

Roanoke Youth Sports

11-14 Year Old Age Group Soccer Rules

Equipment Requirements

1. Shin Guards are mandatory and must be worn under socks.
2. Cleats are optional (no metal cleats, no sandals)
3. No jewelry, watches or hard hair clips.
4. Tee shirts will be furnished and will be tucked in.
5. Goalie will be provided a shirt for game use.
6. 11-14 age group will use a size 5 soccer ball.
7. All players will wear black shorts.

General Rules

1. The 11-14 age group will play 11 per team on the field.
2. Games will be played in 2 halves, 25 minutes for each half, with a 5 minute half-time.
3. Teams will switch goal at half-time.
4. Official time is kept by the referee.
5. Each player will play half of the game. (Exception: injury, illness, or discipline)
6. No player can play 4 quarters unless all others have played 2 quarters.
7. Substitutions can be made:
 - On any goal kick
 - On an **offensive** corner kick
 - During a time-out (by either team)
 - On an offensive throw-in
 - On a defensive throw-in (**if** the offensive team is also subbing)
8. The game ends when time expires. No tie breakers, no overtime, no shoot outs. (Exception: tournament)

9. Unsportsmanlike conduct is not allowed and will result in eviction from the park at the officials' discretion. This includes foul language, boasting and disrespect of officials by players, coaches or parents. Players can be removed from the game as a result of a

parent's conduct. Continued problems will result in a suspension from Roanoke Youth Sports. This is at the discretion of the board of directors.

10. A card system will be in place and at the referee's discretion.
Yellow card – warning
Red card – removal
11. Whichever team wins the coin flip chooses whether to kick off or receive the ball to begin the game.
12. Offsides will be enforced.
13. No slide tackles are permitted in an attempt to take the ball from an opponent. Goalies are exempt.
14. At the kickoff, the ball must travel forward and be touched by another player before the kicker can play the ball again.
15. The ball is out of play when it has wholly crossed the goal line or touchline.
16. A player may be out of bounds and still play the ball.
17. Throw-ins must be overhead with both feet on the ground. If throw-in was not properly executed possession of ball moves to other team.
18. A drop ball will be used to restart the game after a non-penalty situation.
19. Free kicks shall be classified under two headings:
 - Direct** (from which a goal can be scored direct against the offending side)
 - Indirect** (from which 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.)
20. Free kicks shall be taken from the place where the offense was committed.
21. A direct free kick is given at the following times:
 - Kicks or attempts to kick an opponent
 - Trips an opponent

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- Jumps at an opponent
 - Charges an opponent
 - Strikes or attempts to strike an opponent
 - Pushes an opponent
 - Tackles an opponent including slide tackling
 - Holding an opponent
 - Spitting at an opponent
 - Handles the ball deliberately
 - Playing in a manner considered by the referee to be dangerous. (i.e. attempting to kick the ball while being held by the goal keeper)
22. A penalty kick will be given if one of the above offenses is committed within the penalty area.
23. An indirect free kick is given when a player:
- Charging when the ball is now within playing distance.
 - When not playing the ball, impeding the progress of the opponent.
 - High kicking when it puts players in danger.
 - Unsportsmanlike conduct.
24. A corner kick occurs when the ball passes over the end line having last been played by one of the defending team players. A member of the attacking team shall then take a corner kick.
25. A goal kick occurs when the ball passes over the end line having last been played by one of the attacking team players. A member of the defending team shall kick the ball direct into play beyond the penalty area from any point within the goal area.
26. Once the goalkeeper takes possession of the ball with their hands, it must be released by either throwing or kicking, in six (6) seconds or less, and before crossing the penalty area line. The goalie cannot touch the ball again until another player has.
27. There will be no team warm-ups on the playing field between games. All warm-ups should take place prior to the game and away from the playing field.
28. When each game is over, the next game will start immediately.
29. In the case of a team not having enough
- players present, the referee will choose sides and a game will be played. The team that is short of players will forfeit this game. Both teams are required to participate in the subsequent “scrimmage”.
30. Coaches must keep players safe and under control during the game.
31. After each game, players shall line up and shake hands with the opposing team.
32. There will be no coaches, parents, etc. out on the field during play.
33. All instructions shall be made by the coaches from the team section of the player sideline, during time-outs, and between quarters. Coaching from the end or parent side is not allowed. Coaches are to stay within their designed sideline area while coaching. There will be no crossing the centerline onto the opposing Coaches sideline area while coaching.
34. Spectators must watch from the opposite side of team sideline.
35. The officials have full authority during the game. They may make exemptions and they are authorized to make decisions not covered in the rules mentioned above. Their goal is to be as consistent as possible. **All officials’ decisions are final.**
36. Tournament Playoff. Overtime Situations-5 minute playoff followed by 5 and 5 shoot-out, chosen from players on the field at end of the overtime game play. If the 5 and 5 shoot-out results in a tie, new players will be selected for the next round of 5 and 5 shoot-out. The new shooters need not have been on the field at the end of regulation. The 5 and 5 shoot-out scenario is completed until an eventual winner is declared. Unless an injury has occurred, no player shall participate in consecutive shoot-outs in the same game. A goalie may be selected for a round of 5 and 5 shooters, but they may not be in a goalie during that same shoot-out.
37. Coaches are encouraged to promote fair play. Part of coaching is leading by example. No coach shall smoke while in contact with the players, nor shall swearing be allowed. Coaches are expected to conduct themselves in an appropriate manner.

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38. Coaches shall not reschedule games.

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