



i9 Sports Soccer Rules



i9 Sports...an Experience Beyond the Game!



i9 Sports Official Youth Soccer Rules

**Keep in mind that the main goal in these age groups is to keep it FUN!
No slide tackling allowed.**

Quick reference

<u>Age</u>	<u>Players</u>	<u>Goalie</u>	<u>Ball</u>	<u>Field size</u>	<u>Goal size</u>
3 – 4	3 v 3 / 5v5	No	3	20x30 yards	(4'x 8')
5 – 7	3 v 3 / 5v5	No	3	20x30 yards	(4'x 8')
8 – 10	5 v 5	No	4	30x50 yards	(4'x 8')

The Field of Play

- The field of play shall be rectangular; the length in all cases shall exceed the width.
- The field of play is bounded by touch lines (side lines) and goal lines (end lines).
- A center mark is placed in the middle of the field at the halfway mark to show kickoff location. This can be marked with disc style cones (the referee may place ball in middle of field when there is no center mark).
- All goals shall be 4' x 8'. Bow Nets recommended.
- No goalies or goal areas at any age.

The Ball

The size of the ball must be age appropriate.

- Size 3 for 3 – 7
- Size 4 for 8 +

The ball should be inflated to the proper, listed weight.

Number of Players

3-4 year olds

- Teams play 3v3 or 5v5 with no goalie.
- Team rosters can be co-ed and should have 8 - 10 players for 5v5. 3v3 team rosters should have 5-6 players.

5-7 year olds

- Teams play 3v3 or 5v5 with no goalie.
- Team rosters can be co-ed and should have 8 - 10 players 5v5. 3v3 team rosters should have 5-6 players.

8- 10 year olds

- Teams play 5v 5 with no goalie.
- Team rosters can be co-ed and should have 8 - 10 players each.

Teams may substitute players on any stoppage of play with the referee's approval. Substitutions are unlimited and each player must play a minimum of 50% of the total playing time.

Players' Equipment

i9 Sports will supply each player with a reversible game jersey. Parents supply shorts, shin guards and footwear. Shin guards are mandatory for all age groups. Footwear may be sneakers or soft-cleated soccer shoes (no metal).

Game Duration, Overtime

3 - 4 year olds

- Games will be played in four 6 minute quarters
- 5 minute halftime
- No overtime in regular season or playoffs

5-7 year olds

- Games will be played in four 8 minute quarters
- 5 minute halftime
- No overtime in regular season only during playoffs
- Overtime in playoffs is not to exceed one 8 minute quarter.(Quarter must be played in its entirety)
- In the case the teams are still tied after this quarter, a coin flip will determine the advancing team.

8-10 year olds

- Games will be played in four 10 minute quarters
- 5 minute halftime
- No overtime in regular season only during playoffs

- Overtime in playoffs is not to exceed one 10 minute quarter. (Quarter must be played in its entirety)
- In the case the teams are still tied after this quarter, a coin flip will determine the advancing team.

Scores and Statistics

	3-4 Yr Olds	5-7 Yr Olds	8-10 Yr Olds
Scores Kept?	No	Yes	Yes
Statistics Kept?	No	Optional	Optional

Coaches

For the 3-4 yr and 5-7yr old age group, 1 coach per team is allowed on the field of play.

Referees

- One official for all age groups.
- Referees should avoid interfering with the course of play but are considered part of the field.
- Referees will briefly explain all rule infractions to the offending player. More coaching of rules should be provided at the younger ages.

The Start of Play

- The winner of a coin toss at the beginning of the match will elect either to kick or to select which goal to defend during the first half. Teams will switch sides of the field at half time.
- Play is restarted at the beginning of each half -- and following a goal -- by means of a kick off taken at midfield. All players must be on their own half of the field. All kick offs 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.
- The referee shall award ball possession and a free kick to restart play after a temporary stoppage for any reason not otherwise mentioned in these rules.

Ball In and Out of Play

The ball is out of play when it has wholly crossed the goal line (end line) or touch line (side 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, coach or referee and remains in the field of play.

Offsides

Offsides penalties are not enforced in i9 Sports Soccer leagues and this is a standard practice in small sized soccer programs.

Fouls and Misconduct

The following are infractions and result in a free kick for the opposing team.

- Any slide tackling
- Any head ball – In order to promote the safety of the players in our league, we have a strict no-heading policy. Players within the 3-10 year old group are not developmentally ready to head the ball and should focus on foot/body ball control skills.
- Grabbing and holding another player's shirt.
- Intentional tripping, pushing or shoving.
- Any handball. ("handball" occurs when a player intentionally makes contact with the ball using any part of the hand or arm from the top of the shoulder to the tips of the fingers). Unintentional contact with the hand or arm (i.e., "ball to hand") is not a foul.

All rule infractions should be explained to the offending player. Fouls and misconducts shall be awarded a free kick.

Free-Kicks for Games

All free kicks 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.

Free kicks are awarded to the non-offending team at the spot of an infraction. If the defending team commits an infraction, the free kick is taken from the spot of the infraction. The non-kicking team must yield no less than 7 yards from the kicker during a free kick. The ball is in play when it is touched by the attacking team.

Penalty Kick

There are no penalty kicks in i9 Sports Soccer leagues.

Throw-ins (Only for 8-10 yr olds)

- A throw-in is the method of restarting play and is awarded when the whole of the ball goes out of bounds or crosses the touch line (side line) in the air or on the ground.

- Throw-ins shall be taken from a point on the sideline near or where the ball went out of bounds.
- The ball is in play immediately as it enters the field of play.
- A goal cannot be scored directly from a throw in.
- If an infringement occurs on a throw-in at the 8-10 age level, coach the players on the proper technique and retake the throw-in.
- Kick-ins shall be used at the 3-7 age level in lieu of throw-ins.

Goal-Kick

A goal kick is the method of restarting play and is awarded when the whole of the ball, having last 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:

- There are no goal areas for any age group. The ball should be placed next to the goal and kicked in play by one of the field players. Opposing players must remain 7 yards from where the ball is kicked.

Corner-Kick

- A corner kick is the method of restarting play and is awarded when the whole of the 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 within 2 feet of the closest corner flag.
- The flag cannot be moved for the kick.
- Opposing players must remain no less than 7 yards away from the ball until it is kicked.
- The ball is in play the moment it is kicked by the attacking team.
- The player taking the corner kick cannot be the next person to touch the ball after the initial kick.

“The most important rule of all... HAVE FUN!!!”