

City of Dover Youth Soccer

All Age Groups/Divisions

*Games will be played by FIFA rules except where modified below.

I. Equipment

- A. Soccer cleats are recommended but not required.
- B. Shin guards are **MANDATORY** for practices and games.
- C. No jewelry, watches, earrings, etc. are to be worn. Referee's decision to remove such an article is final.
 - Medical ID bracelets/information may be worn, but must be taped down if loose.
- D. An official Soccer ball will be used:
 - Age Group: 4 to 6 yr. olds - Size 3
 - 7 yr. olds and up - Size 4
- E. No jeans are to be worn, sweatpants, are allowed. Socks must be worn over top of the shin guard for extra support and safety.

II. Participation

No one player may play the entire game unless his/her team has no substitutes.

III. Timing, Substitution, & Number of Players

<u>Age Group:</u>	<u>Timing</u>	<u>Players</u>
4	Four (4) Eight (8) minute quarters.	5 players <i>and goalie</i>
5/6	Four (4) Eight (8) minute quarters.	5 players <i>and goalie</i>
7/8	Four (4) Ten (10) minute quarters	7 players <i>and goalie</i>
9/10	Four (12) Twelve (12) minute quarters	7 Players <i>and goalie</i>

Substitutions:

Once every player has played two (2) complete quarters:

4/5/6 yr olds sub at quarters or at a stoppage (throw-in, goal kick, or injury).

7 yr olds and up may substitute on a stoppage of play per USSF rules: a team may request a substitution after a goal, on either team's goal kick, on the substitution team's throw-in, after an injury stoppage, and one substitution in response to an opponent's injury substitution. Coaches must signify their desire for a substitute by sending their substitutes to the half-field line and, if need be, by asking for a substitute. Substitutes may enter the field upon the invitation of the referee.

The goalie (7 yr olds and up) may, with the referee's permission, swap position with a field player at any stoppage of play. A substitute may come in for the goalie as outlined in section III.

IV. Start of Game

- A. Direction/possession will be determined by a coin toss or by referee's discretion.
- B. The ball must be played forward.
- C. A goal may not be scored directly from a kickoff, unless the ball is touched by another player (goalie/defenders included) prior to the ball going in the goal. If such an attempt is made and the ball touches no one before crossing the goal line, an indirect kick is given to the opposing team within the goalie box/penalty area.
- D. All games will start on time as scheduled. Teams should arrive early to allow for warm-ups.

V. Goalie Position – 7 Year Olds And Up

- A. The goalie may touch the ball with their hands only while in the Goalie box.
- B. The goalie may punt or throw the ball.
- C. After releasing the ball from his or her possession, that is after punting or throwing the ball or attempting to punt or throw the ball, a goalie may not pick up the ball until it has been touched by an opposing player.
- D. For 9 yr olds and up a goal kick may be taken anywhere inside the 12-yard box.
- E. The goalie may not be charged once gaining possession of the ball.
Possession is determined by having both hands on the ball. One hand on top of the ball while the ball is on the ground is sufficient to define possession.
- F. The goalie has six (6) seconds to release the ball. A violation of this rule will result in an indirect kick that is taken at a spot of the referee's discretion.
- G. The goalie's shirt or pinny must contrast with his or her own team's jerseys and with the opponents' jerseys.
- H. The goal keeper may not receive a pass from a teammate's foot to his/her hands. It must be "foot to foot", not toot to hand. If a goal keeper picks up the ball after receiving it from a teammate's foot, it is an indirect kick from the spot (referee's discretion) of the infraction for the opposing team. Goalkeepers may pick up ball if player heads it back to them.

VI. Fouls/Restarting Play

- A. Slide-tackling and headers are NOT permitted.
- B. Indirect kicks may be "kicked" at any height. However, it is highly discouraged of a player to intentionally try to hit an opponent.
- C. Indirect kicks are awarded for fouls such as dangerous play, obstruction, etc. A goal may not be scored from an indirect kick. The ball must touch another player before a goal can be scored.
- D. An indirect foul committed by the defense in their own penalty area will result in an indirect kick taken at the spot of the foul unless the foul occurred inside the 6-yard box.

In that case, the indirect kick will be taken from the 6-yard box at the spot closest to the spot of the foul.

- E. On all free kicks defenders' must be ten yards from the ball.
- F. Offsides will be called for 9/10 year old age divisions and up.

VII. Unsportsmanlike Conduct

Any unsportsmanlike play or use of profanity, as observed by a Game Official, Coach or League Official, may result in a penalty or ejection from the game. Repeat offenders are subject to expulsion from the league.

VIII. Miscellaneous

- A. Referee's decision on goals scored or not scored is final.
- B. Verbal abuse towards and confrontations with officials will not be tolerated.
- C. If any such behavior continues after a warning is issued from the referee/staff or the coach, spectator of player will be asked to leave the facility.
- D. The City of Dover expects all volunteers, players, parents, and all spectators to be excellent role models for the players and each other.
- E. Spectators for ages 7 and older are not allowed on the same side as player benches, nor directly behind the goals.

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