



FC Tucson 2019/20 Recreation Soccer Guidelines

(Updated 9/15/19)

FC Tucson guidelines are a modified version of USYSA (US Youth Soccer) and FIFA rules, considering our unique league needs. The rule of most importance is to have fun. Players, coaches, referees, and spectators are to work together to create a positive environment wherein all participants enjoy the experience, learn and develop in soccer, and wish to return the following week and season.

IMPORTANT AGE GROUP FEATURES

XXXXXXXXXXXX	U4	U6	U8	U10	U12
FORMAT	4 V 4 (no GK)	4 v 4 (no GK)	4 v 4 (no GK)	7 v 7 (GK)	9 v 9 (GK)
BALL SIZE	3	3	3	4	4
OFFSIDES	no	no	no	yes	yes
GAME TIME	4 x 8-10 min	4 x 8-10 min	4 x 12 min	2 x 30 min	2 x 30 min

* U4, U6- 3 min breaks; U8- 4 min breaks; U10- 7 min break; U12- 7 min break (guidelines; enforced at the discretion of coach/referee)

FIELD SIZE:

U4-U8 will play on a “Mini-Field” approximately 30 x 20 yards

U10 will play on a “Development Field” approximately 47 x 30 yards *

U12 will play on a “Small-Sided Field” approximately 75 x 47 yards

* This field will include “buildout lines” in each half. These lines (ignoring the halfway line) will divide the field into “thirds” creating an attacking, middle, and defensive third. The buildout line is designed to encourage playing out of the back in an unpressured situation (e.g. GK delivery following a save, goal kicks). The opposing team must move behind the buildout line. Once the GK resumes play with a **pass, throw, or roll to a teammate** (drop kicking for U12 only), the opposing team can cross the line and pressure the ball.

Note- *Coaches are to remain in designated coaching areas. Spectators are to be on opposite side of the field from coaches/players wherever feasible and never directly behind team “bench.” Referees are to check for this before games and will stop play and enforce this when appropriate in game.*

Rules of the game U4 and U6:

The format is **4 v 4 (5 v 5 at coaches’ discretion)**. FC Tucson employs a “*continuous play*” model. Coaches are in the field with a ball in hand, and parents are positioned around the perimeter of the field. When a ball crosses the touch line (either sideline or end line), a coach or parent alerts all players by shouting, “new ball” and rolls the ball into play. This model maximizes the touches on the ball for each player and allows adults to reinitiate play based on a variety of variables affecting any game- the score, game momentum, players not able to get involved on their own. Players can be told which goal they are to score in but should not be admonished for scoring in the “wrong goal.” Following a goal scored, play can be restarted at the center of the field by the non-scoring team. Or it can be restarted at the goal of the team scored upon (if a team cannot get out of its own half, a center restart is recommended). Coaches should discuss the best approach for their game.

Rules of the Game U8:

- Format is **4 v 4 (5 v 5 at coaches’ discretion)**.
- One (1) referee will manage the game
- A ball out of bounds is to be restarted with a throw-in. Entire ball must cross touch line
- Entire ball must cross goal line to be awarded a goal

- Play is stopped by the referee for any foul
- Fouls include kicking, tripping, striking, pushing opponent. Physical contact is permitted within the rules at the referee's discretion. Incidental contact, as well as recklessness and excessiveness are to be taken into consideration
- The referee should explain rules to the players and play will restart with a free kick
- Free kicks are indirect, and opponents are at least four (4) yards from the ball until restart
- There are no penalty kicks
- Referee and coaches should allow for a "re-throw or re-kick" to teach proper technique
- For dangerous, intentional or recurring fouls by the same player, the referee should request the coach substitute the player for the remainder of the period
- Handling the ball deliberately is an infraction. Unintentional handling should not be called (and is left to referee's discretion)
- Following a ball across the end line, a goal kick is to be taken from any point of the goal box/arch. Defending team must be at half line and wait until the ball is RECEIVED by a player after it is kicked before advancing.
- A corner kick is taken at the corner nearest to where the ball went out over the goal line. Defending players must be outside of goal box ("crease")
- Players should be encouraged NOT to remain in front of goal to "defend" it (coaches should be reminded).

Rules of the Game U10-U12:

- Format for U10 is **7 v 7 (8 v 8 if agreed upon by coaches)**
- Format for U12 is **9 v 9 (8 v 8 if agreed upon by coaches)**
- These formats can be modified if team(s) do not have enough subs on the bench. A team with subs can opt to lend players to opponent. Referees should discuss with coaches to determine the appropriate remedy
- One (1) center referee
- A "build out" line will be used to aid in offsides calls for U10

- Player in advance of the line in their attacking half with no defenders between him/her and the GK will be offside
- Player between the half field line and the build out line with no defenders between him/her and the GK will be offside
- Referee will determine if player is “even” with defender and thus onside
- Regarding contact and non-contact infractions, referees will govern game in accordance with FIFA rules
- Fouls include kicking, tripping, striking, pushing opponent. Physical contact is permitted within the rules at the referee’s discretion. Recklessness and excessiveness are to be taken into consideration
- The referee should explain rules to the players and play will restart with a free kick
- Yellow and red cards can be issued for U12 players
- Assistant coaches/parents (1 on each sideline) can be requested to help with “out of bounds” calls
- Goals to be followed by restarts at the center circle
- Both teams are allowed unlimited substitutions during any stoppage of play. Coach/player should alert assistant referee of substitution and wait until next stoppage
- For goal kicks all defending players must be outside the “18-yard box.” Players from kicking team can be inside the box.
- For U10 all kicks following an infraction are **indirect** (except for penalty kicks). For U12 free kicks can be either **direct** or **indirect**. **Referee must indicate the call to both teams**
- Defending teams are to be at least eight (8) yards from the ball until it is kicked
- Team taking indirect/direct kicks does not have to wait for the opposition to retreat and has the option to restart the game beforehand should they choose
- Penalty kicks can be awarded following a foul occurring in the 18-yard box

**** ADDITIONAL WATER BREAKS/STOPPAGES ARE ALWAYS ENCOURAGED WHEN EXCESSIVE HEAT IS A FACTOR. COACHES AND REFEREES SHOULD DISCUSS IN THE PRE-GAME.**

- ❖ Scores and standings will not be posted by league
- ❖ There is NO PUNTING for U4-U10 (**drop kicking allowed for U12**)
- ❖ There is NO HEADING for U4-U12
- ❖ There is NO SLIDE TACKLING in recreational games
- ❖ On kickoffs ball can be played in any direction
- ❖ All players must wear shin guards. Proper soccer cleats are strongly encouraged
- ❖ No “baseball cleats” with front spike or metal of any kind permitted
- ❖ Tennis sneakers allowed (especially for U4 and U6) and turf shoes are allowed
- ❖ Prescription eyewear **must** be in the form of “sports glasses” or “sports goggles” with referee and director having final decision regarding compliance. No fashion sunglasses allowed.
- ❖ There will be no jewelry or adornments allowed (adornments, defined as “decorative” items not necessary for performing in the game)
- ❖ Players may participate with a “soft cast” ONLY but final decision is at the discretion of referee and director. No “hard casts.”
- ❖ Referees will check-in players before each game (U8-U12)
- ❖ U4 and U6 coaches should check players for appropriate gear
- ❖ All coaches must be registered with FC Tucson

FC Tucson Youth Soccer Recreation Committee reserves the right to modify rules when appropriate