



Cougars Youth Club Soccer Rules

OBJECTIVE

CYC's main focus besides small-sided games will be to limit the team size rosters to give everyone more playing opportunities. From the CYC founders own experiences CYC feels that small-sided games are failing because the team rosters are too big therefore playing time and the number of touches on the ball for each individual player is being reduced.

CYC will make sure that all teams will be divided equally for children to enjoy the game of soccer. CYC does not wish for teams to win or lose by many goals but instead wants to see fun and competitive games that all involved can enjoy. If necessary CYC will adjust the game schedule to make sure teams are being matched as close as possible to ensure that games are competitive and not have disproportionate scores. That will make the game of soccer fun for all of our players involved.

PHILOSOPHY

In the recreational division, CYC wants to emphasize that in youth soccer wins or losses are not important. We want to teach our players that everybody involved in a team from players, parents and coaches learn every time we win or lose. We want to teach our players that what is important is that we have left it all in the soccer field, had lots of fun, and barring the score we take the best out of each outcome. We want our players to learn the fundamentals of the game and to develop technically to be able to enjoy the game for years to come either at the recreational or competitive level.

Cougars Youth Club Recreational Program Rules

Except where noted below in the "Field of Play Rules" and "General Rules", all FIFA "Laws of the Game" shall apply and be adhered to as written. The following "Laws of the Game" have been altered for Cougars Youth Club's Recreational programs: Law 1 (Field of Play), Law 2 (Ball), Law 3 (Number of Players), Law 4 (Player's Equipment), Law 6 (Assistant Referees), and Law 7 (Duration of the Game). All others "Laws of the Game" must be adhered where they are used.

Rules of the game

U6

Ball Size 3

Field size – 30 x 20 yards

4 - 8 minute Quarters – 3 minute break between Quarters

4 v 4 No goalies

Goal Size 4x6 foldable goals

Out of Bounds – Ball is to be passed in by team which did not touch ball last before going out.

Defending team must stay 4 yards away from ball until played.

No Corners - No Throw-ins – No Penalty Kicks

No Offsides

No Referee – Coaches oversee game

Fouls – explain why and have a pass in.

Substitutions – Only at end of Quarter or for player injury



Cougars Youth Club Soccer Rules

U8

Ball Size 3

Field size – 47 x 30 yards

4 - 10 minute Quarters – 3 minute break between Quarters

4 v 4 No goalies

Goal Size 4x6 foldable goals

Out of Bounds – Ball is to be passed in by team which did not touch ball last before going out.

Defending team must stay 4 yards away from ball until played.

No Corners - No Throw-ins – No Penalty Kicks

No Offsides

No Referee – Coaches oversee game

Fouls – explain why and have a pass in.

Substitutions – Only at end of Quarter or for player injury

U10

Ball Size 4

4 - 12 minute Quarters – 2 minute break between Quarters

7 v7 with Goalies

Goal Size – 6 ft x 12 feet

Center spot with 12 foot radius

Penalty Area – 10 yards from Goal line & 20 yards across, PK spot 7 yards out

Goal Kicks or Goalie possession – defenders must stay behind “Build Out Lines” marked in yellow.

Throw-ins – Yes, may retake once if not done correctly

No offsides unless player is standing far from defenders, close calls play on.

No Slide Tackling

If any team goes 4 goals ahead, the other may field an extra player until the goal difference is reduced to 3 goals.

When goalkeeper has possession or in goal kicks, opposition must retreat to yellow retreat line.

Defenders can move in once pass has been completed.

Rules of Play and Fouls – FIFA rules as called by the referee

Substitutions – Only at end of Quarter or for player injury

Game time – Kept by referee



Cougars Youth Club Soccer Rules

PARENTS – PLEASE REMEMBER

THESE ARE CHILDREN
THIS IS A GAME
THE COACHES ARE VOLUNTEERS
THE REFEREES ARE HUMAN

AND

LET CHILDREN MAKE THEIR OWN DECISIONS
DON'T TELL THEM WHAT TO DO WITH THE BALL
MISTAKES ARE LEARNED OPPORTUNITIES
FUN AND DEVELOPMENT ARE MORE IMPORTANT THAN WINNING
CHEER FOR EVERYONE

IT'S THEIR GAME, LET THEM PLAY

PADRES - POR FAVOR RECUERDEN

ESTOS SON NIÑOS
ESTE ES UN JUEGO
LOS ENTRENADORES SON VOLUNTARIOS
LOS ÁRBITROS SON HUMANOS

Y

DEJEN NIÑOS TOMAR SUS PROPIAS DECISIONES
NO LES DIGAN QUÉ HACER CON LA BOLA
LOS ERRORES SON OPORTUNIDADES DE APRENDER
DIVERSIÓN Y DESARROLLO SON MÁS IMPORTANTES QUE GANAR
APLAUDEN TODOS

ES SU JUEGO, LES DEJEN JUGAR



Cougars Youth Club Soccer Rules

General Rules

Playing time – CYC seeks to provide players on each roster with as much playing time and touches on the ball each time a player attends a game. Each player in CYC's recreational program is guaranteed at least half of a game of playing time provided that he/she arrives on time or before the end of the 1st Quarter. For age groups where it is broken up by quarters, that is equal to a minimum of two quarters. Playing goalie does not count as one quarter of play. If a player arrives after the start of the 2nd Quarter, that player is only guaranteed 1 Quarter of play. If a player arrives after half-time, playing time is to be given at the coach's discretion. For games broken up by halves, a player is guaranteed half of a game of playing time as long as he/she arrives no later than 10 minutes after the start of the game.

Start of game – U6-U8 must field no less than 1 player under established regulation size number of players on the field. A team may borrow players from the other team in order to field enough players. If a team plays under regulation, the opposing team should play the regulation amount of players unless it is also short of players. U9/U10 teams must field no less than 5 players on the field or they can borrow from opposing team.

Restart – After each quarter, half, or goal, the restart of play will take place with a kickoff at each age level.

Referee - During the game, the referee is the absolute authority at all times and players, coaches, and parents must respect the referee's decision. No individual is allowed to confront or argue with a referee about a call that has been made. If the coach wishes to voice his opinion, he/she should contact the League Commissioner who will discuss the concern with the individual. If further action or clarification is needed to address the matter, the League Commissioner will work with the club's referee assignor to come to an understanding of the decision and will then communicate with the coach in order to clarify the decision/matter. U6 – U8 age groups will not use referees. U9/U10 will only use a center referee.

Once a game is started a game can only be cancelled by the referee in the case of severe weather or if the field playing conditions are not safe for all participants. If games are not able to be resumed within an acceptable amount of time for both teams and referee, it will be considered a "complete" stop. Games stopped before half-time will be rescheduled and made up in its entirety. Games stopped after the start of the second half will be considered played and will not be made up. The score at the time of the game being called will stand.

Disciplinary Action - If a player, coach, or team fan receives a red card, they must exit the field location immediately. A coach must report a person who receives a red card to the League Commissioner. Depending on severity of red card, the recipient may receive a punishment from a minimum of one game to expulsion from participation with the club.

Field Entry – Only authorized players are allowed to enter field for play. Coaches are allowed to enter the field to access injuries with the permission of the referee. Parents are not allowed to enter field of play at any time unless the case of severe injury. Coach should carry a First Aid Kit at all times. When in doubt of how serious the injury is talk to parents immediately and call 911 if necessary for assistance.

Uniforms – All players at the game must wear a CYC issued uniform including designated colored game day jersey, shorts, and socks. If a player is missing the correct colored jersey, a penny may be used for that player is the same color as the team's jersey. If the penny is not the same color, the entire team must wear the same colored pennies during play.



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Player Equipment – At all times for practices and games, a player must wear the proper equipment such as shin guards and soccer cleats. Shin guards should be covered by socks. The goalie must wear a different color jersey than either team is wearing.

Schedule - Game dates, times, cancellations, and rescheduling will be made by the League Commissioner.

COUGARS YC