach – If needed short instructions should be given and let the kids play. We should encourage good play from both teams, the outlook should not be the outcome of the game but if the players had fun and learned.**

**\* Encourage goals to be scored, there shouldn’t be an emphasis on tactical play – everyone should have the chance to score.**

**\* Leave the Referee alone – They are there to facilitate the game. The focus should be on the game and not the referees calls.**

**\*Coaches are responsible for their parents / spectators. Please make sure that they are allowing you to coach and they are enjoying the game. If parents want to coach from the sidelines, we can always use more coaches and their welcome to sign up.**

**PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Specific Age Rules and Guidelines for U10 7v7 play:**

\* U10 Teams play 7v7 and with a minimum of (6) players on the field for a game to start.

\* Game play is 6 field players, 1 goal keeper for U10.

\* Throw-ins from side lines.

\* Corners and Goal Kicks. For U10 – the opposing team must retreat to the “Build Up Line” on a Goal Kick or if the Goalie has possession of the ball.

\* U10 there’s a “Build Up” line drawn where Offside calls will be made from this line.

\* No Goal Hanging / Cherry Picking by either team. If a player is found to be Goal Hanging then an “obvious” offside call will be made.

\* Kick off from center after goal is scored.

\* ( 1 ) Referee.

\* Game duration ( 2 ) 25 minute halves with a 5 minute haIf time, there is a 1 minute water break with having ( 1 ) break for each half.

**\*** Substitutions are unlimited and on any stoppage. A player must leave the field before another player can come on.

\* Substitutions are made from the mid-field line.

\* Coaches are to stay within their technical area which is 3yds in front of the bench and 5 yds from either side of the bench. Coaches are not to coach from the mid-field line or by the goal areas.

\* NO PARENTS are allowed on the player’s bench area or behind the goals.

\* Coach is the only voice to give tactical and technical information to the players.

\* Ball size is ( 4 ).

\* There’s NO Mercy Rule! All coaches for the good of the game and by showing Good Sportsmanship shall alter their play and challenge their team if the game is under the “slaughter” condition. The idea isn’t to play keep away and embarrass the opposing team but look for alternative ways to score, i.e. using the left foot or less dominant foot if the score becomes lopsided.

\* There will be a maximum goal differential of 5 goals, example. If the score is 11-1, we will only record the difference of 5 goals so the score is recorded as 6-1.

\* The Referees are the “Ultimate Authority” – No call will be changed because you had to argue your point. All Referees are United States Soccer Federation Certified. All calls are final.

\* If a Coach is ejected from a game for unsportsmanlike conduct, dissention to officials or any conduct that violates the “Coaches Code of Ethics” then the Assistant Coach will remain as the Coach of the team. If there’s no Assistant Coach on the roster then the game will be deemed a forfeit with a score of 3-0 being awarded to the opposing team.

\* If a Parent is ejected from a game for unsportsmanlike conduct, dissention to officials or any conduct that violates the “Parents Code of Ethics” then the Coach will be ejected also. The Assistant Coach will remain as the Coach, if there’s no Assistant Coach on the team roster then the game will be deemed a forfeit and a score of 3-0 will be awarded to the opposing team. \*\* Coaches are responsible for their behavior and the behavior of their parents. It is the responsibility of the coaches to control their parents and themselves, please let a Board Member know if there’s a parent / spectator that is acting in a manner detrimental to the game and code of ethics.

\* There will be No Heading drills. We want to limit the amount of times the head comes in contact with the ball.

\* Deliberate heading is not allowed in 7v7 games

If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense

If the deliberate header 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

When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play

Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (**punting is not allowed**)

After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. If the defending team plays the ball out before the opposing team retreats then play resumes.

If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.

If the punt 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

**Guidelines for U10:**

**EQUAL PLAYING TIME for all players.**

* One player must always be a goalkeeper and be distinguishable from the other players by wearing an alternate color jersey.
* Coaches will encourage players to defend and attack as a team.
* Coaches will rotate players through different positions and areas on the field to give all players the chance to defend and attack.
* Try to play the following 1-3-2 diamond “formation”. This teaches the basic principles of “shape” for a soccer team and encourages players to move and help each other out on the field. When putting them on the field, refer to the positions by what they provide the team’s shape with: width, length, depth and support.
* Promote Good Sportsmanship and teamwork.
* The Referees are the “ultimate authority”
* No Jewelry can be worn.

**PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Specific Age Rules and Guidelines for 9 v 9 play. U12 – Rules:**

\* Game play is 9v9. Minimum of ( 7 ) players on the field for a team to start a game.

\* 8 field players, 1 goal keeper.

\* Throw-Ins from side line if ball goes out.

\* Corners and goal kicks. Goal Kicks cannot go past Mid-Field. If a ball is kicked past mid-field then an “indirect-free kick” will be awarded to the opposing team at the spot where the ball lands.

\* Kick off from center after goal is scored.

\* Game Duration is ( 2 ) 30 minute halves with a 5 minute halftime. There will be a (1) minute water break issued per half.

\* ( 2 ) Referees.

\* Off sides will be called.

\* Game ball size is ( 4 )

\* No parents are allowed on the player’s bench area and behind the goals.

\* Coaches are the only voice to give players technical and tactical information.

\* Substitutions are on any stoppage. A player must come off first before a player can come on.

\* Coaches must stay within the technical area which is 3 yds in front of the bench and 5 yds from either side. Coaches cannot coach from mid-field or by the goal areas.

\* There’s NO Mercy Rule! All coaches for the good of the game and by showing Good Sportsmanship shall alter their play and challenge their team if the game is under the “slaughter” condition. The idea isn’t to play keep away and embarrass the opposing team but look for alternative ways to score, i.e. using the left foot or less dominant foot if the score becomes lopsided.

\* There will be a maximum goal differential of 5 goals, example. If the score is 11-1, we will only record the difference of 5 goals so the score is recorded as 6-1.

\* The Referees are the “Ultimate Authority” – No call will be changed because you had to argue your point. All Referees are United States Soccer Federation Certified. All calls are final.

\* If a Coach is ejected from a game for unsportsmanlike conduct, dissention to officials or any conduct that violates the “Coaches Code of Ethics” then the Assistant Coach will remain as the Coach of the team. If there’s no Assistant Coach on the roster then the game will be deemed a forfeit with a score of 3-0 being awarded to the opposing team.

\* If a Parent is ejected from a game for unsportsmanlike conduct, dissention to officials or any conduct that violates the “Parents Code of Ethics” then the Coach will be ejected also. The Assistant Coach will remain as the Coach, if there’s no Assistant Coach on the team roster then the game will be deemed a forfeit and a score of 3-0 will be awarded to the opposing team. \*\* Coaches are responsible for their behavior and the behavior of their parents. It is the responsibility of the coaches to control their parents, please let a Board Member know if there’s a parent / spectator that is acting in a manner detrimental to the game and code of ethics.

\* There will be No Heading drills. We want to limit the amount of times the head comes in contact with the ball.

Deliberate heading is not allowed in U12 games.

If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense

If the deliberate header 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

\*Punting is allowed by Goalies, the ball cannot cross midfield in the air. If the ball crosses over midfield in the air then an “indirect – free kick” will be awarded from the spot where the ball lands to the opposing team. Teams are encouraged to play the ball from their own end and avoid “Goal to Goal” punts.

**Guidelines for U12**

* **EQUAL PLAYING TIME.**
* One player must always be a goalkeeper and be distinguishable from the other players by wearing an alternate color jersey.
* Coach will encourage players to defend and attack as a team.
* Coach will rotate players through different positions and areas on the field so every player has the chance to defend and attack.
* Try to play the following 3-3-2 diamond “formation”. This teaches the basic principles of “shape” for a soccer team and encourages players to move and help each other out on the field. When putting them on the field, refer to the positions by what they provide the team’s shape with: width, length, depth and support.
* Promote Good Sportsmanship and teamwork.
* The Referees are the “ultimate authority”.
* No Jewelry can be worn.

**PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Specific Age Rules and Guidelines for 9 v 9 play. U14 Rules:**

\* Game play is 9v9. Minimum of ( 7 ) players on the field for a team to start a game.

\* 8 field players, 1 goal keeper.

\* Throw-Ins from side line if ball goes out.

\* Corners and Goal Kicks. Goal Kicks cannot go past Mid-Field. If a Goal Kick goes past mid-field, an “Indirect-Free Kick” will be awarded to the opposing team at the spot where the ball lands.

\* Kick off from center after goal is scored.

\* Game Duration is ( 2 ) 30 minute halves with a 5 minute halftime. There will be a (1) minute water break issued per half.

\* ( 2 ) Referees.

\* Off sides will be called.

\* Game ball size is ( 5 )

\* No parents are allowed on the player’s bench area and behind the goals.

\* Coaches are the only voice to give players technical and tactical information.

\* Substitutions are on any stoppage. A player must come off first before a player can come on.

\* Coaches must remain within the technical area which is 3 yds in front of the bench and 5 yrs from either side. Coaches may not coach from mid-field or by the goal areas.

\* There’s NO Mercy Rule! All coaches for the good of the game and by showing Good Sportsmanship shall alter their play and challenge their team if the game is under the “slaughter” condition. The idea isn’t to play keep away and embarrass the opposing team but look for alternative ways to score, i.e. using the left foot or less dominant foot if the score becomes lopsided.

\* There will be a maximum goal differential of 5 goals, example. If the score is 11-1, we will only record the difference of 5 goals so the score is recorded as 6-1.

\* The Referees are the “Ultimate Authority” – No call will be changed because you had to argue your point. All Referees are United States Soccer Federation Certified. All calls are final.

\* If a Coach is ejected from a game for unsportsmanlike conduct, dissention to officials or any conduct that violates the “Coaches Code of Ethics” then the Assistant Coach will remain as the Coach of the team. If there’s no Assistant Coach on the roster then the game will be deemed a forfeit with a score of 3-0 being awarded to the opposing team.

\* If a Parent is ejected from a game for unsportsmanlike conduct, dissention to officials or any conduct that violates the “Parents Code of Ethics” then the Coach will be ejected also. The Assistant Coach will remain as the Coach, if there’s no Assistant Coach on the team roster then the game will be deemed a forfeit and a score of 3-0 will be awarded to the opposing team. \*\* Coaches are responsible for their behavior and the behavior of their parents. It is the responsibility of the coaches to control their parents, please let a Board Member know if there’s a parent / spectator that is acting in a manner detrimental to the game and code of ethics.

\* There will be No Heading drills. We want to limit the amount of times the head comes in contact with the ball.

\*Punting is allowed but the ball cannot cross Mid-Field in the air. If the ball is punted past mid-field then an “Indirect-Free Kick” will be awarded to the opposing team at the spot where the ball lands. We want the teams to play the ball out of their own end and avoid “Goal to Goal” kicks.

**Guidelines for U14**

EQUAL PLAYING TIME.

* One player must always be a goalkeeper and be distinguishable from the other players by wearing an alternate color jersey.
* Coach will encourage players to defend and attack as a team.
* Coach will rotate players through different positions and areas on the field so every player has the chance to defend and attack.
* Try to play the following 3-3-2 diamond “formation”. This teaches the basic principles of “shape” for a soccer team and encourages players to move and help each other out on the field. When putting them on the field, refer to the positions by what they provide the team’s shape with: width, length, depth and support.
* Promote Good Sportsmanship and teamwork.
* The Referees are the “ultimate authority”.
* No Jewelry can be worn.

**PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Specific Age Rules and Guidelines for 7 v 7 play. High School Rules:**

\* Game play is 7v7. Minimum of ( 5 ) players on the field for a team to start a game.

\* 6 field players, 1 goal keeper.

\* Throw-Ins from side line if ball goes out.

\* Corners and goal kicks. Goal Kicks cannot pass Mid-Field in the air. If the ball crosses Mid-Field in the air then an “Indirect-Free Kick” will be awarded to the opposing team at the spot where the ball lands.

\* Kick off from center after goal is scored.

\* Game Duration is ( 2 ) 30 minute halves with a 5 minute halftime. If the weather is hot and both coaches agree a (1) minute water break will be issued per half.

\* ( 2 ) Referees.

\* Off sides will be called.

\* Game ball size is ( 5 )

\* No parents are allowed on the player’s bench area and behind the goals.

\* Coaches are the only voice to give players technical and tactical information.

\* Substitutions are on any stoppage. A player must come off first before a player can come on.

\* Coaches must stay within the technical area which is 3 yds in front of the bench and 5 yds from either side. Coaches cannot coach from mid-field or the goal areas.

\* There’s NO Mercy Rule! All coaches for the good of the game and by showing Good Sportsmanship shall alter their play and challenge their team if the game is under the “slaughter” condition. The idea isn’t to play keep away and embarrass the opposing team but look for alternative ways to score, i.e. using the left foot or less dominant foot if the score becomes lopsided.

\* There will be a maximum goal differential of 5 goals, example. If the score is 11-1, we will only record the difference of 5 goals so the score is recorded as 6-1.

\* The Referees are the “Ultimate Authority” – No call will be changed because you had to argue your point. All Referees are United States Soccer Federation Certified. All calls are final.

\* If a Coach is ejected from a game for unsportsmanlike conduct, dissention to officials or any conduct that violates the “Coaches Code of Ethics” then the Assistant Coach will remain as the Coach of the team. If there’s no Assistant Coach on the roster then the game will be deemed a forfeit with a score of 3-0 being awarded to the opposing team.

\* If a Parent is ejected from a game for unsportsmanlike conduct, dissention to officials or any conduct that violates the “Parents Code of Ethics” then the Coach will be ejected also. The Assistant Coach will remain as the Coach, if there’s no Assistant Coach on the team roster then the game will be deemed a forfeit and a score of 3-0 will be awarded to the opposing team. \*\* Coaches are responsible for their behavior and the behavior of their parents. It is the responsibility of the coaches to control their parents, please let a Board Member know if there’s a parent / spectator that is acting in a manner detrimental to the game and code of ethics.

\* There will be no Heading Drills. We want to limit the amount of times the head comes in contact with the ball.

Punting is allowed but the ball cannot pass Mid-Field in the air. If the ball crosses mid-field in the air then an “Indirect-Free Kick” will be awarded to the opposing team at the spot where the ball lands. We want teams to play the ball out from their own end and avoid Goal to Goal kicks.

**Guidelines for High School:**

* EQUAL PLAYING TIME.
* One player must always be a goalkeeper and be distinguishable from the other players by wearing an alternate color jersey.
* Coach will encourage players to defend and attack as a team.
* Coach will rotate players through different positions and areas on the field so every player has the chance to defend and attack.
* Try to play the following 3-1-2 diamond “formation”. This teaches the basic principles of “shape” for a soccer team and encourages players to move and help each other out on the field. When putting them on the field, refer to the positions by what they provide the team’s shape with: width, length, depth and support.
* Promote Good Sportsmanship and teamwork.
* The Referees are the “ultimate authority”
* No Jewelry can be worn.

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**PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Summary:**

We hope you find this useful and give you a clear vision on how the games are to be played.

Remember that these are just guidelines and can be adapted each season for the needs of the club and game. Since FYSA has an equal playing time protocol in recreational soccer as coaches and parents we should not be trying to win at all costs, rather look for the opportunity for player development and ways to enhance all of the player’s skill sets. Every player shall get the chance to play, if coaches can utilize the diamond “shape” they may find themselves losing some goals but over the course of the season the shape will help teach the players how to help each other on the field and give them a better understanding on the game. This will also give the parents and players a better enjoyment of the game and overall feeling of accomplishment through teamwork in an educational and nurturing environment.