

uScore Soccer: Youth Outdoor Soccer League Rules

Updated SEPT 2022

Age Group	Field Size	Game Length	Note
U5	4v4 (No GKs) – 20 x 30yds	4 x 10m periods	Continuous Play Rule
U6	4v4 (No GKs) – 20 x 30yds	2 x 20m halves	No Continuous Play Rule
U7	4v4 (No GKs) – 20 x 30yds	2 x 20m halves	No Continuous Play Rule
U8	5v5 (4 plus a GK) – 30 x 40 yds	2 x 25m halves	No Offside; New Referees
U9	5v5 (4 plus a GK) – 30 x 40 yds	2 x 25m halves	Restraining Line Rule
U10	7v7 (6 plus a GK) – 40 x 65 yds	2 x 25m halves	Restraining Line Rule
U11	7v7 (6 plus a GK) – 40 x 65 yds	2 x 25m halves	Restraining Line Rule
U12-13	7v7 (6 plus a GK) – 40 x 65 yds	2 x 25m halves	Restraining Line Rule

If teams are playing up or are in a combined age group, then these teams will yield to the oldest age group policies when it comes to matters of rule.

KEEPING GAMES COMPETITIVE IN YOUTH LEAGUES

In House Leagues, referees and coaches should understand that upon a 5-goal differential, the trailing team may add an additional player. When the game gets within 3 goals, the additional player must be removed. We do this in the interest of keeping games competitive.

U5 - 4v4 (No Goalkeeper) – No Referee

THE FIELD OF PLAY: The field is approximately 20 x 30 yds. The goals are approximately 4 x 6ft. There is a center line that splits the field in half.

CONTINUOUS PLAY: uScore Soccer has adopted the "Continuous Play" or "New Ball" format for U5.

The Process: Whenever a ball goes OUT OF PLAY or a GOAL IS SCORED, a coach announces, "New Ball!" and rolls another ball into play. NO KICK OFFS after a Goal! NO KICK-INS! NO GOAL KICKS! NO CORNER KICKS! There is no referee. The coaches are responsible for controlling the game. Substitutions can be done "on the fly" like hockey. When a player gets tired or the coach wants to make a substitution, the player runs off the field and a new player runs on. There should be no stoppage unless there is an injury.

Tips for Success: Several balls are required for this method. Use a regular "kick-off" to start each half. The two coaches assign themselves each to half of the field and carry one or two balls in their arms. If the ball goes slightly out of play, but the player dribbles the ball back in, that's ok - let them play on! The 'new ball' should be rolled to neutral space or toward the disadvantaged team. Coaches control the pace of the game. You may need to pause for a few seconds before distributing a new ball, especially after a goal. Give the players several seconds to reset and rest after a goal. Roll the new ball in near the center of the field toward the team that was scored against. DO NOT bounce the 'new ball' as it is difficult for these players to judge a bouncing ball at this age. Favor the team on the wrong end of a one-sided game. Favor individual players who are not becoming involved in the game. Have parents retrieve lost balls and return them to the coach who just rolled the new ball in so he/she now has 2 balls once more!

COACHING: One coach per team may be inside the field of play. Both coaches can work out who will call out of bounds on which sidelines and who will keep time. Coaches should not stand in front of the goal area as that can intimidate players going to the goal.

SUB CONTROL: Each team should designate a parent who can fairly manage substitutions.

THE BALL: Size 3.

NUMBER OF PLAYERS: Maximum of 4 players from each team on the field at any one time.

GOAL TENDING: Goal Tending (positioning a player in front of your own goal inside the semi-circle for the sole purpose of keeping the opposition team from scoring) is not allowed.

PLAYERS' EQUIPMENT: Tennis shoes or soft-cleated soccer shoes. Shin guards are MANDATORY. Shin guards are to be worn UNDER the socks and the jersey tucked in. Players may not wear watches, necklaces, earrings, rings, or other jewelry.

METHOD OF SCORING: Ball must completely cross the goal line between posts and beneath crossbar to count.

OFF-SIDE: There are no offside calls in 4v4, but "Cherry Picking" is not allowed.

Additional Information for U5 4v4 Games

- Coaches WILL NOT keep score during games for these age groups.
- Coaches will handle any injuries and parents should not run onto the field in the event of an injury. If the coach determines that the injury is serious, the parent will be summoned to the field.
- Players should arrive to the fields at least 10 minutes early to find their team and begin a warm up with their coach.

U6 and U7 - 4v4 (No Goalkeeper) – No Referee

THE FIELD OF PLAY: Expect the field dimensions to be 20yds x 30yds. There will be a midline, a center circle, and a 6 ft arc around each goal. The goals are approximately 4ft by 4ft.

THE BALL: Size 3

SUBSTITUTIONS: Players may be substituted at any dead ball (after a goal, ball out of bounds, etc).

PLAYERS' EQUIPMENT: Tennis shoes or soft-cleated soccer shoes may be worn. Shin guards are MANDATORY. Shin guards are to be worn UNDER the socks and the jersey tucked in. Players may not wear watches, necklaces, earrings, rings, or other jewelry.

THE START OF PLAY: Games begin with a Kick-Off. The ball does not have to go forward with the first touch.

BALL OUT OF PLAY: Ball must cross line to be "out of play". The ball is "in play" if any part of the ball is on or above the line.

RESTRAINING LINE: When a GK has possession of the ball, or if there is a goal kick, the opposing team must retreat to the restraining line, thus allowing a "first pass is free" for the team in possession. Once the ball is touched by the receiving player, then the defending team can pressure the ball. If the GK has the ball in their hands and sets the ball down at their feet, the ball becomes "live" immediately and may be pressured.

COACHING: One coach per team may be inside the field of play. Both coaches can work out who will call out of bounds on which sidelines and who will keep time. Coaches should not stand in front of the goal area as that can intimidate players going to the goal.

METHOD OF SCORING: The Ball must completely cross the goal line between posts and beneath crossbar to count.

GOAL TENDING: Goal Tending (positioning a player in front of your own goal inside the semi-circle for the sole purpose of keeping the opposition team from scoring) is not allowed.

OFF-SIDE: There are no offside calls in 4v4, but "Cherry Picking" is not allowed.

HEADING: In accordance with US Soccer, heading is not permitted. Teams will be given an indirect free kick at the spot of the foul.

PASS-INS, GOAL KICKS AND CORNER KICKS: Are used to restart the game when a ball goes out of play. In the event of a pass-in, players have the option to dribble in. Pass-Ins must remain on the ground.

Additional Information for 4v4 Games

- Coaches WILL NOT keep score during games for these age groups.
- Coaches will handle any injuries and parents should not run onto the field in the event of an injury. If the coach determines that the injury is serious, the parent will be summoned to the field.
- Players should arrive to the fields at least 10 minutes early to find their team and begin a warm up with their coach.

General Information:

- Coaches and parents are to be reminded that the purpose of this program is to develop the individual player's ball control skills, not to gather an impressive team victory record.
- No alcoholic beverages or smoking will be allowed near the playing area.
- Parents will sit on opposite sides of the field from the players (unless the staff directs otherwise).
- Parents should avoid coaching their kids. Leave that to the designated coach. The more information that is given; this less that will be heard.
- uScore may add players to teams who are struggling, to create a more competitive game.

U8 and U9 - 5v5 (4 plus a GK) – Referee in Training

THE FIELD OF PLAY: 30 x 40

GOALS: 6'6 x 12

THE BALL: Size 3

SUBSTITUTIONS: Players must Enter and Exit the field from the halfway-line. Each player rostered to a team should receive 50% of the total playing time unless injury or behavior issues support the player sitting out for a longer period.

PLAYERS' EQUIPMENT: Soft-cleated soccer shoes may be worn. Shin guards are MANDATORY. Shin guards are to be worn UNDER the socks and the jersey tucked in. Players may not wear watches, necklaces, earrings, rings, or other jewelry.

REFEREES: Referees may be used as a training platform for some of our newer referees.

THE START OF PLAY: Games begin with a Kick-Off. The ball does not have to go forward with the first touch.

COACHING: Coaches may enter the field as to assist with coaching points, restarts, etc., but should avoid being on the field for lengthy periods of time.

BALL OUT OF PLAY: Ball must cross line to be "out of play". Ball is "in play" if any part of the ball is touching or above the line.

RESTRAINING LINE: When a GK has possession of the ball, or if there is a goal kick, the opposing team must retreat to the halfway line, thus allowing a "first pass is free" for the team in possession. Once the ball is touched by the receiving player, then the defending team can pressure the ball. If the GK has the ball in their hands and sets the ball down at their feet, the ball becomes "live" immediately and may be pressured.

METHOD OF SCORING: The Ball must completely cross goal line between posts and beneath crossbar to count.

OFF-SIDE: No offside in 5v5 Leagues.

FOULS: Will be called in accordance with FIFA LAWS OF THE GAME, unless modified in these rules. All free kicks will be indirect, unless a penalty kick has been awarded.

PASS-INS, GOAL KICKS AND CORNER KICKS: Are used to restart the game when a ball goes out of play. Teams have the option to dribble in. Any Pass-In restart must be on the ground.

HEADING: In accordance with US Soccer, heading is not permitted. Teams will be given an indirect free kick at the spot of the foul.

NO PUNTING: Goalkeepers must throw the ball or set the ball down and play it with their feet. If the Goalkeeper sets the ball down, they may not pick the ball back up. Punts and drop kicks are not allowed.

Additional Information for 5v5 Games:

- Coaches and Referees will handle any injuries and parents should not run onto the field in the event of an injury. If the coach or referee determines that the injury is serious, the parent will be summoned to the field.
- Players should arrive to the fields at least 15 minutes early to find their team and begin a warm up with their coach.

General Information:

- Coaches and parents are to be reminded that the purpose of this program is to develop the individual player's ball control skills, not to gather an impressive team victory record.
- No alcoholic beverages or smoking will be allowed near the playing area.
- Parents will sit on opposite sides of the field from the players (unless the staff directs otherwise).
- Parents should avoid coaching their kids. Leave that to the designated coach. The more information that is given; this less that will be heard.
- uScore may add players to teams who are struggling, to create a more competitive game.

U10-U13 - 7v7 (6 plus a GK) – Referee

THE FIELD OF PLAY: 40 x 65

GOALS: 7 x 18

THE BALL: U10-U11: Size 4; U12-U13: Size 5

SUBSTITUTIONS: Players may be substituted at any time with the permission of the referee: prior to a goal kick or kick in by either team; after a goal by either team; after an injury for either team; when referee stops play and half-time. Players must Enter and Exit the field from the halfway-line. Each player rostered to a team should receive 50% of the total playing time unless injury or behavior issues support the player sitting out for a longer period.

PLAYERS' EQUIPMENT: Soft-cleated soccer shoes may be worn. Shin guards are MANDATORY. Shin guards are to be worn UNDER the socks and the jersey tucked in. Players may not wear watches, necklaces, earrings, rings, or other jewelry.

REFEREES: The primary job of the referees is to ensure that players are learning the rules of the game and having fun. Such decisions are left to the referee and all parents and spectators should recognize that the focus of the league is Player Development.

THE START OF PLAY: Games begin with a Kick-Off. The ball does not have to go forward with the first touch.

BALL OUT OF PLAY: Ball must cross line to be "out of play". Ball is "in play" if any part of the ball is touching or above the line.

METHOD OF SCORING: The Ball must completely cross goal line between posts and beneath crossbar to count.

OFF-SIDE: Offside will be used as a teaching tool. We want players to learn the law of the game, but we also want to be sensible about how the rule is managed. It will be called if obvious. Offside will only be called behind the restraining line.

FOULS: Will be called in accordance with FIFA LAWS OF THE GAME, unless modified in these rules. All free kicks will be indirect, unless a penalty kick has been awarded.

PASS INS, THROW INS, GOAL KICKS AND CORNER KICKS: Are used to restart the game when a ball goes out of play.

- Teams will play a Dribble-In or Pass-In Restart. This is permitted when the ball goes out of bounds for throw-ins or corner kicks. Any Pass-In restart must be below the waist.

HEADING: In accordance with US Soccer, heading is not permitted. Violations will result in an indirect free kick from the spot of the foul.

NO PUNTING: Goalkeepers must throw the ball or set the ball down and play it with their feet. If the Goalkeeper sets the ball down, they may not pick the ball back up. Punts and drop kicks are not allowed.

SCORE: Referees will keep score during games.

RESTRAINING LINE: When an opponent takes a Goal Kick, or when the GK has possession of the ball, the opponents must drop back to the mid-line and allow the first pass to be made before they can pressure the opponent. The opponent can begin pressure once the first pass is received. If the Goalkeeper chooses to set the ball at their feet, then the ball is live and may be pressured.

Additional Information for 7v7 Games:

- Coaches and Referees will handle any injuries and parents should not run onto the field in the event of an injury. If the coach or referee determines that the injury is serious, the parent will be summoned to the field.
- Players should arrive to the fields at least 15 minutes early to find their team and begin a warm up with their coach.

General Information:

- Coaches and parents are to be reminded that the purpose of this program is to develop the individual player's ball control skills, not to gather an impressive team victory record.
- No alcoholic beverages or smoking will be allowed near the playing area.
- Parents will sit on opposite sides of the field from the players (unless the staff directs otherwise).
- Parents should avoid coaching their kids. Leave that to the designated coach. The more information that is given; this less that will be heard.
- uScore may add players to teams who are struggling, to create a more competitive game.