

**PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

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**Introduction:**

 Welcome to the Recreational Program at the ***PSL Soccer Club***. This document will serve as a guide to how the club expects the season to run, give you guidelines for the season and describe playing rules for each division. We hope you find the rules and guidelines for the season useful to ensure the players get the best soccer experience possible.

The different age group formats were chosen by the Board of Directors to give the players the best chance at developing their soccer skills within the confines of enrollment numbers, field space and US Youth Soccer and Florida Youth Soccer Association guidelines.

Any questions and or concerns should be directed to a Board Member or the Club President.

**Age Breakdowns:**

\* Micro - ages 4-6. Play 4v4, no GKs/small goals on the Micro fields, Micro 1 and Micro 2.

\* U8 - ages 7-8. Play 6v6 with GKs on fields U8 East and U8 West.

\* U10 - ages 9-10. Play 6v6 with GKs on fields 3, 4.

\* U12 - ages 11-12. Play 8v8 with GKs on fields 2, HS South and HS North.

\* U14 - ages 13-14. Play 8v8, with GKs on fields HS South and HS North.

\* High School - ages 15-18. Play 8v8 with GKs on fields HS South and HS North.

 **PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Specific Age Rules for 4 v 4 Play: Micro – Rules:**

\*Game is played 4 v 4. (3) players minimum on the field for a team to start a game.

\* No GK.

\* Small Goals.

\* Throw-ins from side line if ball goes out.

\* No corner kicks, defending team always plays ball out from a goal kick start from the top of the arc in the goal area. Attacking team retreats to halfway.

\* Goal kicks, when the ball crosses the end line the result is a Goal Kick. The opposing team must retreat to the mid field line.

\* Penalty Arc, No ball is to be played inside the penalty arc and no player shall stand inside the penalty arc. If the ball stops inside the arc the result is a Goal Kick. A ball can be passed through the arc and a player can run through the arc but there will be no shots on goal taken inside the arc.

\* Kickoff from center after goal is scored. Team that just scored retreats to their own penalty arc.

\* ( 1 ) Referee.

\* Game Duration is ( 2 ) 20 minute halves with 5 minute halftime.

\* Ball used is a size ( 3 )

\* No Offsides

\* Substitutions are unlimited and on the fly but a player has to come off of the field for another to come on.

\* Substitutions are made from the mid-field line

\* There will be No Heading drills.

**Guidelines for Micro Games:**

EQUAL PLAYING TIME.

* The aim with the Micro players is to try and develop each child’s love for soccer; they should be having fun and celebrated for their efforts at all times.
* Make sure that all players are hydrating if they are not on the field. Play stops each time the ball leaves the field of play.
* Coaches will encourage the players to keep the ball on the field as much as possible.
* For hand balls or free kicks if someone is tripped for example, award the victim’s team the free kick and order the offender’s team to retreat to their own half or their goal depending where the ball is placed. No free kicks will be taken inside the goal arc or on the arc.
* Coaches will be responsible for player supervision. Coaches shall be the only voice to give instructions to the players.
* Parents are not permitted on the player’s side of the field or behind the goals.
* Promote Good Sportsmanship and teamwork.
* The Referees are the “ultimate authority”
* No Jewelry can be worn

**PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Specific Age Rules and Guidelines for 6v6 play. U8 and U10 - Rules:**

\* Teams play 6v6. Minimum of ( 5 ) players on the field for a team to start a game.

\* Game play is 5 field players, 1 goal keeper.

\* Throw-ins from side lines.

\* Corners and Goal Kicks. For Goal Kicks the opposing team must retreat to mid-field so the kicking team has the ability to play the ball out of the goal area.

\* No offside.

\* No Goal Hanging / Cherry Picking by either team. If a player is found to be Goal Hanging then an “obvious” offside call will be made.

\* Kick off from center after goal is scored.

\* ( 1 ) Referee.

\* Game duration is ( 2 ) 20 minute halves with a 5 minute half time. If weather is hot and coaches agree there can be a 1 minute water break with having ( 1 ) break for each half.

**\*** Substitutions are unlimited and are on the fly but a player must leave the field before another player can come on.

\* Substitutions are made from the mid-field line.

\* Coaches are to stay within their technical area which is 3yds in front of the bench and 5 yds from either side of the bench. Coaches are not to coach from the mid-field line or by the goal areas.

\* No parents are allowed on the player’s bench area or behind the goals.

\* Coach is the only voice to give tactical and technical information to the players.

\* Ball size is ( 4 ).

\* There’s NO Mercy Rule! All coaches for the good of the game and by showing Good Sportsmanship shall alter their play and challenge their team if the game is under the “slaughter” condition. The idea isn’t to play keep away and embarrass the opposing team but look for alternative ways to score, i.e. using the left foot or less dominant foot if the score becomes lopsided.

\* There will be a maximum goal differential of 5 goals, example. If the score is 11-1, we will only record the difference of 5 goals so the score is recorded as 6-1.

\* The Referees are the “Ultimate Authority” – No call will be changed because you had to argue your point. All Referees are United States Soccer Federation Certified. All calls are final.

\* There will be No Heading drills. We want to limit the amount of times the head comes in contact with the ball.

**Guidelines for U8 and U10:**

**EQUAL PLAYING TIME for all players.**

* One player must always be a goalkeeper and be distinguishable from the other players by wearing an alternate color jersey.
* Coaches will encourage players to defend and attack as a team.
* Coaches will rotate players through different positions and areas on the field to give all players the chance to defend and attack.
* Try to play the following 1-3-2 diamond “formation”. This teaches the basic principles of “shape” for a soccer team and encourages players to move and help each other out on the field. When putting them on the field, refer to the positions by what they provide the team’s shape with: width, length, depth and support.
* Promote Good Sportsmanship and teamwork.
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* No Jewelry can be worn.

**PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Specific Age Rules and Guidelines for 8 v 8 play. U12 – Rules:**

\* Game play is 8v8. Minimum of ( 6 ) players on the field for a team to start a game.

\* 7 field players, 1 goal keeper.

\* Throw-Ins from side line if ball goes out.

\* Corners and goal kicks.

\* Kick off from center after goal is scored.

\* Game Duration is ( 2 ) 20 minute halves with a 5 minute halftime. If the weather is hot and both coaches agree a (1) minute water break will be issued per half.

\* ( 2 ) Referees.

\* Off sides will be called.

\* Game ball size is ( 5 )

\* No parents are allowed on the player’s bench area and behind the goals.

\* Coaches are the only voice to give players technical and tactical information.

\* Substitutions are on the fly but a player must come off first before a player can come on.

\* Coaches must stay within the technical area which is 3 yds in front of the bench and 5 yds from either side. Coaches cannot coach from mid-field or by the goal areas.

\* There’s NO Mercy Rule! All coaches for the good of the game and by showing Good Sportsmanship shall alter their play and challenge their team if the game is under the “slaughter” condition. The idea isn’t to play keep away and embarrass the opposing team but look for alternative ways to score, i.e. using the left foot or less dominant foot if the score becomes lopsided.

\* There will be a maximum goal differential of 5 goals, example. If the score is 11-1, we will only record the difference of 5 goals so the score is recorded as 6-1.

\* The Referees are the “Ultimate Authority” – No call will be changed because you had to argue your point. All Referees are United States Soccer Federation Certified. All calls are final.

\* There will be No Heading drills. We want to limit the amount of times the head comes in contact with the ball.

**Guidelines for U12**

* **EQUAL PLAYING TIME.**
* One player must always be a goalkeeper and be distinguishable from the other players by wearing an alternate color jersey.
* Coach will encourage players to defend and attack as a team.
* Coach will rotate players through different positions and areas on the field so every player has the chance to defend and attack.
* Try to play the following 2-3-2 diamond “formation”. This teaches the basic principles of “shape” for a soccer team and encourages players to move and help each other out on the field. When putting them on the field, refer to the positions by what they provide the team’s shape with: width, length, depth and support.
* Promote Good Sportsmanship and teamwork.
* The Referees are the “ultimate authority”.
* No Jewelry can be worn.

 **PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Specific Age Rules and Guidelines for 8 v 8 play. U14 Rules:**

\* Game play is 8v8. Minimum of ( 6 ) players on the field for a team to start a game.

\* 7 field players, 1 goal keeper.

\* Throw-Ins from side line if ball goes out.

\* Corners and goal kicks.

\* Kick off from center after goal is scored.

\* Game Duration is ( 2 ) 25 minute halves with a 5 minute halftime. If the weather is hot and both coaches agree a (1) minute water break will be issued per half.

\* ( 2 ) Referees.

\* Off sides will be called.

\* Game ball size is ( 5 )

\* No parents are allowed on the player’s bench area and behind the goals.

\* Coaches are the only voice to give players technical and tactical information.

\* Substitutions are on the fly but a player must come off first before a player can come on.

\* Coaches must remain within the technical area which is 3 yds in front of the bench and 5 yrs from either side. Coaches may not coach from mid-field or by the goal areas.

\* There’s NO Mercy Rule! All coaches for the good of the game and by showing Good Sportsmanship shall alter their play and challenge their team if the game is under the “slaughter” condition. The idea isn’t to play keep away and embarrass the opposing team but look for alternative ways to score, i.e. using the left foot or less dominant foot if the score becomes lopsided.

\* There will be a maximum goal differential of 5 goals, example. If the score is 11-1, we will only record the difference of 5 goals so the score is recorded as 6-1.

\* The Referees are the “Ultimate Authority” – No call will be changed because you had to argue your point. All Referees are United States Soccer Federation Certified. All calls are final.

\* There will be No Heading drills. We want to limit the amount of times the head comes in contact with the ball.

**Guidelines for U14**

EQUAL PLAYING TIME.

* One player must always be a goalkeeper and be distinguishable from the other players by wearing an alternate color jersey.
* Coach will encourage players to defend and attack as a team.
* Coach will rotate players through different positions and areas on the field so every player has the chance to defend and attack.
* Try to play the following 2-3-2 diamond “formation”. This teaches the basic principles of “shape” for a soccer team and encourages players to move and help each other out on the field. When putting them on the field, refer to the positions by what they provide the team’s shape with: width, length, depth and support.
* Promote Good Sportsmanship and teamwork.
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* No Jewelry can be worn.

 **PSL Soccer Club Recreational Game Formats, Rules and Guidelines**

**Specific Age Rules and Guidelines for 8 v 8 play. High School Rules:**

\* Game play is 8v8. Minimum of ( 6 ) players on the field for a team to start a game.

\* 7 field players, 1 goal keeper.

\* Throw-Ins from side line if ball goes out.

\* Corners and goal kicks.

\* Kick off from center after goal is scored.

\* Game Duration is ( 2 ) 25 minute halves with a 5 minute halftime. If the weather is hot and both coaches agree a (1) minute water break will be issued per half.

\* ( 2 ) Referees.

\* Off sides will be called.

\* Game ball size is ( 5 )

\* No parents are allowed on the player’s bench area and behind the goals.

\* Coaches are the only voice to give players technical and tactical information.

\* Substitutions are on the fly but a player must come off first before a player can come on.

\* Coaches must stay within the technical area which is 3 yds in front of the bench and 5 yds from either side. Coaches cannot coach from mid-field or the goal areas.

\* There’s NO Mercy Rule! All coaches for the good of the game and by showing Good Sportsmanship shall alter their play and challenge their team if the game is under the “slaughter” condition. The idea isn’t to play keep away and embarrass the opposing team but look for alternative ways to score, i.e. using the left foot or less dominant foot if the score becomes lopsided.

\* There will be a maximum goal differential of 5 goals, example. If the score is 11-1, we will only record the difference of 5 goals so the score is recorded as 6-1.

\* The Referees are the “Ultimate Authority” – No call will be changed because you had to argue your point. All Referees are United States Soccer Federation Certified. All calls are final.

\* There will be no Heading Drills. We want to limit the amount of times the head comes in contact with the ball.

**Guidelines for High School:**

* EQUAL PLAYING TIME.
* One player must always be a goalkeeper and be distinguishable from the other players by wearing an alternate color jersey.
* Coach will encourage players to defend and attack as a team.
* Coach will rotate players through different positions and areas on the field so every player has the chance to defend and attack.
* Try to play the following 2-3-2 diamond “formation”. This teaches the basic principles of “shape” for a soccer team and encourages players to move and help each other out on the field. When putting them on the field, refer to the positions by what they provide the team’s shape with: width, length, depth and support.
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**Summary:**

We hope you find this useful and give you a clear vision on how the games are to be played.

Remember that these are just guidelines and can be adapted each season for the needs of the club and game. Since FYSA has an equal playing time protocol in recreational soccer as coaches and parents we should not be trying to win at all costs, rather look for the opportunity for player development and ways to enhance all of the player’s skill sets. Every player shall get the chance to play, if coaches can utilize the diamond “shape” they may find themselves losing some goals but over the course of the season the shape will help teach the players how to help each other on the field and give them a better understanding on the game. This will also give the parents and players a better enjoyment of the game and overall feeling of accomplishment through teamwork in an educational and nurturing environment.