



Modified Laws of the Game



This section presents the CYSA Coaching Committee and Recreation Committee's guidelines and recommendations for developing young players.

Why These Modifications are Necessary

- Players have more actual playing time.
- Players are required to make more decisions.
- Players have increased contact with the ball.
- Players have more practical space to play in.
- Players experience recurring situations frequently.
- The work rate and involvement of a player stays consistent.
- Total running distance is basically the same for large or small fields.
- Players have energetic workouts due to playing both offense and defense.
- While learning both offense and defense, a player will become more complete and will have a better understanding of the roles of teammates.

Size of the Ball

- Lighter.
- Less intimidating.
- Less stress on joints (injuries).
- Easier to imitate adult performance.

Size of the Field

- Contusive to their physical size.
- More efficient use of space.
- Two games can be played simultaneously across a regulation field.
- Bringing goals closer to the action means more goals and that's fun!

Size of the Goal

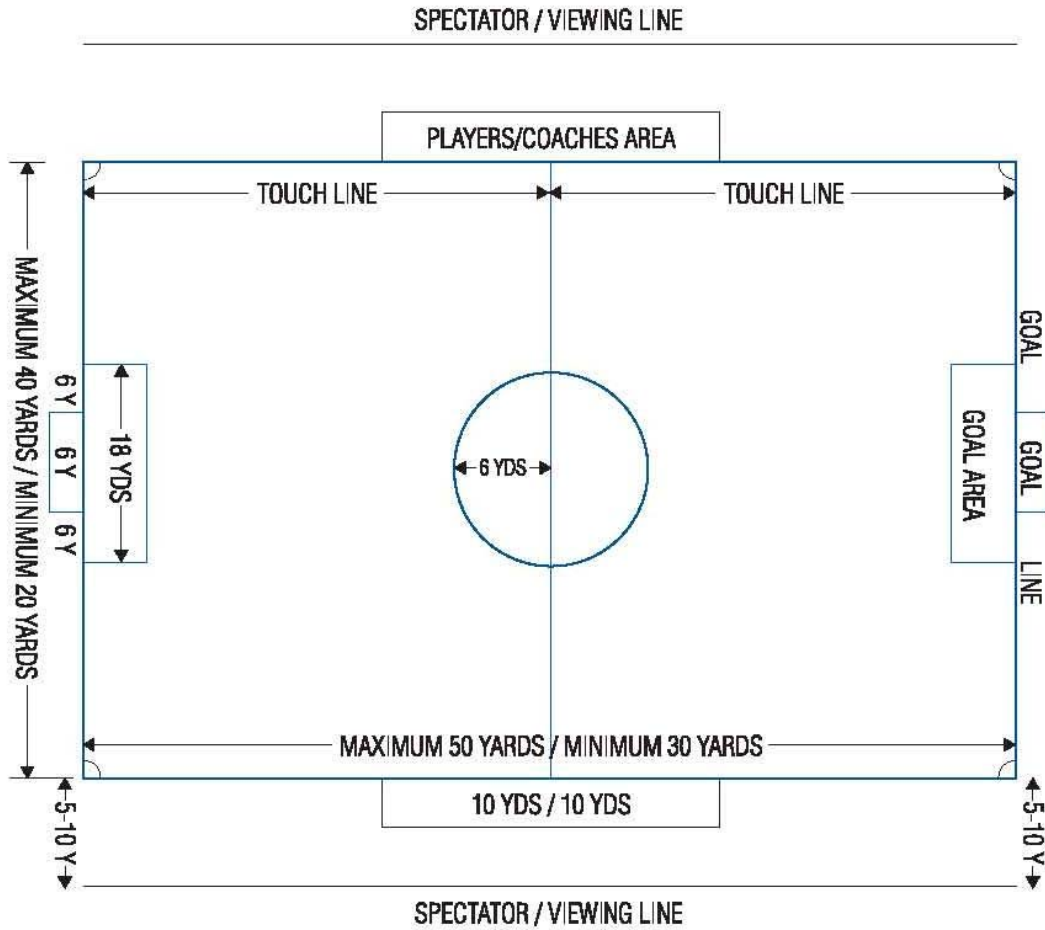
- Reinforces preferable shooting habits.
- Gives goalkeepers realistic responsibilities.



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The U-6 Field of Play

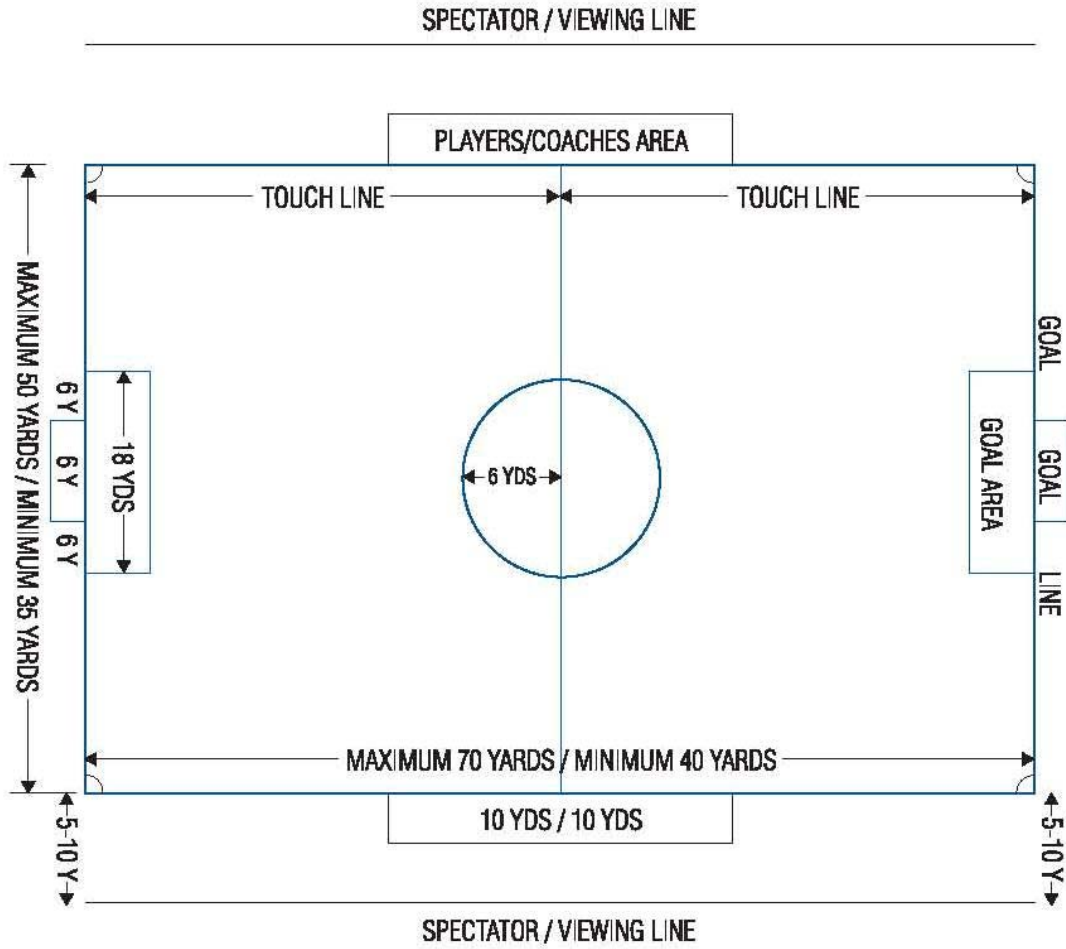




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The U-8 Field of Play

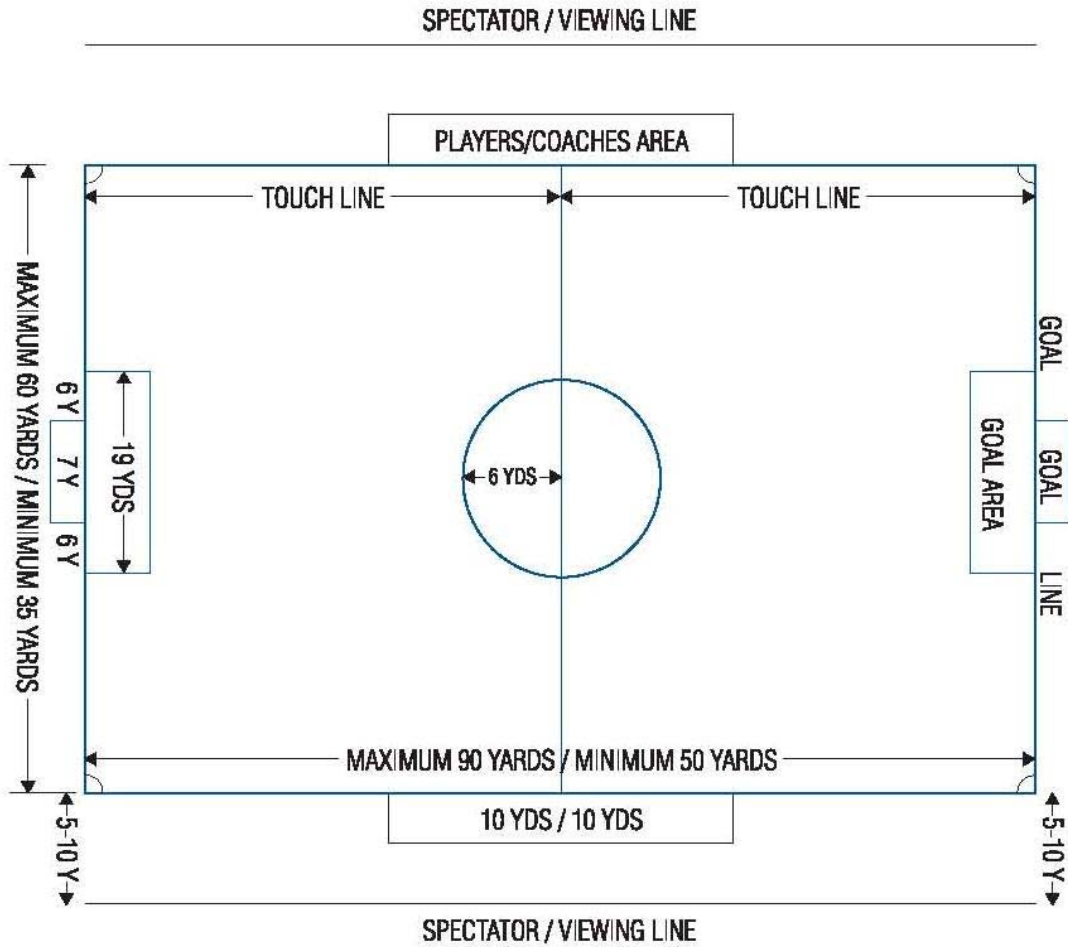




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The U-10 Field of Play

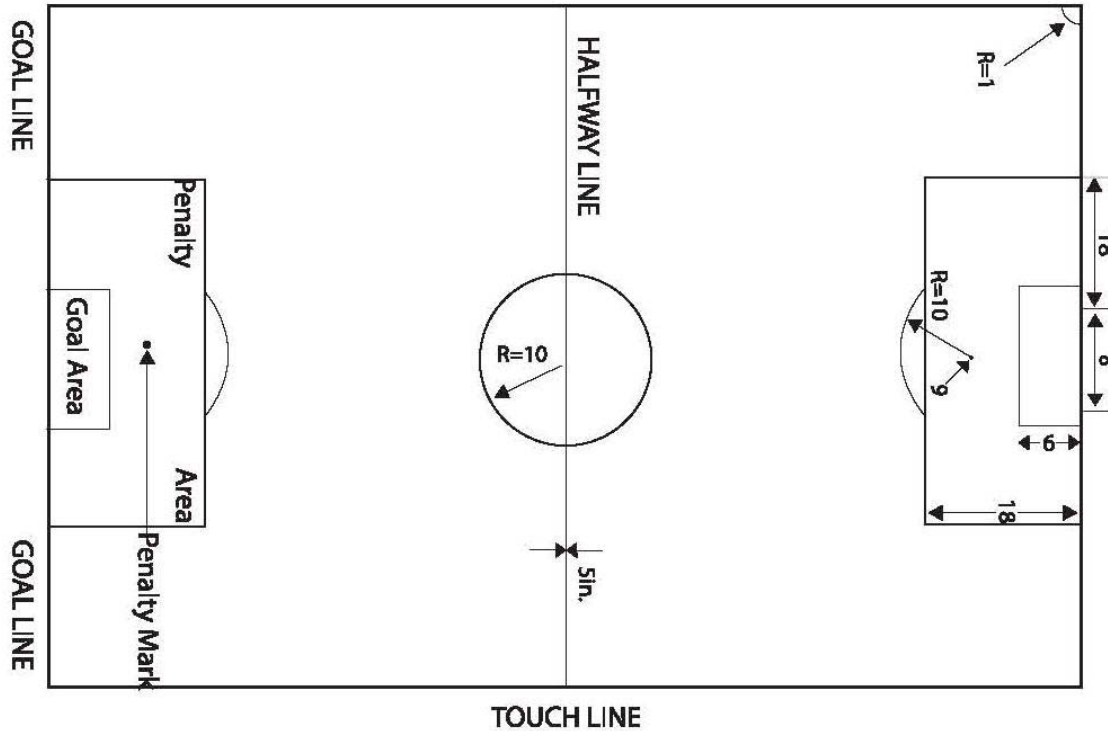




Modified Laws of the Game



Field Markings



1. The Field of Play

A. DIMENSIONS:

The U-6 field of play shall be rectangular, its length being not more than 50 yards nor less than 30 yards and its breadth not more than 40 yards nor less than 20 yards. The length in all cases exceeds the breadth.

The U-8 field of play shall be rectangular, its length being not more than 70 yards nor less than 40 yards and its breadth not more than 50 yards nor less than 35 yards. The length in all cases exceeds the breadth.

The U-10 field of play shall be rectangular, its length being not more than 90 yards nor less than 50 yards and its breadth not more than 60 yards nor less than 35 yards. The length in all cases exceeds the breadth.



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B. MARKINGS:

- Distinctive *LINES* at least 2-5 inches wide.
- A *HALFWAY LINE* shall be marked out across the field.
- A *CENTER CIRCLE* with a 6 yard radius.
- Four *CORNER ARCS* with a 1 yard radius.
- *GOAL AREA* - Six (6) yards from each goal post and six (6) yards into the field of play then joined by a line drawn parallel with the goal line.
- *PLAYER/COACHES AREA* - Twenty (20) yards long. Beginning at the halfway line go ten (10) yards down the touchline into each half of the field.
- *SPECTATOR VIEWING LINE* - Will be marked out five to then (5-10) yards from the touchlines and behind the player/Coaches Area.

C. GOALS:

U-6 and U-8: Six (6) feet high and six (6) yards wide.

U-10: Seven (7) feet high and seven (7) yards wide.

Minimum - Size of a hockey goal.

2. The Ball

U-6 - U-8: Size three (#3).

U-10: Size four (4).

3. The Number of Players

U-6: Maximum players on roster is seven (7).
Maximum on the field at any one time is five (5).
Minimum on the field at any one time is three (3).
Goalkeepers is optional - but not recommended!

U-8: Maximum players on roster is eleven (11).
Maximum on the field at any one time is seven (7).
Minimum on the field at any one time is four (4).

U-10: Maximum players on roster is thirteen (13).
Maximum on the field at any one time is nine (9).
Minimum on the field at any one time is five (5).

To conform with US Youth Soccer rules, U-10's must play 8 vs. 8, whenever the play is interleague.



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SUBSTITUTION: Unlimited - with Referee's permission.

PLAYING TIME: Each player must play 50% of the game.

GENDER: Co-educational teams are highly recommended.

CYSA Board of Directors Resolution (4/21/1996): "Although the CYSA will comply with US Youth Soccer's 8 vs. 8 rule, while actively working to repeal this US Youth Soccer rule, the CYSA Board of Directors recommends and supports the 5-7-9-11 Player Development Progression for the league's experimentation and consideration."

The above resolution is also supported by the CYSA Recreation and Coaching Committees.

4. Player's Equipment

- Jersey or shirt - with number, shorts, socks, footwear, shinguards are MANDATORY.
- A player shall not wear anything which is dangerous to another player or themselves, including any kind of jewelry.

5. Referees

- Official referees can be used, if available. Older age group players are highly recommended.
- Are encouraged to explain the infraction called on the offending player.
- Their decisions on points of fact connected with the game shall be final!

6. Assistant Referees

- Anyone who can tell the ball has gone totally over the touch or goal lines.

7. Duration of Game

U-6: The game is to be divided into two (2) equal halves of sixteen (16) minutes each.

U-8: The game is to be divided into two (2) equal halves of twenty (20) minutes each.

U-10: The game is to be divided into two (2) equal halves of twenty-five (25) minutes each.

- A "substitution break" shall be whistled mid-way in each half.
- Substitutions can be made at any other time with Referees permission.
- Half time break of five (5) minutes.

8. Start of Play

- Opponent must be six (6) yards from the center mark when place kick (kick-off) is in progress.



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9. Ball In and Out of Play

- Conform to FIFA Laws of the Game. "The ball is out of play only when it has wholly crossed the goal or touch lines."
- The ball is out of play only when it has wholly crossed the goal or touch lines.

10. Method of Scoring

- The whole of the ball must cross the goal line between the goal posts and under the cross bar.
- The ball can not be thrown, carried or intentionally propelled by hand or arm over the goal line.

11. Off-Side

- No off-side is to be called!

12. Fouls and Misconduct

- All fouls will result in an *INDIRECT FREE KICK* with opponent six (6) yards away from the ball.
- The referee must explain *ALL* infractions to the offending player.

13. Free Kicks

U-6 & U-8: Shall be classified under only one heading "*INDIRECT*"

- A goal may not be scored until the ball has been played or touched by a second player - of either team.

U-10: Conform to FIFA Laws of the Game.

14. Penalty Kick

- No penalty kicks are to be taken during these games.
- Tie games stand!

15. Throw-In

- Conform to FIFA Laws of the Game.
- One re-throw must be allowed if foul throw occurs.
- Referee shall explain proper method before allowing player to re-throw.

16. Goal Kick

- Conform to FIFA Laws of the Game.
- Goal kick may be taken from any point inside the goal area - six (6) yard area.
- Opponent must be six (6) yards from the ball.



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17. Corner Kick

- Conform to FIFA Laws of the Game.
- May be taken from any point inside corner arcs.
- Opponent must be six (6) yards from the ball.

18. Common Sense

- No league stands are to be kept.
- Publicity of game and results are discouraged.
- Team Officials and players are encouraged to shake hands with opponent before and after the game.