TALLAHASSEE PARKS AND RECREATION
YOUTH SOCCER PROGRAM

Since 1975, the Youth Soccer Program has continued to provide area youth with the opportunity to learn and play the world's most popular sport. The basic purpose of our program is to develop healthy, law-abiding citizens through constructive leisure activity. The Tallahassee Parks and Recreation Department offers age group programs that range from 4 to 17. For any rules not covered in our local program rules, the program shall utilize NFHS Soccer Rules. If a rule is not covered in the local program nor NFHS rules, the program shall utilize the FIFA Laws of the Game.

Under 6 (U6) Coed (4 to 6 year olds)

The Under 6 division will consist of 10 players per team and will field 6 players per team on the field. The Under 6 division will use a field of 30 yards x 20 yards.

Why small-sided games?

- More efficient use of field space.
- Children are physically more efficient in a smaller space.
- It takes less time to score a goal or advance to goal.
- Greater success rate for the players.
- Children are actively involved for a longer period of time.

Under 8 (U8) Coed (6 to 8 year olds) | Under 8 (U8G) Girls (6 to 8 year olds) | Under 10 (U10) Coed (8 to 10 year olds) Under 10 (U10G) Girls (8 to 10 year olds) | Under 13 (U13) Coed (11 to 13 year olds) | Under 13 (U13G) Girls (11 to 13 year olds)

These division teams will consist of 12 players per team and will field 8 players per team on the field. The size of the field will be approximately 60 yards x 40 yards.

Under 17 (U17) Coed (14 to 17 year olds)

The U17 division teams will consist of 10 players per team and will field teams of 6 players per team on the field in a Super 6 format. The size of the field will be approximately 60 yards x 40 yards.

COLD WEATHER POLICY-

Tallahassee Parks and Recreation Department will monitor several weather sources for forecasted actual temperatures and wind chill temperatures for scheduled game times. If either is forecasted to fall below freezing (32 degrees), games may have a delayed start or be cancelled. When weather is expected to be at or near freezing temperatures, staff will communicate decisions to cancel or delay start times by 3:00 pm on the day before scheduled games. This information will be posted on Facebook and coaches will be notified via email so that they can relay the information to their players.

GENERAL RULES FOR EVERY LEAGUE

1. No Coaches will be allowed on the field during games. There will be no on the field coaching. Coaching must be done from the sidelines.
2. **Timeouts** – None (except for injury). Play is continuous except for out-of-bounds, infractions, fouls, goals and periods ending. Play will stop only at the sound of the referee's whistle or via one of the above methods. The clock stops only for injuries, obvious delays of the game, and at the end the period.

3. **Substitutions** – Each player must participate in at least one full quarter of each half. Substitutions are only allowed between the first three quarters or in case of injury. During the last quarter (4th), a coach may substitute any player at any time as long as that player has already played a full quarter in that half.
4. **Equipment** – Players must wear closed toed footwear. No bare feet. Molded athletic shoes with rubber, nylon, plastic or aluminum cleats are recommended. Players will not be allowed to play with steel cleats or cleats with exposed steel parts, which might be hazardous to other players. Sneakers are legal also. Team jerseys will be supplied by the Tallahassee Parks and Recreation Department and must be worn in the game and be visible. Additional uniform equipment is optional, but coaches should not ask players or parents to purchase other uniforms. Shin guards are required. Players are cautioned to dress warmly for games on cold days. Team jerseys must be worn over sweatshirts or jackets. Jewelry shall not be worn except for religious or medical reasons. A religious medal must be taped and worn under the uniform and a medical alert must be taped and may be visible. Hair control devices may be worn on the head if made of a soft material.
5. **Referee(s)** – The referee(s) shall have complete authority over the game and players and may expel any player or coach from the field using indecent language or for unsportsmanlike conduct or any violation of the rules. Misconduct, such as yellow and/or red cards, may be issued.
   Any player receiving a red card shall be sent off the field for the remainder of the game and shall be ineligible to play in the next regularly scheduled game. Any player receiving a second red card in one season shall be suspended from the league for the remainder of the season. Fighting can result in suspension for the remainder of the season. For U6, no caution or send off shall be issued. The child can be substituted in order to give them a chance to calm down before returning.
   Any player accumulating a total of three (3) yellow cards during a season shall be required to sit out the next regularly scheduled game. Three yellow cards during a season shall be treated as an equivalent to one red card.
6. **Start of the Game** – A flip of a coin will determine which end of the field each team will defend. The team that wins the coin toss has the option to start the game with the ball or choose which side to defend (if they choose the side, they will start the second half with the ball). The offensive team starts play with the ball being kicked in any direction. After the initial contact, the same player may not touch the ball again until another player (offensive or defensive) has touched the ball. The defensive team must line up at least 10 yards from the ball on the kick-off and on all free kicks. After the 1st and 3rd quarters, play resumes from where the ball was stopped by the referee.
7. **Scoring** – A goal is scored when the whole of the ball passes completely over the goal line, between the two goal posts and under the crossbar, provided no attacking rule violations occurred on the play.
8. **No slide tackles are allowed in any league**. A slide tackle offense that is called would result in a direct free kick for the opposing team.
9. **Fouls** – Direct and indirect free kick fouls shall be called. Direct free kick fouls include, but are not limited to, intentional handling of the ball (use of either hands or arms), holding an opponent, pushing or striking an opponent, tripping, kicking or jumping at an opponent, charging an opponent from the front or behind (*A fair charge is a shoulder to shoulder charge, if it is not violent or dangerous and within playing distance of the ball. This is the only type of charging allowed.) After any of these fouls, the referee awards a direct free kick to be taken at the point of infraction. The defending team must be at least 10 yards from the ball. The kicker can score a goal directly from a direct free kick. If a direct free kick foul is committed by the defending team in its own penalty area, the attacking team is awarded a direct free kick at the edge of the penalty area nearest the point of infraction. The defense must remain back 10 yards until the ball is in play. Indirect free kick fouls include obstructing an opponent, dangerous play, offside, and heading (U6, U8 & U10 only for no heading). The referee awards an indirect free kick to the team fouled. The kicker cannot score a goal directly from an indirect kick. The ball must be touched by at least one other player (offensive or defensive) for a goal to be counted.

LEAGUE SPECIFIC RULES

Under 6 (U6) (4 to 6 year olds)

1. **Size of field** – 30 yards long and 20 yards wide.
    a. Penalty area – 5 yards long x 10 yards wide
    b. Penalty spot – no penalty spot
    c. Goal – 12 feet wide x 6 ½" feet high
    d. Center circle – 4-yard radius
2. **Length of the game** – Four (4) eight (8) minute quarters with a one (1) minute break between quarters and five (5) minute break at the half.
3. **Number of players on the field** – Each team will field six (6) players, but will be allowed to play with less than six (6) if short players.
4. **No goalies** – There are no designated goalies for this age group nor do they wear separate jerseys. A coach may appoint a player to be a "goalie" but this person nor any others on the field can touch the ball with their hands.
5. **Soccer ball** – This division will use an official size #3 soccer ball.
6. **Headers** – Coaches are not encouraged to teach or practice heading at this age group. If a player attempts to "head the ball" during a game, the referee will stop play and award possession to the opposing team with an indirect free kick.
7. **Sideline (or touch line) out-of-bounds** – The opposing team will kick-in at the spot where the ball crossed completely over the sideline. The player will kick the ball to a teammate from a stationary location on the ground. A goal cannot be scored directly from an out-of-bounds kick-in (similar to a throw-in). The ball must be played by a teammate or someone on the other team before being scored. All opponents must stand at least 2 yards from the point at which the kick-in is taken.
8. **End line out-of-bounds** – The goal kick should be taken within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be 4 yards away from the ball. The ball is in play once the goalie has made contact with the ball.
9. **Miscellaneous items**
    a. There are no penalty kicks or off-sides in this division.
    b. A team may not score directly from a kickoff or from a kick-in on the touchlines.
    c. All other free kicks shall be direct.

Under 8 (U8) (6 to 8 year olds) to Under 13 (11 to 13 year olds)

1. **Size of field** – 60 yards long and 40 yards wide.
    a. Penalty area – 12 yards long x 30 yards wide
    b. Penalty spot – Shall be taken at edge of penalty area nearest where direct free kick foul occurred.
    c. Goal – 21 feet wide x 7 feet high
    d. Center circle – 8-yard radius
2. **Length of game**
    a. U8 & U10: Four (4) ten (10) minute quarters with a one (1) minute break between quarters and a five (5) minute break at the half.
    b. U13: Four (4) twelve (12) minute quarters with one (1) minute break between quarters and five (5) break and half.
3. **Number of players on the field** – Each team will field eight (8) players (7 plus 1 goalie), but will be allowed to play with less than eight (8) if short of players. However, a goalie must always be assigned.
4. **Soccer ball**

a. U8 and U10 will use an official size #4 soccer ball.
b. U13 will use an official size #5 soccer ball.

5. **Headers**
    a. U8 & U10 - Coaches are not encouraged to teach or practice heading at the is age group. If a player attempts to "head the ball" during a game, the referee will stop play and award possession to the opposing team with an indirect free kick.
    b. U13 – Headers are allowed.
6. **Sideline (or touch line) out-of-bounds** – All opponents must stand at least 2 yards from the point at which the throw-in is taken. The ball may be thrown in by any player. The player must throw the ball in with both hands on the ball and the ball must be delivered from behind and over the head. Some part of both feet must be on the ground either on or outside the touch line. Players will have one chance to throw-in correctly without penalty. The second violation gives the ball to the opposing team at the point of infraction.
7. **End line out-of-bounds** – If a ball is last touched by the attacking team, it is a goal kick for the defending team. This goal kick is taken from the corner of the penalty area, or the goal kick spot. The opposing side must remain at least 10 yards from the ball when a goal kick is taken. If the ball is last touched by the defending team, the attacking team is awarded a corner kick. The defending team must be no closer than 10 yards from the ball at the time the corner is taken.
8. **Offside** – A player is an offside position when nearer the opposing team's goal line than the ball at the moment the ball is played, unless 1) that player is in his team's own half of the field, 2) that player is level with the second to last opponent, or last two opponents, 3) the ball was last played by an opposing player, 4) the ball is received directly from a goal kick, corner kick, throw in, or dropped ball. The fact that the player is in an offside position does not necessarily cause the official to signal the violation. The player must be gaining an advantage or seeking to do so by being in an offside position. Offside shall be judged upon contact of the ball by the passer when the offender is involved directly in the play or is participating in play. Penalty for offside is an indirect free kick awarded to the defending team from the spot of the infraction. For all 10 and below groups, it will only be called if flagrant.
9. **Goalkeeper Rule** – A goalkeeper in his own penalty area, having released the ball after six seconds, will not be allowed to pick it up again until it has been touched by another player outside the penalty area. The penalty for an infringement of the rule is an indirect free kick. While any player may enter the penalty area, the goalie may not be interfered with in any manner within that area once he has possession of the ball. Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.

<u>Under 17 (U17) Coed (14 to 17 year olds) (Super 6 Rules)</u>

1. **Size of field**– 60 yards long and 40 yards wide.
    a. Penalty area – 12 yards long x 30 yards wide
    e. Penalty spot – Shall be taken at edge of penalty area nearest where direct free kick foul occurred.
    b. Goal – 21 feet wide x 7 feet high
    c. Center circle – 8-yard radius
2. **Length of Game** – Four (4) twelve (12) minute quarters with one (1) minute break between quarters and five (5) break and half.
3. **Soccer Ball** – This division will use an official size #5 soccer ball.
4. **Number of players on the field** – Each team will field six (6) players (5 plus 1 goalie), but will be allowed to play with less than six (6) if short of players. However, a goalie must always be assigned.

5. **Sideline (or touch line) out-of-bounds** – All opponents must stand at least 2 yards from the point at which the throw-in is taken. The ball may be thrown in by any player. The player must throw the ball in with both hands on the ball and the ball must be delivered from behind and over the head. Some part of both feet must be on the ground either on or outside the touch line. Players will have one chance to throw-in correctly without penalty. The second violation gives the ball to the opposing team at the point of infraction.
6. **End line out-of-bounds** – If a ball is last touched by the attacking team, it is a goal kick for the defending team. This goal kick is taken from the corner of the goal area. Goal kicks cannot be kicked over midfield in the air in this division unless touched by another player before crossing the midfield line. The opposing side must remain at least 10 yards from the ball when a goal kick is taken. If the ball is last touched by the defending team, the attacking team is awarded a corner kick. The defending team must be no closer than 10 yards from the ball at the time the corner is taken.
7. **Goalkeeper Rule** - The goalkeeper cannot punt, drop kick or throw the ball over the midfield line without it first bouncing in his/her own half or touching another player. This does not apply when the keeper has the ball on the ground at his/her feet.
    a. Pass backs to the goalie are allowed in this division.
    b. A goalkeeper in his own penalty area, having released the ball after six seconds, will not be allowed to pick it up again until it has been touched by another player outside the penalty area. The penalty for an infringement of the rule is an indirect free kick. While any player may enter the penalty area, the goalie may not be interfered with in any manner within that area once he has possession of the ball. Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.
8. **Offside** – There is no offside in this league.