

Arlington Recreation Rules

What's in this document:

1. Summary of numbers on the field and how long games are.
2. Detailed rules of each age group.

Summary of Age Groups

1. U12 Boys -

- 7 vs 7 Gender Specific (6 field Players plus a Goalie)
- 24 minute halves with 5 minute half time
- Referee may add time due to delay for injury or slow substitutions

2. U12 Girls -

- 7 vs 7 Gender Specific (6 field players plus a goalie)
- 24 minute halves with 5 minute half time
- Referee may add time due to delay for injury or slow substitutions

3. U15 Boys -

- 7 vs 7 Gender Specific (6 field players plus a goalie)
- 30 minute halves with 5 minute half time
- Referee may add time due to delay for injury or slow substitutions

4. U15 Girls -

- 7 vs 7 Gender Specific (6 field players plus a goalie)
- 30 minute halves with 5 minute half time
- Referee may add time due to delay for injury or slow substitutions

U12 BOYS AND GIRLS PROGRAM

(7 v 7) – Gender Specific - Size 4 Ball

Arlington Soccer's U12 Girls and Boys Program are gender specific programs that continue to build upon the basics of soccer. The intent is to focus on the five areas of dribbling, shooting, passing, receiving and juggling. Coaches are to continue teaching off-sides and to further develop the position of goalkeeper.

SEASON:

The U12 Boys and Girls offer a partnership with the Bartlett Youth Soccer League. Each league season consists of a nine game schedule spanning three months

with the goal of playing at least seven games. Games due to inclement weather may not be rescheduled depending upon field availability.

RULES:

Exceptions to regular soccer rules for this program include:

- Off-sides will be called but the referee.
- All kicks are indirect free kicks
- Goal Kicks are taken from the top of the 6 yard box inside the penalty box
- No standings are kept
- No players' cards are issued

PRACTICES:

Practices are held once or twice a week after school (5:30pm – 8:30pm) Monday through Friday for a recommended time of 1 hour. Practices begin 2 – 4 weeks before the start of the first game and continue throughout the season.

GAMES:

Games are allotted an hour and fifteen minute time slot.

Scheduled games are held:

- Saturdays (8:30am – 6pm)
- Occasional week nights (5:00pm – 8:00pm)

Typical season:

- FALL: August – November
- SPRING: March - May
- Teams are formed by gender and will play 7 v 7 with goalkeepers (6 players plus a goalkeeper) on a minimum 75 x 47 yard field.
- There will be two 24-minute halves with a continuous running clock and a halftime of 5 minutes. Referees may add time if there is too much time between substitutions or an injury. Teams must change directions at halftime. The coaches will signal start and stoppage of each half.
- All players, with each player having the opportunity to play in the goal if the child is willing, should experience the Goalkeeper position. If there is a child that wants to play GK more then it is fine to encourage them to play more, this is a specialized position and player must want to do it. Goalkeepers must wear a contrasting jersey, (scrimmage vests are fine). Goalkeepers may only use their hands in the marked goal area, once outside the area; the goalkeeper becomes a field player.
- All players should take an active part in game play. Each player should be allowed a minimum of 50% playing time during each half.
- Substitutions should take place approximately every 5-10 minutes or as needed based on the players, giving everyone as many touches on the ball as possible. Substitutions are allowed at any stoppage of play. Your team does not have to be in possession. Examples: throw-ins, goal kicks, re-start of play following a goal.

START OF PLAY

A player kicking the ball in a forward direction starts play from the center of the field. The kicker cannot play the ball a second time until it has been touched or played by another player. Every player must be in his/her own half of the field and opponents shall be at least five yards away (outside the center circle) from the ball until it has been kicked-off. The ball is "in play" when it has been touched. After a goal has been scored, the game is re-started by a player from the non-scoring team. Any infringement of kick-off rules will result in a re-play of the kick-off and an explanation by the referee to the offending player.

BALL IN AND OUT OF PLAY

The ball is out of play:

When the whole ball has crossed the goal line, whether on the ground or in the air;

When the Referee has stopped the game; the ball is in play at all other times from the start to the finish of the match.

METHODS OF SCORING

A goal is scored when the whole ball crosses the goal line, between the goal posts, and under the crossbar.

OFFSIDE

A player is not in an offside position if: He is in his own half of the field of play or;

He is level with the second to last opponent or; he is level with the last two opponents (Goalkeeper is considered an opponent).

OFFSIDE OFFENSE

A player in an offside position is only penalized if, at the moment the ball touches or is played by a teammate, he is, in the opinion of the coaches, involved in active play by:

Interfering with play; JUST TRY and explain to the children how to stay on-sides or close to it.

NO OFFSIDE OFFENSE

There is no offside offense if a player receives the ball directly from: A goal kick, a throw-in, a corner kick. For any offside offense, the referee awards an indirect free kick to the opposing team. The kick is taken from the place where the infringement occurred.

FREE KICKS

All kicks (kick-offs, goal kicks, corner kicks) are INDIRECT, meaning a goal cannot be scored until the ball has been played or touched by a second player of either team. The kicker cannot play the ball a second time until it has been touched or played by another player. On all restarts opponents must be at least five yards away from the ball.

PENALTY KICKS

No penalty kicks exist for this playing format. There are NO DIRECT KICKS.

THROW-INS

A throw-in is awarded when the whole ball passes over the touchline either on the ground or in the air. The opponents of the player who last touched the ball throw in the ball back from the point where it crossed the touchline. A second throw-in is allowed if the player commits a foul on the initial attempt. The referee/coach will explain the proper method before allowing the player a second chance to throw the ball into play. Any subsequent fouls will award the throw-in to the opponent. Opponents must be at least five yards away from the ball on all restarts.

GOAL KICK

When the attacking team plays the ball over the goal line, either on the ground or in the air and a goal is not scored, the defending team is awarded a goal kick. The ball is kicked back into play from the top of the 6-yard box inside the penalty box. Opponents must be at least five yards away from the ball on kicks.

CORNER KICKS

When the defending team plays the ball over the goal line, either on the ground or in the air and a goal is not scored, the attacking team is awarded a corner kick. The ball is placed inside the arc at the nearest corner flag and is kicked back into play by a member of the attacking team. Opponents must be at least five yards away from the ball on kicks.

ZERO TOLERANCE

Game rules are implemented according to FIFA Rules of Play. The Arlington Soccer maintains zero tolerance with regard to any negative behavior or speech toward the referee. This will be enforced, and may result in removal of the offending parties from the field or suspension of the game. Questions and additional clarification for game rules may be sought from the coach, referee, or field marshal prior to, or following the completion of the game. The small-sided soccer concept is designed with the players in mind. Kids should have fun, while learning the skills involved in handling the ball, and learning teamwork. The focus is not on game results, but game experience. For this reason, scores are not kept and zero tolerance is enforced. Parents, fans, players, coaches and referees are expected to exhibit good sportsmanship at all times.

U15 BOYS AND GIRLS PROGRAM (7 v 7) – Gender Specific - Size 5 Ball

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