

Southeast Michigan Football Club 2023 YOUTH U8 and U10 SOCCER RULES

OBJECTIVE

The goal of this soccer program is to provide an instructional league that places emphasis on skill development, sportsmanship, and fun! All players in this league will play at least 50% of every game. Coaches should provide guidance for team play and instruction for all players. Coaches should also approach their recreational experience as a positive and enjoyable one for their players and themselves.

TEAMS/ FORFEIT

1. Teams should arrive on time. Game start time may be delayed up to 15 minutes, however, if a team arrives to play later than 15 minutes after the scheduled game time, they forfeit the game (unless prior arrangements have been made and agreed to with the hosting staff and opposing team coach.)
2. U8 shall play 8 vs 8 (7 players and a goalie). To avoid a forfeit, a team must have at least 5 players on the field. Note: U8 can play 9v9 if both coaches agree prior to the start of the game that field size warrants such a change.
3. U10 teams shall play 9 vs 9 (8 players and a goalie). To avoid a forfeit, a team must have at least 6 players on the field.
4. If one team is short players during a game, we encourage the opposing team to match so that the playing field is even. However, this is not a requirement.
5. Both teams' benches will be on the same side of the field and all spectators will sit on the opposite side.
6. In the case of a forfeit, teams shall be allowed to play a scrimmage or practice on the field. There will however, be no referees.

PLAYER AGE

The league will use the US Youth Soccer Birth Year and Season Matrix found in Appendix A, (end of document).

GAME CANCELATION / WEATHER

1. If the league coordinator from each city knows 1 hour prior to game time that the weather or field conditions are unplayable, he/she will contact coaches to inform them.
2. Coaches are responsible for informing all players.
3. The league coordinator from each city will also contact their respective referees.
4. If weather is playable 1 hour prior to game time, then teams should still plan to play. If conditions worsen by the time the game is scheduled to start or during the game it is up to the referee to call the game.
5. If during mid-game the referee stops it due to weather (say thunder or lightning) the referee will be the judge to let teams know whether they can wait it out and continue or end the game. Every time thunder is heard, the game must be delayed 30 minutes.
6. Any game that is ended due to weather after the first half will not be rescheduled. The current score will be final. If a game is ended in the first half and can't be continued due

to weather, then the league coordinator will decide later whether it will be rescheduled or not.

COACHES

1. Coaches must realize that they are setting an example for their players, parents and spectators and should act accordingly.
2. When contacting players on the roster, make sure to speak to an adult. Leaving messages with children is not advisable.
3. Coaches must allow all players equal playing time.
4. Coaches shall remain on the team bench side/area of the field and within 10 feet of the touchline. Only referees and players may be on the field. •
5. Coaches should instruct players to listen for the whistle during the game.
6. If a coach has a problem with an official, talk discreetly with the official about the concerns at an appropriate time. Verbal abuse to an official is NOT a good example for the players and will NOT be tolerated. Any further concerns should be addressed with your Recreation Program Supervisor.
7. Any coach who is acting unsportsmanlike (ex. ejected from game/arguing with referee/player/parent) will be subject to dismissal from the league permanently. This is a RECREATIONAL league! Players are here to have fun and learn soccer. The game is about the players and no one else.

UNSPORTSMANLIKE CONDUCT

1. Coaches and players agree to the following terms or face ejection. I will not, nor will I encourage others to:
 - a. Engage in unsportsmanlike conduct with any person.
 - b. Behave in any manner which would endanger the health, safety or well-being of any person.
 - c. Use drugs, alcohol or tobacco while at any sporting events or practices.
 - d. Engage in the use of profanity.
 - e. Use verbal or physical threats or abuse aimed at any person.
 - f. Initiate a fight, confrontation, or scuffle with any person.
 - g. I will always treat everyone with the respect that they deserve and that I desire for myself.
2. An adult or site supervisor must be present at all games. Site supervisor will be responsible for all ejections from the facilities.

EQUIPMENT

1. Shin Guards are required for all players. Players not wearing shin guards will not be allowed to play. We encourage players to cover shin guards entirely with a sock when possible.
2. Players are not allowed to wear:
 - 2.1 Cleats with toes spikes
 - 2.2 Metal cleats
 - 2.3 Jewelry (includes new ear piercings)

- 2.4 Any hat with a brim
- 2.5 Hard cast that is not covered
- 3. Players are not allowed to play with gum or candy in mouths
- 4. Players must wear shoes (i.e. no sandals or bare feet)
- 5. Encourage players to wear athletic-type clothing (i.e. no jeans)

FIELD/ SPECTATORS

- 1. During the game, only players and referees may be on the field.
- 2. Spectators must remain 10 feet away from touchlines. This gives the referee space to move and players' room to make throw-ins.
- 3. No spectator/coach/player etc. may stand behind the goal/end line to view the game. This is distracting to players and can also be dangerous.
- 4. All participants are expected to assist in keeping the fields clean and worthy of play. Please help the Department by picking up all trash and reporting any concerns with field conditions.
- 5. Parent/spectators will sit on the opposite side of the field from the teams and coaches.
- 6. There is no smoking in any of the parks.
- 7. Dogs should be left home due to players with severe allergies.

SCORING/TIES

- 1. A goal is scored when the whole of the ball has passed over the goal line, between the posts and under the crossbar.
- 2. Tie game: Games ending in a tie will be considered tie games and no overtime period.
- 3. Mercy Rule: If either team is ahead by 8 goals at any point in the game, the game is over. The teams, however; **MUST** play at least one half, even if the goal limit is reached.

SCHEDULED PRACTICES

- 1. All players should plan to attend practices and let the coach know when you are unable to attend.
- 2. During practice, you may be sharing field time with other teams so please be respectful.
FIFA Rules are used in this league except where modified.

STARTING THE GAME: AFTER GOAL/AFTER HALF TIME

- 1. Game lengths are as follows:
 - 1.1 U8 two 20 minute halves
 - 1.2 UIO will play two 25 minute halves
 - 1.3 Halves will be separated by a 5-minute break for all games.
- 2. Coin toss
 - 2.1 The winner of the toss will get field position choice, while the loser of the toss will get to kick-off.
- 3. The game begins with a kick-off, at the center of the field. The opposing team players shall be at least 10 yards (or appropriate distance for field size) from the ball until it is kicked off.

4. The ball will be deemed in play when it is kicked and clearly moves. The kicker shall not play the ball a second time until another player touches it.
5. A goal may be scored directly against the opponents from the kick-off
6. When restarting after half time, ends shall be changed and the team that did not kick off in the first half shall take the kick-off.
7. When any kick is used to begin play (i.e., penalty, kickoff, etc.), opposing players must be at a distance of at least 10 yards from the ball.
8. Time will be kept by the referee on the field whenever able; time will only stop in case of an injury or other unforeseen event, not when a ball goes out-of-bounds

BALL IN/OUT OF PLAY

1. The ball is out of play when it has completely crossed the goal line or touchline, whether in the air or on the ground. The touchlines and goal lines belong to the playing field.
2. If the defending team touches the ball last when it crosses the goal line then the attacking team is awarded a corner kick. If the attacking team touched the ball last when it crossed the goal line, then the defending team is awarded a goal kick. The ball is placed anywhere in the goal area and kicked by any defending player. (Encourage other players than the goalie to do this.)
3. When the ball passes over the touchline, the team that didn't touch it last will be awarded a throw-in at the spot the ball went out of bounds.
4. Throw-in: The ball is put into play by facing the field of play, throwing the ball with two hands simultaneously from behind the head while keeping both feet on the ground. The ball is in play immediately as it enters the field of play. The thrower cannot touch the ball again until another player has touched it.
 - 4.1 Improper throw gives the opposing team possession (throw in).
 - 4.2 Playing the ball, a 2nd time gives indirect kick to the opposing team.
5. A drop ball occurs when:
 - 5.1 The ball goes out-of-bounds off two players simultaneously and
 - 5.2 When an injury occurs. The drop ball is administered five yards from either the goal line or touchline or wherever the ball is when the whistle is blown for an injury. The official holds the ball at waist level and drops the ball between two opposing players and the ball must touch the ground before being played.
6. A throw-in is taken where the whole ball completely crosses a touchline and leaves the field. A throw-in is performed by having both feet on the ground and throwing the ball with both hands over the head. If this is done incorrectly, the referee will indicate this and the throw-in will be given to the opposing team. The thrower cannot touch the ball again until after another player touches it. There are no offsides on a throw in.
7. A corner kick occurs when the ball is kicked over the defending team's goal line by the defending team. Defending team must remain 10 yards from the placement of the ball. The kicker cannot touch the ball twice before another player touches it or an indirect free kick will result.
8. A goal kick occurs when the ball is kicked over the defending team's goal line by the opposing team. The kick can be taken from anywhere in the goal area (usually on the

corner). Players from the opposing team shall remain outside of the penalty area. The ball is in play when it leaves the penalty area

SUBSTITUTIONS

1. May be made by either team between periods, after a goal has been scored and during an injury break.
2. Teams may substitute during the game also before a goal kick and during a throw-in if they are the team in possession of the ball. If the team in possession chooses to substitute, then the opposing team may sub also.
3. For U10, substitutions can be made whenever the play is stopped, for example: (ball of bounds, after a goal is scored, during a time out (injury), between periods, penalty kicks, corner kick, goal kick etc.). For U8, coaches may additionally sub during live play if there is a need.

SLIDE TACKLING

1. Will not be allowed for U8 & U10.
2. If a player attempts a slide tackle, a yellow card will be given on the first offense and a red card will be given on the second offense. If a player receives a red card that player will be sent off for the remainder of the game.

HEADING

1. Heading is banned for all division players U10 and below in both practices and games.
2. An indirect free kick will be awarded to the opposing team if a player deliberately touches the ball with his/her head during a game.
 - 2.1 This indirect free kick is to be taken from the place where the player touched the ball with his/her head.
3. Referees will call penalties as instructed based on these guidelines.
4. The referee will use the yellow/red card system to indicate personal fouls.

OFFSIDES

1. Offside will be enforced. The result is an indirect penalty kick at the place where the offense occurred. A player is determined to be offside when nearer the opponent goal line than the ball and in the opponents' half of the field and closer to the opponent's goal line than at least two opponents. Offside will only be called when that player subsequently becomes involved in active play.
2. A player is in offside position if he/she is nearer to an opponents' goal line than the ball, unless:
 - 2.1 The player is in his own half of the field of play or
 - 2.2 The player is not nearer to the opponents' goal line than the second to last defender (goalie is last defender).
3. An offside penalty will only occur if, now the ball touches or is played by a teammate, that player is, in the opinion of the officials, either (1) interfering with play, (2) interfering with an opponent or (3) seeking to gain an advantage by being offside.
4. A player shall not be declared offside by the referee:

- 4.1 Merely because of being in an offside position or
- 4.2 If he receives the ball directly from a goal kick, a corner-kick or a throw-in.

GOALKEEPERS

1. Goalie's will be allowed 6 seconds and then must release the ball. Should a teammate deliberately pass to their own goalie with their feet the goalie may NOT pick up the ball. The goalie must play it with their feet.
2. Goalkeepers should wear a pinnae or different colored jersey to stick out from the players in the field. The referee will use their discretion to determine if the goal keeper's outfit is suitable or not.
3. NO HANDS ... only the goalie can touch the ball with their hands inside of the penalty area. Accidental hand touches WILL BE enforced.

PENALTIES

A direct free kick (a goal can be scored directly against the offending side) shall be awarded to the offended team from the spot closest to the foul for the following offenses.

1. Intentionally:
 - 1.1 Kicking or attempting to kick
 - 1.2 Tripping with foot or by stooping in front or behind an opponent
 - 1.3 Jumping at an opponent
 - 1.4 Charging an opponent either in front or behind
 - 1.5 Striking or attempting to strike an opponent
 - 1.6 Pushing an opponent
 - 1.7 Holding an opponent
 - 1.8 Deliberately handling the ball by striking, propelling, carrying or the like. Players using their hands/arms to protect themselves will not be penalized.
2. Opposing players must remain 10 yards away
3. Direct kick penalties called against the defensive team inside their own penalty box will result in a penalty kick.
4. A penalty-kick shall be awarded when a player commits any of the above offenses within the penalty area irrespective of the position of the ball.
 - 4.1 The goalkeeper must stand without moving his feet on his own goal line until the ball is kicked.
 - 4.2 The player taking the kick may not play the ball a second time until it has been touched or played by another player.
 - 4.3 All other players must be at least ten yards from the penalty mark and be behind the ball.
5. An indirect kick (a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal) shall be awarded from the spot nearest the infraction unless it takes place in the goal area for the following offenses:
 - 5.1 Playing in a manner considered dangerous by the referee, i.e. "dangerous play"
 - 5.2 When not playing the ball, intentionally obstructing an opponent, i.e. "obstruction"
 - 5.3 Charging the goalkeeper

- 5.4 When playing as a goalkeeper, taking more than 6 seconds while holding, bouncing, or throwing the ball in the air
- 5.5 As the kicker on a kick-off, direct free kick, corner kick, or goal kick playing the ball again before it has been touched or played by another player
- 5.6 Intentionally obstructing the opposing goalkeeper to prevent him from putting the ball into play
- 5.7 If during a throw-in, the thrower plays the ball a second time before it has been touched or played by another player

Yellow Card Offenses

Include unsporting behavior, pushing, tripping, dissent by words or action, persistent infringement of the rules, delay of restart of play, failure to respect the required distance when play is restarted with a corner kick or free kick, entering or reentering the field of play without the referee's permission, and deliberately leaving the field of play without the referee's permission. Slide tackling is not permitted and is a yellow card offense.

Red Card Offenses

More serious offenses will result in the player being asked to leave the field. These could also result in a future game suspension as determined by the referee's recommendations and approval by the Dundee Parks and Recreation Code of Conduct Committee. These are at the referee's discretion but may include denying an opponent a goal or goal scoring opportunity by deliberately handling the ball, serious foul play, a second yellow card in one game, violent conduct, spitting, offensive language.

RECOMMENDED FIELD, GOAL AND BALL SIZE

Age	Goal Size	Width Min/Max (in yards)	Length Min/Max (in yards)	Ball Size	Match Format	Match Duration (in minutes)
U8	6' x 18' or smaller	30/40	40/55	4	9v9	2 x 20
U10	6' x 18' or smaller	35/45	45/60	4	9v9	2 x 25

TOURNAMENTS

1. Single Elimination Tournaments
 - a. Preliminary games played with shortened halves; each half will be 5 minutes less than regular season
 - b. Championship games played as full-length games.
 - c. 2 referees required for championship game; at least 1 certified
2. Double Elimination Tournaments

- a. Preliminary games played with shortened halves; each half will be 10 minutes less than regular season
 - b. Championship games played as full-length games.
 - c. 2 referees required for championship game; at least 1 certified
3. Ties (all tournament formats)
- a. Overtime of sudden-death for 10-minute period
 - b. If no goal in 10 minutes, 5 penalty kicks will commence
 - c. Any player on the field can kick 1 penalty kick (including goalie)

LOCATIONS

*** All Locations are smoke-free and pet free (with the exception of service animals).**

Ida Fields
Fireman's Park
3016 Lewis Ave
Ida, MI

Dundee Fields
Reggie's Park dead end of Strawberry street, west of Outer Drive, Behind Burger King.

Blissfield Fields
Blissfield Middle School
1305 Beamer Road
Blissfield, MI