



# NATIONAL YOUTH SPORTS-SAN ANTONIO

## RULES- SOCCER 11-14 YEARS OLDS

Applies to both practices and games.

NYS modifies rules each season as needed.

<b>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>Safety</b>	All parents must sign the Covid-19 waiver. Parents should monitor the health of their child and if experiencing symptoms, do not participate in any sporting practice or games. Let NYS know of the presence of symptoms. Get tested for Covid-19 promptly and report results to the program. Social distancing (6ft apart) must be practiced as much as possible. Spectators should sit 6ft.apart while watching the game. Masks are required for all spectators, coaches, players, volunteers, and staff. Players, coaches, and staff in active play do not have to wear the masks. Masks must be worn when social distancing cannot be practiced. Equipment will be sanitized as needed. Limit sharing equipment as much as possible. Use hand sanitizer as much as necessary. No team drinks or snacks should be handed out to limit items coming from different households. Each child is responsible for his/her own drink. For a full list of safety protocols please refer to the <a href="#">Play Safe. Stay Safe-Hygiene Plan</a> .
<b>Sportsmanship</b>	We ask all coaches, parents and officials to encourage sportsmanship and fair play at all times. Any unsportsmanship or bad behavior, the offending person will be asked to leave the area. Any person ejected will be suspended from participating at the next scheduled game.
<b>Uniforms</b>	Players wear NYS provided jersey or approved jersey and must be tucked in to participate in games. Shin guards are mandatory and must be worn under socks. No hats, jewelry/earrings, metal cleats or football cleats allowed. No exceptions. Goalies must bring a pinnie or different jersey to wear. Goalie gloves are optional.
<b>Field Specs</b>	Ball size- 5 Goal size- 6x18 Field size- approximately 40 yards wide by 65 yards long, depending on field availability. Home team provides game ball. Opening kick determined by officials and team captains. Spectators must be a minimum of 5 yards behind side lines and cannot be near the goal..
<b>Player Information</b>	To be eligible to play, players must be listed on the official season roster.Roster checks performed. Game is played 7-on-7 including goalkeeper. If a team does not have enough players then game is played 6 on 6 or 5 on 5 (teams to share players, if necessary). Players not playing in the game must be 3 yards behind sidelines and on or near the benches. Every player must play at least half of every game and play in both halves.
<b>Game Specs</b>	Consist of 4, 10-minute quarters with a 3-minute halftime and 1 minute between quarters. Clock starts on the official's whistle.



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	<p>Players must throw the ball in after any out of bounds play, unless corner or goal kick is awarded.</p> <p>Penalty kicks are placed 12 yards from the goal line.</p> <p>No overtime- games end in a tie except during tournament play.</p> <p>Player can control the ball with their head after ball touches ground but no intentional heading to score or to deflect the ball away.</p> <p><u>Mercy Rule</u>: Team winning by 5 or more, must take a defensive position and refrain from attacking the goal.</p> <p><b>PER US SOCCER FEDERATION GUIDELINES FOR YOUTH, NO HEADERS ALLOWED.</b></p>
<b>Substitutions</b>	<p>Allowed with referee’s acknowledgement during breaks in play, kickoffs, goal kicks, etc.</p>
<b>Coaching</b>	<p>Coaches must stay on their respective sides with players; Cannot cross the midline of the field to coach.</p> <p>No coaching behind the goalie. Assistant coaches only allowed at players bench side.</p> <p>Head coach has authority to limit playing time for any player who consistently misses practice without an excuse or has caused disciplinary problems.</p>
<b>Officiating</b>	<p><b>No slide tackling, No high kicks or physical play!</b>- Infraction ends in turn over followed by official’s judgement call for free, direct, indirect, or penalty kick.</p> <p><b>Offsides</b>- Will be enforced; if called, an indirect free kick is awarded to the defense.</p> <p><b>Headers</b>- Indirect kick awarded to defense even if inside the goal box.</p> <p><b>Hand Ball</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.</p> <p><b>Free, Direct, Indirect, and Penalty Kicks</b>- Awarded according to infraction.</p> <p><b>Throw-Ins</b>- Players must have both feet on both feet on the ground (planted, crossed, or drag one foot) and cannot cross side line. Infraction will end in a turn over.</p> <p><b>Yellow and Red Cards</b>- Called for serious infractions (players and coaches) could result in ejection in game and may result in suspension for following game and/or ejection for remainder of season. Includes unsportsmanship.</p>
<b>Parents</b>	<p>While we encourage parents to get involved, during games we ask all parents to allow the coaches to coach and officials to officiate. Please limit your coaching from the sidelines.</p>