

U9/10 Recreational Rules, Policies & Expectations

General Rules

Ball: Size 4
Half length: 25 min
Quarter break: Based on heat
Halftime break: 5 min
Game Report: Mandatory
Fields: 10 , 11 , 12
Players: 6 v 6 (includes keeper)
Substitution: Standard
Coaches on the field: No
Goal keeper: Yes
Offside: No
Playing time: 50%
Free kick distance: 8 yards

Safety Policies KASL and WYSA

Jewelry metal / plastic: None (including earrings)
Exceptions: Medical bracelet or necklace
Shin guards: Mandatory (players can not play without them)
Hard cast: Player can't play
Soft cast with insert: Take out the metal/plastic insert
Slide Tackling: Not allowed (must be called)
Exception: Sliding for a ball with no player around is allowed
Warm clothes under the uniform: Yes
Exception: Dangerous clothing (i.e. hoodies are not allowed)
Pets: Not allowed (game can't start)
Exception: Service dog (must be vested with papers)
Smoking: Not allowed (youth sport)
Alcohol: Not allowed (youth sport)

Short players options:

- 1) Get pennies from the office and share players (allows maximum playing time).
- 2) Both teams short; play 5v5.
- 3) Always try to prevent one team from having over 1/2 the kids sitting.

Start of play:

The home team flips the coin. The visitors call the flip. The winning team must decide which goal to defend (may not take the kick).

Team A wins the toss:

- a) Team A decides which goal to defend.
- b) Team B kicks off to start the game.
- c) At half-time teams will switch sides of the fields.

The Game:

Wisconsin has a no score policy at this age; so, cheer for the good, bad and funny.

Free kicks:

Kicks are awarded based on either direct or indirect.

Hand ball (basic rules):

If he/she intentionally plays it, picks it up, catches it or knocks it out of the air.

Fouls:

Refs call all fouls.

Cautions and ejections:

Refs are allowed to show cards at this age. Coaches must sub a player out who receives a caution (for an explanation of why they can not do what they are doing).

Any player ejected may not return for the remainder of the game; the team must also play short one player for the remainder of the game.

Restarts: (Throw-in, kick-off, corner kick, goal kick, free kicks and fouls)

- 1) Coaches or referees, explain what to do before they attempt it.
- 2) If done improperly, the restart goes to the opposing team.

When is the ball out (basic info)?

Throw-in = When the ball completely crosses the sideline.

Proper way= on or behind the line, both feet on the ground, face the field and hands behind the head

Bad throw= jumps, lifts foot, on the field, one handed throw, etc.

After the throw-in, another player must touch the ball before the thrower.

Goal kick = The ball completely crosses your end line; last touched by your opponents.

Proper way= Place the ball on the goal ark, opponents 3 yards away and it must be kicked into the field of play (can not score on yourself)

After the goal kick, another player must touch the ball before the kicker.

Corner kick = The ball completely crosses your opponents end line and is also last touched by your opponents.

Proper way= Place the ball on the corner ark, opponents 3 yards away and it must be kicked into the field of play (can not score on yourself)

After the corner kick, another player must touch the ball before the kicker.

kick-off = How we start each quarter and after a goal is scored.

Proper way= All players on their own half, the ball must go forwards (not back) After the kick-off, another player must touch the ball before the kicker.

Coaches:

No coaches can be on the field to coach. No one may coach by or behind the goal. Your coaching area is only in front of your bench; not up and down the entire sideline.

Parents:

Spectators most sit on the side opposite of the coaching benches. Coaches, please attempt to promote a 2 yard barrier between the spectators and the fields. No spectators can sit directly behind the goals or alongside of them.

The great player:

Some teams will have that one player whose skills are further advanced than all other players and can/does score 5-10 goals a game. In most cases, a great young player turns into an average United FC, High School or adult player. The information coaches and parents need to know is as simple as this statement "Even though he/she can score numerous goals at a younger age level, he/she is not becoming a true soccer player". He/she generally lacks in passing, defending, using both feet, playing all positions, keeping his/her head up and most importantly being a team player or a future star. To increase their abilities we recommend you attempt to do the following:

- a) After scoring 2 goals make him/her get two assists to other players before scoring again.
- b) After scoring 2 goals make him/her play a more defending role where their job is to play the ball to an open teammate or space.
- c) After "A" or "B" and you want him/her to score another goal or two, make the player score with their weaker foot.