

**Kittitas Valley Junior Soccer Association  
Rules of Play Fall 2016**

**General Rules for all age groups:**

- The new Kickoff Rule will be in effect. The Ball can move in any direction.
- Goalkeeper Possession—Once the Goalkeeper has a hand on the ball it is considered possession. If an opposing player tries to kick or head the ball, it is a violation and an indirect free kick will be awarded.
- Accidental contact with the Goalkeeper will result in an indirect free kick.
- **Playing the ball while on the ground when another player is also playing the ball is not permitted. This includes slide tackling**, sliding to the ground and extending a leg to get the ball from another player.
- No formal score or team standings are recorded.
- Corner kicks are in use.
- Substitutions are made on any dead ball at the discretion of the Referee.
- **Coaches making a Substitution are to Notify the Referee and wait until the Referee gives permission (except on Jamboree Day).**
- The goalkeeper may not pick up a ball that is passed by a teammate. If this happens, an indirect kick is awarded at the spot of the infraction. It is not a penalty kick.
- Any rule not listed here defaults to the “Washington Youth Soccer,” “US Club Soccer” and “FIFA Rules”.
- In the event that one or both teams are short-handed, coaches, in consultation with the referee, are encouraged to come up with a solution. They can play with fewer players on the field (e.g., playing 8 on 8 instead of 9 on 9) or one team can lend the other a player.
- **Jamboree** (first weekend) has different time/substitution rules. All games for all age groups are 15 minutes long and start and end on a horn. Substitutions are done “on the fly” like in ice hockey. There is a 5-minute break between games.
- **Coaches are to stay on the Sidelines at least one yard (3 feet) from the line within their Team Area.**
- **Coaches and Spectators are NOT Permitted to stand behind or near the goals.**

**US Club Soccer Head ball Rule From: ([usclubsoccer.org](http://usclubsoccer.org))**

**Players in U-11 programs and younger shall not engage in heading, either in practices or in games.**

**Limited heading in practice for players in U-12 and U-13 programs. More specifically, these players shall be limited to a maximum of 30 minutes of heading training per week, with no more than 15-20 headers per player, per week.**

**In adherence to these new requirements, referees have been instructed by U.S. Soccer of the following rule addition: *When a player deliberately heads the ball in a game, an indirect free kick (IFK) 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 point nearest to where the infringement occurred.***

## Age Group Specific Rules:

### *Coed U6*

- 15 min games...two games will be played each Saturday
- 3 on 3
- No Goalkeeper...use of Pugg pop up goals...
- Size 3 ball
- **A goal cannot be scored on a kickoff...kickoffs must be played forward.**
- Throw ins from the sideline...two feet on the ground, retry if this is violated. If the second try is also in violation, "play on."
- Goal kicks are taken from the end line...Coaches should allow the opposition to successfully complete the goal kick to a teammate before allowing their players to steal the ball.
- All Free Kicks are **Indirect**, which means a goal cannot be scored directly from the free kick.
- No referees...Coaches will administer the game...coaches can / should be on the field with a whistle
- No Offside rule in effect
- US Club Soccer Head ball Rule is to be used (See Above)

### *Coed U7*

- Two 20 min halves and a 5 minute halftime will constitute a game
- 4 on 4 (the four includes 1 goalkeeper), can switch to 5 or 5 if both coaches agree
- Goalkeeper must throw the ball once it is in their hands. No drop kicks or punts.
- Size 3 Ball
- Throw ins from the sideline...two feet on the ground, retry if this is violated. If the second try is also in violation, "play on."
- Goal kicks are taken from the penalty area line
- All Free Kicks are **Indirect**
- Referees (usually less experienced) may be assigned to these games when possible...Coaches should be prepared to administer the game and can step on to the field to coach players even when there is a referee.
- No Offside rule in effect
- US Club Soccer Head ball Rule is to be used (See Above)

### *Boys & Girls U9 (These are combined U8/U9 teams)*

Two 25 min halves and a 5 minute halftime will constitute a game

- 6 on 6 (the six includes 1 goalkeeper)
- Goalkeeper must throw the ball once it is in their hands. No drop kicks or punts.
- Size 4 Ball
- Throw ins from the sideline...two feet on the ground. If this is violated, the other team gets the throw-in. Retry will be allowed on Jamboree Day only.
- Goal kicks are taken from the penalty area goal box
- All Free Kicks are **Indirect**
- Referees will be assigned to these games when possible...Coaches should be prepared to administer the game if there is no referee.
- No Offside rule in effect
- US Club Soccer Head ball Rule is to be used (See Above)

*Girls U11 (These are combined U10/U11 teams)*

- Two 30 min halves and a 5 minute halftime will constitute a game
- 7 on 7 (the seven includes 1 goalkeeper)
- Goalkeeper can kick or throw the ball.
- Size 4 Ball
- Throw ins from the sideline...two feet on the ground. If this is violated, the other team gets the throw-in. Retry will be allowed on Jamboree Day only.
- Goal kicks are taken from the penalty area goal box
- **Penalty Kicks are in effect**
- **Both Direct and Indirect kicks are called**
- Referees will be assigned to these games, assistant referees in training may also be assigned.
- **The Offside rule is in effect**
- US Club Soccer Head ball Rule is to be used (See Above)

*Boys U11 (These are combined U10/U11 teams)*

- Two 30 min halves and a 5 minute halftime will constitute a game
- 8 on 8 (the eight includes 1 goalkeeper)
- Goalkeeper can kick or throw the ball.
- Size 4 Ball
- Throw ins from the sideline...two feet on the ground. If this is violated, the other team gets the throw-in. Retry will be allowed on Jamboree Day only.
- Goal kicks are taken from the penalty area goal box
- **Penalty Kicks are in effect**
- **Both Direct and Indirect kicks are called**
- Referees will be assigned to these games, assistant referees in training may also be assigned.
- **The Offside rule is in effect**
- US Club Soccer Head ball Rule is to be used (See Above).

*Coed U14 (These are combined U12/U13/U14 teams)*

- Two 35 min halves and a 5 minute halftime will constitute a game
- 11V11
- There must be at least three girls and three boys on the field at any time, the remaining five players can be boys or girls.
- Goalkeeper can kick or throw the ball.
- Size 5 Ball
- Throw in violation results in the other team being awarded a throw-in
- Penalty Kicks are in effect
- Both Direct and Indirect kicks are called
- Referees will be assigned to these games. Assistant Referees will also be assigned when possible.
- **The Offside rule is in effect**
- US Club Soccer Head ball Rule is to be used (See Above)