



Colorado Ice Soccer Association

(Formerly Table Mountain Soccer Association)

MISSION STATEMENT

Colorado Ice Soccer Association will provide the opportunity to play soccer for as many area youth as possible. We aim to provide a quality environment which allows each player to develop his or her ability to the fullest extent possible. We will accomplish this by providing both recreational and competitive teams, developing and retaining quality coaches and creating a strong community of our players, parents, coaches and volunteers.

**Colorado Ice Soccer Association
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(303) 279-3686**

Office address: 1600 Jackson St, Garden level

REGISTRATION DEADLINES

Micro and Recreational Soccer Programs

Fall Season: July 1.

Spring Season: February 1.

Online registration will open 45 days prior to the registration deadline. Please go to www.coloradoice.org to register online.

Competitive teams (for players ages U11 and older) are formed at tryouts occurring the week after Memorial Day in May.

This booklet prepared by your board of Directors. Updated 11/07

Table of Contents

OUR MISSION	1
Registration Deadlines.....	1
Introduction to Colorado Ice.....	3
TO PARENTS	
A Note to Parents	4
Parents Code of Conduct.....	4
UNDERSTANDING AGE GROUPS	
Signing up	5
Proof of Age	5
Playing up (in older age divisions)	5
U10/U11 exception.....	5
Team Size.....	5
MICRO SOCCER (U4-U7)	
What is Micro Soccer?	6
Team formation	6
Player equipment/uniforms.....	6
Bad weather/Game cancellations.....	6
DEVELOPMENTAL SOCCER (U8-U16)	
What is Developmental Soccer?.....	7
U8-U9 developmental soccer	7
What is Option 1 soccer for U10 and older?.....	7
Developmental soccer U11 and older	7
Team formation	7
ADVANCED SOCCER (U11 and older)	
What is Advanced Soccer?	8
Tryouts and Team Formation	8
Practice and Game Expectations.....	8
COACHING	
How are coaches selected?	8
Coaching Education	9
Coaches Code of Conduct	9
REFEREES	10
UNIFORMS AND EQUIPMENT	11
TEAM ORGANIZATION	12
YOUR STAFF	
Board of Directors	13
Director of Coaching	13
Executive Director.....	13
Fundraising.....	13
OTHER SOCCER OPPORTUNITIES	
High School Soccer	14
Indoor Soccer	14
Soccer Camps.....	14
Tournaments.....	14
FIELD DIRECTIONS	
Local fields.....	14
Statewide fields	14
LAWS OF THE GAME	
General Laws of the Game	15
3 v 3 field diagram and rules (U4-U6).....	16
4 v 4 rules (U7).....	17
6 v 6 official laws (U8).....	19
8 v 8 official laws (U9 & U10).....	29
11 v 11 official laws (U11 and older)	32

A NOTE TO PARENTS

**For the good of the game and for all the good that the game offers our children,
RESPECT THE GAME and ALL of the PARTICIPANTS.**

While soccer is a game for our children, parents play an important role in whether the game results in a positive, fun and rewarding experience. Our primary role as parents--as adults--is to be role-models of sportsmanship and to respect and support the participants of the game: the players, the referees, and the coaches. The example we set for our children is more important than the result of any single game.

Respect the Players

Without teammates your child has no team. Without opponents there is no competition. The opposing team is not the enemy, it is a group of children much like your own. The game is not a war; it's a fun, recreational activity. Cheer *for* your team, not *against* the other team. Applaud all outstanding performances. Recognize good sportsmanship. Be modest in victory, graceful in defeat. The team wins and loses together. Working with others, being part of a team, is more important than winning (or losing).

Respect the Referees

Without referees it's hard to enforce the rules and near impossible to have intense yet fair play. Unacceptable behavior on the sideline has resulted in a huge turnover of young, capable referees. In Colorado over 50% of referees retire in a year or less. Most youth soccer referees are learning their trade just as the soccer player and coach are learning theirs. The referee is under pressure to make split-second judgment calls. The referee is a human being and makes mistakes. This doesn't give adults the right to abuse referees from the sideline. If we don't change our behavior toward referees, we will continue to have a shortage of referees—let alone good referees.

Respect the Coach

Coaching like parenting can be challenging at times. Communication between coaches and parents is very important. Please choose the right time and place to communicate. Do not confront a coach immediately before, during or after a game or practice. These can be hectic, emotionally charged times. If you have concerns or questions set up an appointment. Talk at a time that is convenient for both parties. Do not give instructions to your child or others during the game. You may be confusing the players and working against the tactics or skills that have been taught in practices.

WHEN CONFLICTS DO ARISE handle them in a mature, adult manner. Stay in control of your emotions. Avoid un-sportsmanlike gestures and language. If you come across a participant--a referee, coach, parent or player--who is not good for the game let the appropriate people know. Write your concerns down and give them to the Executive Director, Director of Coaching or a Board member.

PARENTS' CODE OF CONDUCT

Colorado Ice Soccer Association strives to provide a highly enjoyable and positive experience for our youth players and the opportunity for as many area youth as possible to play soccer. We aim to provide a quality environment that enables each player to develop his or her ability to the fullest extent possible. Players, parents, coaches and volunteers are all integral to this positive and quality environment. By signing the following pledge, you are certifying that you will support Colorado Ice in developing this positive and quality environment.

I /We, the Parents/Guardians of _____ pledge to:

1. be encouraging, supportive, and affirmative towards my child's play, and his or her teammates' play, on and off the field;
2. respect officials and accept their decisions;
3. support and respect the coach, team manager, and all members of the team;
4. volunteer my services and talents to the team when help is required by the coach or team manager;
5. become familiar with the laws of the game;
6. comply with the rules, policies and procedures of the team and Club as documented in the Club handbook or presented on the Club website;
7. maintain communication with the Team Coach or Assistant Coach regarding my child's progress or participation, at appropriate mutually agreeable times (never on game day unless such communication is specifically initiated by the Team Coach or Assistant Coach);
8. discuss any concerns not addressed by the Team Coach or Assistant Coach with either the Club Coach or Vice President of Advanced Teams, as appropriate, not with other parents;
9. fulfill my financial obligation to the Team and the Club in a timely manner;
10. ensure that all spectators attending a game with me adhere to this Code of Conduct.

Further, I will not:

1. engage in loud, disrespectful or hostile comments directed toward an official;
2. engage in any kind of unsportsmanlike conduct with any official, coach, player or parent;
3. coach or criticize any player, including my own, during the game;
4. interfere at any time with the duties and responsibilities of the coach or team manager;
5. act in any manner which is detrimental to the team or the Club.
6. Recruit players for another club.

Consequences include:

1. You receive a warning.
2. You are asked to leave a game.
3. You are suspended from a game.
4. Your child is suspended from a game.
5. You are asked to leave the team and/or the Club

Understanding Age Groups

Teams are formed based on players' ages. A player's age is determined by the period from August 1 to July 31. The "Age Chart" on the right identifies where a player's birth date places him or her. A player is eligible to play in the age divisions in the chart so long as his or her birthday falls within the dates outlined in the chart. The exception is a player may choose to play with classmates if their birth date falls within the school guidelines (August and September birthdays) and they are in the appropriate grade.

For example, a player who is born on July 15, 1998 would be "U9" for the 2006/07 soccer seasons. "U9" means "under 9" years old for the seasonal year. If the player was born on September 15, 1998, he or she would be considered "U8" for the 2006/07 seasons unless the player is currently enrolled in 3rd grade in which case the player can choose whether they want to play with classmates (at U9) or age mates (at U8).

These age guidelines are recognized by Colorado Youth Soccer (CYS*). When teams play against other clubs, in state sponsored leagues or tournaments, all age requirements must be met.

Proof of age

Proof of age is required at the time of registration. Proof shall consist of a birth certificate or birth registration issued by an appropriate governmental agency. Hospital, baptismal, or religious certificates will not be accepted as proof. Board of health records, passports, alien registration cards will suffice.

Playing-Up (in older age divisions)

Colorado Ice sometimes allows players the option of playing up on an older team. The registrars responsible for team formation may have to place players on older teams because the teams at the younger, more appropriate age level are full. In general players are discouraged from "playing up" in an older age group.

U10/U11 Exception

For U10 players interested in trying out for a U11 competitive team, CYS allows for the following exception:

"U10 players shall not play in state league competition, except that players whose birth dates rightfully place them in the 5th grade in the public school district where they live and who participated in soccer as a U10 player the previous year may play in state league competition with their school age classmates." (CYS Team Manual 1997-98, page 30).

Age Chart

"U6" means "under 6 years old". "U7" means "under 7" and so on. A player is eligible to play in the age divisions in the chart so long as his or her birthday falls within the dates outlined in the chart. (See exceptions above).

Players Date of Birth	Age for fall '06 & spring '07 seasons	
08/01/02-07/31/03	U4	} Micro Soccer 3 vs. 3 game format for U4-U6 4 vs. 4 game format (without goalie) for U7
08/01/01-07/31/02	U5	
08/01/00-07/31/01	U6	
08/01/99-07/31/00	U7	} Developmental Soccer 6 vs. 6 game format (with goalie)
08/01/98-07/31/99	U8	
08/01/97-07/31/98	U9	} Developmental Soccer 8 vs. 8 game format
08/01/96-07/31/97	U10	
08/01/95-07/31/96	U11	} Advanced and Dev. Soccer 11vs. 11 game format
08/01/94-07/31/95	U12	
08/01/93-07/31/94	U13	
08/01/92-07/31/93	U14	
08/01/91-07/31/92	U15	
08/01/90-07/31/91	U16	
08/01/89-07/31/90	U17	
08/01/88-07/31/89	U18	

- CYS is Colorado Youth Soccer. All competitive teams are governed by the rules and regulations of CYS.

Team Size

The table below identifies the guidelines used by Colorado Ice when establishing our team rosters. Colorado Ice establishes team size consistent with CYS guidelines. We generally shoot for the target number, but often times have to settle higher or lower based on any number of factors. These factors include: registration numbers, existing team considerations, and school/geographic considerations.

Age	Format	Minimum	Target	Maximum	Case by Case
U4/U5/U6	3 v 3	5	6	7	8
U7	4 v 4	7	8	8	9
U8	6 v 6	8	10	12	13
U9/U10	8 v 8	11	12	14	15
U11 +	11 v 11	13	15	18	

WHAT IS MICRO SOCCER?

Micro Soccer is a small-sided version of adult soccer. The game has been modified to meet the needs of younger players. The purpose of the micro-soccer program is to provide an enjoyable environment for children to learn and play the game of soccer. The emphasis is on fun and participation, the development of entry level soccer skills as well as teamwork and sportsmanship. Every child receives a minimum of 50% playing time during games unless there are more than 6 players (for U4-U6) or 8 players (for U7) on the team.

Coaches are generally parent volunteers who are encouraged to teach proper soccer skills as well as positive values and character traits. Coaches try to engage players in soccer as a healthy recreational activity and strive to develop all of the players' self confidence. The time commitment is minimal—a mere 2 1/2 hours per week for a seven week season. Colorado Ice will provide all the information and the basic equipment the coach needs to be successful.

The team coach sets practice times. The coach will contact players prior to the season to notify team members of practice times, field locations and other necessary information. Generally, micro teams practice one day a week for one hour and play games on Saturdays. The fall season runs from mid August through October and the spring season runs mid March through mid May.

Team Formation

All teams are formed by the Colorado Ice Executive Director with the input of the VP Micro and Director of Coaching if needed. Consideration is given to neighborhood and school areas. Other factors include available space on existing teams, the number of new players, previous coach, and so on. The primary goal is to get children playing soccer. The micro soccer program is an opportunity for children to meet new people and make new friends. Expect that in some cases the make-up of a team will change from season to season.

Coaches will not be permitted to reject the placement of a player on their team, except due to discipline problems. Vacancies will be filled by the club based upon the pool of available players up to the above stated maximum number of players. Requests for specific team placement must be made in writing on the application and must be from a parent, not a coach. The club endeavors to grant requests but placement on a specific team is not guaranteed.

Practice times are set by the team coach. The coach will contact players prior to the season to notify team members of practice times and other necessary information. Generally, micro teams practice one day a week and play games on Saturdays. The fall season runs from late August into October, the spring season starts in April and goes into May.

MICRO SOCCER			
Ages	Players on the field	Game Length	Ball Size
U4	3 vs. 3 (no goalkeeper)	3 eight minute periods	3
U5/U6	3 vs. 3 (no goalkeeper)	10-minute quarters	3
U7	4 vs. 4 (no goalkeeper)	12 minute quarters	3

*"A hundred years from now it will not matter what my bank account was,
the sort of house I lived in, or the kind of car I drove . . .
but the world may be different because I was important in the life of a child."*

Players Equipment/Uniforms

- Micro-soccer is played with a size-3 soccer ball. All players should have their own ball at practices and games.
- All players are required to wear shin guards. Soccer cleats or athletic shoes (tennis shoes) are required. No boots or other non-athletic footwear is allowed.
- Players should bring water and wear appropriate athletic clothing to all practices.
- Colorado Ice uniforms are required for each child at games. The uniform package includes a jersey, t-shirt, shorts and socks for U5-U7 players (U4 players are provided with a t-shirt for games). Uniforms (for U5-U7) are purchased through Colorado Ice (there is a check box on the application). When a player enters Developmental soccer at U8 a new uniform package must be purchased.

Bad Weather/Game Cancellations

In case of bad weather, the head coach will call the Colorado Ice main # to determine if the fields are open for games. If the weather is last minute and the message has not been updated, the coaches decide whether or not to play the game. The home team coach is responsible for contacting the opposing coach and arranging for a make-up game. Make up games can be rescheduled during a practice time. Goals may not be available for make-up games. Cones should suffice.

Golden Heights Field Location

Most games will be played at Golden Heights Park. Directions: Take 6th Avenue to Indiana St. Turn South on Indiana. Take a right on W. 6th Ave frontage road. Go past the Fairgrounds. Frontage road will change into Orchard St. Stay on Orchard till 2nd Pl. then take a right. Go 5 blocks and the park is on your right.

MICRO TEAMS MUST START THE GAME ON TIME! GAMES MUST END ON OR BEFORE THE HOUR SCHEDULED FOR PLAY OR ELSE THE WHOLE DAY IS DELAYED.

WHAT IS DEVELOPMENTAL SOCCER?

Beginning with the U8 age group (2nd grade) players participate in developmental soccer. Developmental soccer is open to all players. Developmental teams play two 8-week seasons starting in mid August in the fall and mid March in the spring. Teams generally practice two times a week and play games on Saturday.

New uniforms are required when you enter developmental soccer. They are sold through the Colorado Ice office.

In Developmental Soccer a large emphasis is placed on player development and participation. **Players who attend practices will play at least 50% of the game.** The coach assigned to your team will contact players prior to the start of the season with practice times and locations and other pertinent information. Parents are expected to help out. At the team's preseason meeting the coach will ask for assistance. Generally teams need assistant coaches, team managers (for phone calls and basic administration), snack and drink organizer, assistant referees and so on. See the section on team organization for more information.

Age	Game format	Game Length	Ball Size
U8	6 vs. 6 (with Goalkeeper)	20 minute halves	3
U9/U10	8 vs. 8 (with Goalkeeper)	25 minute halves	4
U11 and older	11 vs. 11 (with Goalkeepers) 8 vs. 8 at U15 and above.	U11: 30 minute halves U12: 30 minute halves U13: 35 minute halves U14: 35 minute halves U15: 40 minute halves U16: 40 minute halves U17+: 45 minutes halves	U11/U12: size 4 U13 & up: size 5

What is Intermediate Developmental Soccer or Option 1? (U10 and above)

Starting at the U10 age level players have an option of playing for an Intermediate level team. This level of soccer is also referred to as Option 1. Teams compete at a higher level and a higher level of commitment is required due to traveling further and the increased competition. It is a preparation for player planning on playing advanced soccer at U11. Teams competing in this league must be intact developmental teams formed in the usual developmental manner, without tryouts or any other selection process intended to strengthen the team. Such teams must have a minimum of 50% of their players returning to the team from the previous season. The levels of play at Option 1 are usually Gold, Silver and Bronze.

Developmental U11 and Above

For the U11 and older player there are 2 options for soccer, competitive and developmental. For those players not ready or willing to make the commitment to competitive soccer the developmental option is a good choice. Teams play two seasons, Fall and Spring, and play 8 games with 2 practices a week. Developmental soccer allows more time for players to compete in multiple sports if that is their desire, although even the competitive player can play other sports as well.

Team formation

U8

At U8 we will continue to use the micro team formation policies. Micro teams will remain intact from U7 and progress into U8. If additional players are required they will come from a pool of new registrants and players requesting new teams.

U9

The number of teams will be determined based upon total number of registrants and team size guidelines. The transitional year between U8 and U9 may require the dissolution of some teams, depending on returning players and new player numbers. If needed, teams to be dissolved will be based on coaching considerations. Coaches will be consulted and evaluated to determine which will proceed and which will not. Registrants from the teams which are to be displaced will be placed into a pool along with new registrants. This pool of players will be distributed onto remaining teams by the club using several factors including geographies, team strength and player skill. Consideration will be made for displaced players to stay with at least one of their prior teammates. Any requests for player movement by parents will also be considered. Again consideration will be made for special requests but it will be the clubs sole discretion as to whether or not the special request can be met. Returning players that chose to sit out the previous season will have preference to return to their old team if slots are available. Otherwise they will be placed into the above mentioned pool.

U10 Option 1

The club and the coach will determine if a team is able to compete at Option 1. Option 1 will be available to all players; however there will be a limited number of slots available. In this case we will be filling out existing teams that will be going Option 1 as a team. Returning players from the previous spring season have preference on the Option 1 teams, and a minimum of 51% of the roster must be returning from the previous season (per CYS rules). It is highly encouraged that the returning players and players requesting Option 1 have demonstrated the skills and desire necessary to compete at Option 1. The club will require at least 1 year (2 seasons) of experience for Option 1 consideration. An option 1 coach has the authority to discuss with players and parents the appropriate level of play for them. Option 1 coaches cannot refuse to take any player assigned to the team. Remaining developmental teams are adjusted as needed and as outlined in the U9 formation. If Option 1 slots are available for the U10 spring season the same process of selection will be used.

U11 and above developmental

The number of teams will be based on number of available players. Coaches will be identified based on experience.

ADVANCED (competitive) SOCCER (U11 and older)

Players U11 and older are eligible to tryout for the association's Advanced soccer teams. Competitive soccer teams are formed based on players' abilities. This level of play is for players who demonstrate a strong ability and commitment to soccer.

There are different levels of play for advanced teams, Premier, Classic and Challenge and each of these levels has 2 divisions. The director of coaching and new U11 team coaches will decide initially what division to place the new U11 teams in for the fall season. From spring U11 year forward the team is placed by Colorado Youth Soccer in a level based on their success.

Teams play two 10-week seasons—one in the fall, one in the spring—and participate in at least three tournaments during the year. Practices will begin approximately 1 month prior to the first game of the season. Teams will have to travel out of the immediate area several times during a season. A team may have to travel to Colorado Springs, Pueblo, Grand Junction or Cheyenne/Laramie Wyo. on occasion. Most games (85%) will occur in the Denver area.

The cost of playing on an advanced team ranges from approximately \$450 to \$600 per season. The fees cover insurance, field rentals, administrative services, the services of a professional club coach, clinics and team coach's fees. Additional costs include uniforms (mandatory for new U11 teams and every 3 years thereafter) and tournament fees. Unlike recreational soccer 50% playing time is not guaranteed in advanced league play.

Tryouts and Team Formation (Advanced Teams only)

Colorado Ice teams are formed through a tryout process that occurs at the end of the preceding spring season. For example, a U11 Advanced team planning to play in the fall of '07 and spring of '08 will have tryouts at the end of the spring season in '07. Players tryout every year for Advanced teams.

Each team generally has two tryout dates. Players must attend both dates. If a player cannot attend one or both of the tryout sessions they must notify the Executive Director and/or the Director of Coaching. If a player misses tryouts the club will attempt to place them on a team if there is room. Team placement, if any, is at the sole discretion of the club. A schedule will be published and sent to all eligible players during the spring season. Players register at the tryout. The tryout consists of soccer drills, small-sided games and 11 vs. 11 soccer.

At some age groups, Colorado Ice will have more than one advanced team: the White ("A") team, the Blue ("B") team, the Silver ("C") team, etc. Players may be asked to move from one team to another during the season. This decision will be made by the head coaches, the club coach, and/or the Colorado Ice V.P. of Advanced Teams.

Practice Expectations

1. Advanced teams will practice a minimum of two times per week. Some coaches will schedule three practices a week.
2. Practice times and locations will be determined by the team coach and the Colorado Ice Director of Fields and Equipment. (Fields are in short supply in the Golden area. Availability changes from season to season. Your practice time and location will likely change from season to season).
3. Players are asked to be "ready to play" at the start of the practice time (which means you may want to plan on arriving early). "Ready to play" means dressed in the proper clothes for the weather conditions. It also means coming with the proper equipment: soccer clothes, shin guards, soccer cleats, water bottle and a pumped up soccer ball.
4. If a practice is cancelled the coach or team manager (or phone tree) will contact you. If you cannot make a practice please contact the coach or manager at least 24 hours in advance. Advanced team players should plan on attending every practice and game. Even excused absences may effect a player's playing time.
5. *Players should be picked up promptly at the end of practice.*

Game Expectations

1. Be on time and ready to play. The coach will determine when players should arrive (usually 30-60 minutes before the game). In addition to the team's uniform, players should observe the following rules:
 - Shirts tucked in at all times,
 - Girls hair should be pulled away from the face and tied back.
 - NO jewelry, watches or hair ornaments are allowed.
2. Missing more than one game per season is strongly discouraged unless due to injury, family emergency or special situation.

Selection of Advanced Program coaches

1. Coaches for the advanced program shall be selected by the Director of Coaching.
2. The Director of Coaching shall make his selection based on the following non-exclusive criteria
 - a. Coaching experience
 - b. Level of coaches licensing
 - c. Tenure with Colorado Ice
 - d. Soccer background
 - e. Ability to work with kids
3. The Director of Coaching shall make coaching selections for the following fall no earlier than September 1st and no later than March 1st.
4. The Director of Coaching shall advertise for coaching vacancies if suitable candidates cannot be found.
5. The Director of Coaching shall make his decisions based on a review of resumes and/or interviews with the candidates.

Termination and Evaluation of Advanced Coaches

The Director of Coaching may terminate advanced coaches for good cause. Any coach so terminated may appeal that decision to the Colorado Ice BOD. Coaching evaluations may be performed from time to time by the Director of Coaching, VP of Advanced teams or other highly qualified coaches that they appoint.

Team formation and transfers

1. All advanced teams shall be formed via a tryout process. Final player selection shall rest with the head coach of the team.
2. It shall be the responsibility of the head coach to conduct the tryouts. The VP of Advanced teams and/or the Director of Coaching along with invited evaluators shall assist with tryouts for the incoming U11 age group.
3. Colorado Ice shall allow, where sufficient player numbers and ability permit, multiple teams in an advanced team age group. The purpose of this is to allow all players to play at the appropriate level and to create a solid foundation for the advanced program.
4. Both the Director of Coaching and the VP Advanced must approve all advanced player transfers.
5. Prior to July 15th unlimited transfers will be allowed between the multiple teams in an age group. After July 15th transfers of players will be allowed only between seasons (between fall and spring) unless team numbers or other compelling circumstances exist.
6. For teams participating in State Cup only 3 transfers are allowed per year.

Compensation of Advanced team coaches

All advanced team coaches are paid. The Director of Coaching sets the coaches pay scale based upon numerous factors, including but not limited to playing experience, coaching experience, number of years with Colorado Ice, licensing, etc.

Coaches' Conduct

Being a youth coach takes time and skill. Never underestimate your importance to the young people who play for you. Your athletes will look up to you. What you say and think and do matters to them. You, as a youth coach, can help shape your player's self image, and can build their self-esteem. Your potential positive impact on your athletes is great!

CODE OF CONDUCT FOR COACHES

The Colorado Ice strives to provide a highly enjoyable and positive experience for our youth players and the opportunity for as many area youth as possible to play soccer. We aim to provide a quality environment that enables each player to develop his or her ability to the fullest extent possible. Players, parents, coaches and volunteers are all integral to this positive and quality environment. By signing the following pledge, you are certifying that you will support Ice in developing this positive and quality environment.

We, the Coaches of the Colorado Ice, pledge to:

1. refrain from using controlled substances (drugs), alcohol nor tobacco products whenever I am representing Ice;
2. notify the Club Coach of any incident which may compromise the integrity of the Team, any of its players or the Club;
3. abide by the rules, policies, and procedures of the Team and Club as documented in the Club handbook or presented on the Club website;
4. display a positive attitude and refrain from making negative comments towards all players, parents, and officials;
5. develop positive "life" qualities (i.e. discipline, teamwork, sportsmanship, etc.) in players;
6. respect the game officials and their decisions;
7. keep open lines of communication with parents regarding their child's progress and participation;
8. take total responsibility for the actions of players on the field;
9. not discriminate against anyone;
10. refrain from using profane or vulgar language whenever I am representing the Ice;
11. act as a positive representative of the Ice and in the best interest of the organization.
12. participate in as many coaching symposiums, classes and coaching development programs as my time will allow, may include continued pursuit of coaching certifications.
13. do not engage in any conduct which

Consequences include:

1. You receive a warning.
2. You are suspended from coaching a game.
3. You are fined.
4. You may be removed as a coach.
5. You are asked to leave the team and the Club.

How are coaches selected?

Micro coaches are generally parent volunteers. The association provides all the information and equipment needed for first time coaches. Coaching at this age group is a blast. The time commitment is minimal, the impact is tremendous.

Developmental coaches are generally parent volunteers. Priority is given to those coaches who have previous coaching or playing experience. Developmental coaches are provided coaching aids and are encouraged to attend coaching clinics.

Advanced team coaches are selected by the Director of Coaching and V.P. of Advanced Teams. Generally the most qualified coaches are assigned to the Advanced Teams.

If you are interested in coaching you should express your interest on your child's registration application. A written statement with credentials and expression of interest is also helpful. This statement can be sent to the club P.O. Box. Micro and Developmental soccer coaches are identified and selected during the registration process. If you have specific questions about coaching please contact the V.P. of Micro Teams, the V.P. of Developmental Soccer teams, the V.P. of Advanced teams or the Director of Coaching.

Coaching Education

All coaches are encouraged to attend training and educational clinics. The Director of Coaching set up preseason coaching clinics and meetings. The State Soccer Association offers licensing programs in the winter and summer months. The club provides written coaching resources to coaches.

Referees

Colorado Ice is always trying to improve and increase the number of qualified referees. Unfortunately referee turnover is extremely high—over 50% do not return from year to year. The number one reason for such high turnover is abusive behavior from the sidelines. (See guidelines for spectators at end of booklet). Colorado Ice will be sponsoring referee certification courses which will enable a person to become a fully certified FIFA referee. In addition Colorado Ice will provide clinics to certify club referees to referee Micro and Developmental games. There are several levels of FIFA certification for referees. The Grade 9 course is 8 hours with both classroom and field work along with a test. A Grade 9 referee can ref Developmental games both in house and interleague. The Grade 8 course is 17 hours of classroom and field work along with a hundred question test. The Grade 8 referee can referee both competitive and developmental games as either a center or a linesman. The club certification course is four hours and will only allow the participant to referee Colorado Ice Micro and in-house Developmental games.

Referees for micro games and for most U8 Developmental Games (6 vs. 6) are parent volunteers (some of the U8 games do have club assigned center referees). For games U9 and older a center referee (and most times, 2 linesmen) are assigned to the game. Each team will need to be prepared to provide “an assistant referee” to help run the sidelines if club linesmen are not assigned.

If you have a problem with a referee please act appropriately. Set an example for your players. ***Referees will make mistakes.*** Deal with this fact. Accept it. Do not get personal with a referee. Conduct yourself in a civil, controlled, non-argumentative manner. Coaches should help keep sidelines from yelling abusive comments. Remember many of these referees are young teenagers. We seek to help them develop just as much as we do our players. If you have a problem with a referee the complaint should be detailed in writing and sent to the club P.O. Box or to the club via e-mail. Abusive behavior on the sideline will seldom change the referees’ behavior. It may even make it worse for your team.

TIPS FOR THE VOLUNTEER REFEREE

For U4 through U8 soccer games, the referee is usually a parent volunteer. As encouraged by Colorado Ice and agreed to under interleague rules, the primary purpose of the referee for micro and U8 level games is to assure that the game is played fairly and safely. To this end, the referee will:

1. Monitor player safety.
2. Help create an environment for each player to learn and enjoy the game of soccer.
3. Enforce the rules of soccer (*FIFA Laws of the Game* as modified under interleague soccer rules).

SPECIFIC SUGGESTIONS

- The parent volunteer should be familiar with the modified laws of the game. The rules are included in this booklet. Colorado Ice will offer referee clinics as outlined above for Micro and Developmental soccer. Each Micro and Developmental team should have at least one parent able to referee games.
- The referee should practice refereeing before game day. (That is, referee a scrimmage during the team's practice). Have coaches and others give you feedback.
- Stop play if a player is injured. Allow coaches to enter the field and attend to player. Restart play with a drop ball, or if a foul has occurred, restart with a free-kick. (A drop ball is where two players stand facing each other and the referee drops the ball between them. Play starts when ball hits the ground).
- Don't disrupt the flow of play unnecessarily. Let play continue ("play on") if possible. Encourage quick restarts (throw-ins, kicks, etc).
- Call out fouls and kicks and throw-ins so that players learn what's going on. For example, "throw in white." "Goal kick blue." "Foul on blue, tripping, free kick for white."
- Wear athletic clothing and a whistle. A referee shirt is not required.

If a coach or spectator is acting badly, ask them to please calm down. If it's a spectator, the referee can ask the coach to please speak to the spectator. "Coach, can you please control the sideline?" During a break the referee and coach can speak further. For example, "What's the problem?" "I'd appreciate any constructive feedback?" "What can I do better?" "I'm trying the best I can." "I'm new at this and I'm trying to learn." **The coach, the referee and the spectators are on the same team: we are all working together to create a positive experience for the kids.**

Disruptive behavior from the boundary lines by coaches or spectators is prohibited and will be regarded as ungentlemanly conduct warranting a report of misconduct equivalent to a caution and if continued, a sending off. Tactical coaching from the boundary lines is permitted, but must be done in a manner which is not disruptive to the game.

In Micro games where a coach is acting in the capacity of a referee he or she will be impartial in making calls. Coaches who are acting as referees will refrain from coaching while on the field as a referee.

Misconduct Procedures

All participants and spectators in Colorado Ice activities shall be subject to all misconduct rules contained in the Laws of the Game, the Rules and Procedures of the Colorado Youth Soccer Association, and Colorado Ice, regardless of whether they have passes and regardless of whether a yellow or red card was displayed by the referee. Misconduct which is not noted in a referee's game report but which is reported in writing to the Colorado Ice office by an individual may be investigated by the proper authority.

If an individual engages in prolonged harassment of officials, or abusive disagreement or interference with officials, the team coach may be asked to control the individual. If the coach has no control over the individual or situation, the coach shall not be penalized.

The referee may suspend play when necessary due to spectator or participant interference until the individual(s) creating the disturbance leaves the playing area to a minimum of 100 yard from the field. Said individual(s) shall remain silent for the duration of the game and take no further part in the game. Failure of (an) individual(s) to comply with the referee's request in a reasonable amount of time may result in the referee terminating the game. Such incident may result in forfeiture of the game and further disciplinary action.

All incidents of misconduct involving players, coaches, and spectators at Developmental or Micro games will be reported to Colorado Ice within 48 hours of the incident.

Colorado Ice Uniforms and Equipment

(2006/2007 Season, subject to change for upcoming seasons)

Micro soccer uniforms for U4 players

The U4 player is provided with a colored t-shirt for game day.

Micro Soccer Uniforms for players U5-U7

A complete uniform--jersey, shorts, socks--can be ordered when a player signs up for Micro Soccer. Uniforms can be purchased at any time if needed. Uniforms are meant to be worn for the two to three years of the micro soccer program.

Jersey:	Blue jersey with Land O'Frost logo on the back (Land O'Frost sponsors our Micro program).
Alternate:	White T-shirt with Land O'Frost logo on the back (Land O'Frost sponsors our Micro program).
Shorts:	Blue shorts
Socks:	Blue socks (Socks should completely cover shin-guards).
Ball size:	#3

Micro uniforms are distributed through Colorado Ice. They are not available in stores. All teams and players must wear the Colorado Ice uniform on game days.

Developmental Soccer Team Uniforms for players U8-U18

Developmental uniforms are carried at the Colorado Ice office as well as at Sportline at 65th and Wadsworth in Arvada.

Jersey:	Adidas Sereno blue with white diagonal at top
Alternate Jersey:	Adidas Sereno white
Shorts:	Adidas Stiker blue
Socks:	Twin City blue
Ball size:	#3 for U8 players, #4 for U9-U12, #5 for U13 and older.

Note that numbers are not required on Developmental uniforms unless the team plans to play in tournaments. The coach will coordinate uniform numbers if deemed necessary.

Advanced Soccer Team Uniforms

Advanced uniforms are ordered through the Colorado Ice office and are available for pickup at the office as well. The uniforms are also available at Sportline for individuals needing items at the last minute.

Jersey:	Adidas Toque cobalt blue
Alternate jersey:	Adidas Toque white
Shorts:	Adidas Toque cobalt blue
Socks:	Adidas Copa Edge 1 pair blue, 1 pair white
Warmups:	Adidas Trofeo cobalt blue top and black training pant
Bag:	Adidas Copa II royal backpack
Ball size:	#4 for U11 and U12, #5 for U13 and older.

Player Equipment

Players should come to practice and games ready to play. Players should wear athletic clothing. NO JEANS. NO BOOTS. NO WATCHES. NO JEWELRY. Players should be prepared for weather changes. A warm-up, sweat suit, and/or waterproof jacket or pullover should be brought to every practice and game.

Players are required to wear shin guards. Soccer socks should completely cover the shin guards. Soft-cleated soccer shoes are recommended but not required. Hair should be pulled back out of the way when playing.

Team Organization

Each season teams need to organize to insure that essential team duties are covered by parent volunteers. Duties are usually assigned at the preseason team meeting. Soccer is not a baby-sitting service. Parents are expected to participate. Each team needs the following volunteer positions filled:

Essential Team Duties

- Coach- The coach is the chief. A good coach makes for a good season. The coach organizes and conducts practices. The coach should be responsible and organized. He or she should have a good rapport with children and be willing to learn as much as possible about soccer and player development. Players and parents should always respect the coach and fellow players. If the coach is having issues with an individual child he/she will address the parents directly and request assistance from the parents. This assistance may be in the form of the parents talking with the child or the parent being required to stay at practices to monitor behavior. The coach has an entire team of children to be coaching so cannot spend all of his/her time dealing with problems.
- Assistant Coach(es)- It is helpful for each team to have one or two assistants to help out at practices and games. Assistants will follow the lead of the head coach to help create effective practices.
- Team manager- A good manager will handle paperwork, money, uniforms, phone calls (phone tree), end of the season parties and many other important tasks. The manager does not have to be a soccer expert. It is the perfect job for a parent who wants to be involved but knows nothing about the game of soccer. With a good manager, the coach can focus on learning the game and coaching the kids.
- Snack and drink coordinator (may be the team manager). Parents should take turns bringing drinks and post-game treats to games. Someone needs to create a master schedule. A good post-game treat helps create a positive experience no matter if the team won or lost the game.
- Referee assistants- each recreational team must provide their own referee or assistant referee. Identify at least two parents to handle this responsibility. Training will be available throughout the year.
- Other duties (optional): fundraising person, tournament coordinator

PARENTS: Support your child and watch them play and develop. Get your son or daughter to practice and games on time. Encourage them to try their best. When watching games be a fan not a critic. Please review the standards of conduct for parents and spectators described at the beginning of this booklet.

Board of Directors

The Colorado Ice Soccer Association is governed by a Board of Directors. Decisions reached by the Colorado Ice board are made in accordance with the by-laws, and as are appropriate to the Colorado Ice Mission Statement. Colorado Ice will abide by all rules and regulations established by Colorado Youth Soccer (CYS). CYS operating procedures can be accessed at their web site: www.coyouthsoccer.org.

The board is comprised of various members having responsibilities from presiding over the board to registration, and coaching to field management. Additionally, the board employs a Director of Coaching and an Executive Director.

- **Club President**: Presides over all official club matters.
- **Executive VP**: works with the President.
- **Secretary**: Shall attest the affixing of the seal of the Assoc. when so authorized and perform other duties when assigned.
- **Treasurer**: Manages club books and drives yearly budget.
- **VP Fields & Equipment**: Manages fields and club equipment.
- **VP Advanced Teams**: Manages activities specific to competitive teams
- **VP Developmental Teams**: Manages activities specific to Developmental teams.
- **VP Micro Teams**: Manages activities specific to Micro teams.
- **VP Referees**: Coordinates the recruitment, assignment and provision of information regarding training of referees.
- **New Fields**: Coordinates governmental approval, construction, leasing, financing and all other aspects of the new field complex at Rooney Road.
- **VP Public Relations**: Manages club public relations.

Elections for Board position occur every year at the AGM in October/November. Board members serve two year terms. Terms are staggered so that 1/2 of the positions are replaced in any given year.

The Association always needs help and good leadership. If you are interested in any of the positions please contact the club or attend a board meeting.

Director of Coaching

Radu Marcu is the Director of Coaching for Colorado Ice. He has his NSCAA Premier Diploma. The association's Board of Directors hires the Director of Coaching to help oversee coaching and player development. Radu also participates in board discussions and decisions and assists with the general operations of the club.

Executive Director

Laura Albrecht is the Executive Director for the club. Her responsibilities include office management, registrations, fundraising and communication.

Fundraising

Team Fundraising

Many Colorado Ice teams undertake fundraising projects. Fundraising is primarily done by Advanced Teams to offset the higher cost of playing soccer at this level. Advanced teams have higher league fees, generally compete in more tournaments, and have paid coaches or trainers. Fundraisers take many forms. In general teams will consider participating in special events, car washes, candy sales, and/or selling grocery and restaurant certificates.

Sponsors

Teams can seek out business and corporate sponsors. Sponsor contributions can often help with equipment costs, tournament fees or general operating cost of teams. No logo's can be placed on club uniforms without express consent in writing from the club. There are also sponsors at the club level.

Club Wide Fundraising

The association as a whole also participates in fundraising events to help keep fees lower. Merchandise and pin sales, special events and tournaments all bring in extra income to the club.

As Colorado Ice continues our campaign to build and secure new fields, the club will seek major corporate sponsors.

High School Soccer

Many of the club's older players will tryout to play high school soccer. Colorado Ice players attended many different area High Schools including private schools. The boy's high school season is played in the fall, the girls in the spring. Tryouts for high school soccer occur in August for the boys and February for the girls. Contact high schools for specific dates and times. Most high schools have a Varsity and Junior Varsity team. Some schools also sponsor a level three team of freshman and sophomore players.

Indoor Soccer Leagues

Several indoor soccer venues in the area sponsor indoor soccer leagues. The primary season for indoor soccer is over the winter months. Space in indoor leagues fills up quickly. Interested players/teams should sign up well in advance. Most indoor teams are formed from existing Colorado Ice teams. Many of the Ice Advanced teams will strongly encourage indoor play. Games are one-time per week; teams generally do not hold indoor practices.

Soccer Camps

Every summer Colorado Ice sponsors several soccer camps in the Golden Area. The camps take place throughout the summer. Registration information and applications will be sent to all registered Colorado Ice players. Camps are offered for all age groups and abilities. Soccer camps come in many forms. In the Denver area there are day camps and over-night camps. The price ranges from \$40 per week to \$500 for an over-night all-day camp. Check the CYS "Goal Post Scripts" quarterly newsletter for more information on soccer camps.

Tournaments

Soccer tournaments are weekend events normally occurring before and after the regular league seasons, but sometimes during the season as well. During the summer there is a soccer tournament in Colorado every weekend. Ice Advanced teams generally play in two or more tournaments during the summer months. More and more Developmental teams are participating in pre-season tournaments as well. Tournaments are fun events. Teams play 3 to 5 games in three days. That's 1/2 a regular season over a couple of days! Check www.coyouthsoccer.org or "Goal Post Scripts" for more information on tournaments.

When the game is over, I want your head up - and I know of only one way for your head to be up - and that is for you to know that you did your best. To know that no one could do more . . . that you made that effort. John Wooden

FIELD DIRECTIONS-Local Fields

Applewood

From I-70—East on Denver West/Denver Marriot exit. Left on Cole. Follow road 1/2 mile to building #15 and #16. Follow parking lot behind building #16. Field is on your right.

From Youngfield—west on 19th, 1st left on to Willow. Right at Allkire Court (4th right). Field at end of street.

Golden Heights—Indiana Ave. South. Right on 6th Ave. Frontage Rd. past fairgrounds. Road curves to left and becomes Orchard St. Turn Right at 2nd Place, field is 4 blocks on right.

Rooney Road Youth Sports Complex—Colfax West from 6th Ave to Rooney Road. South on Rooney Road to the complex on the West side.

Southridge—S. Golden Road to 16th street roundabout. Head north for 1/4 mile, field is behind tennis courts.

Tanglewood—I-70 to Denver West/Colorado Mills exit. Go West to the first light then North to the field on the West side of the road.

Ulysses—6th Ave. W. to Ulysses, N. to 10th, W. to field. Adjacent to Bell Jr. High School. Ulysses Field #3 is in the center of the park across from concession area. Field #5 is on north end of park. There is also parking off of Ulysses if you follow it past Bell Middle School. This lot is the best one to park in for fields 3, 4 and 5.

White Ash Mine—6th Avenue West, it will turn into Hwy 93 as you pass Hwy 58. Go West at the next stop light then your next right.

For detailed field directions to all fields in the state of Colorado check out the following web page www.soccerfieldsofcolorado.com

General Laws of the Game

The rules described here represent an abridged "reference" version of the complete rules of soccer. Many soccer leagues have modifications of these laws, especially for small-sided leagues (3-a-side or 4-a-side leagues). Contact coach or TMSA office for further information on league rules.

Direct kick--a kick awarded after a serious foul in which the ball can be kicked directly into opponents goal. Intentional fouls that can result in a direct kick are: 1) kicking or attempting to kick an opponent, 2) tripping, 3) jumping at an opponent, 4) charging from behind (unless the opponent is obstructing), 5) Striking or attempting to strike, 6) spitting at an opponent, 7) holding or pushing, 8) using hands on the ball.

Indirect free kick--a kick awarded after a foul where the ball must be touched by another player from either team before going into the goal. Fouls resulting in an indirect kick include: 1) dangerous play, 2) charging fairly, but when ball is not within range, 3) obstructing an opponent, 4) charging the goalkeeper, 5) when a goalkeeper takes more than four steps with the ball, delays the game, or has touched the ball with the hands when it was deliberately kicked by a teammate.

Off-side--a player must not be ahead of the ball when the ball is played by a teammate in his or her direction unless two or more opponents are ahead of him or her. (Two opponents or the ball must be between the offensive player and the goal). Offside is judged at the moment the ball is kicked. A player cannot be offside when in his or her own half of the field, or if the player receives the ball from a throw-in, goal kick, or corner kick. Off side law is generally not in effect for younger players (3-a-side or 4-a-side games).

Penalty kick--a penalty kick is awarded when the defending team commits a foul which results in a direct free kick inside the penalty area. All players except the goalkeeper and the kicker must stay outside the penalty area at least 10 yards away from the penalty mark.

Corner kicks--when the defending team sends the ball over their goal line, the attacking team restarts play by kicking the ball from the corner closest to where the ball went out. Opponents must be 10 yards away until the ball travels its circumference. Another player must touch the ball before the kicker can play it again. A goal can be scored directly from the corner kick.

Goal kicks--when the attacking team sends the ball over the goal line, the defending team is awarded a goal kick. The kick must leave the penalty area. It must be touched by another player before the kicker can play it again. No opponents may be in the penalty area when the kick is taken.

Yellow card/Red Card--players can be warned by the referee and ejected from the game if they use violent conduct, create a serious foul, or use abusive language. Players can be warned or ejected for: repeated misconduct after a caution, entering or leaving the field without the referee's permission, disagreeing with the referee, or for unsportsmanlike conduct toward anyone. A yellow card is a warning. A red card is an ejection.

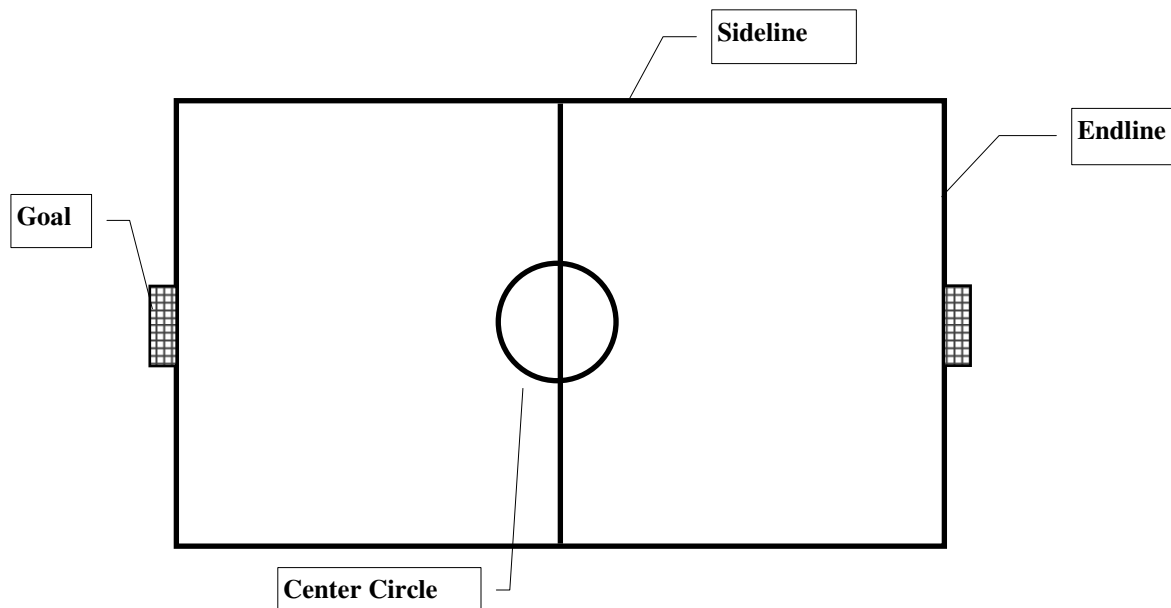
Out of bounds--the ball is out of play when it has completely crossed the touch-line or the end line.

Throw-in--a throw-in is taken to restart the game after the ball goes out of bounds past the touch-line. It is taken from the point where the ball crossed the line. The ball is thrown with two hands from behind the head. Both feet must be on the ground on or behind the touch-line.

Advantage - when the referee allows a foul to occur without penalty or stoppage of play. Referee allows the offensive team to continue play if they have an advantage over the defense.

Micro Soccer Field Diagram & Game Rules 3 vs. 3

For players U4, U5 and U6



Micro Referees

The home team is listed first on the schedule. It is this team's responsibility to supply a referee for the game. A parent with a whistle suffices. The purpose of the referee is to supervise the game, monitor player safety and keep the game going. The referee can offer advice on such things as kick-offs, where to place the ball on goal kicks and corner kicks, etc. **The referee is the only adult allowed on the field during the game.**

Game Length

- Games are 40/48 minutes comprised of four 10/12-minute quarters and a five-minute half-time. (U5 & U6/U7)
- Games should be completed within the scheduled hour as a courtesy to the teams scheduled for the subsequent games. Game scores are not kept.

Field Dimensions

- Golden Heights upper fields are 30x20 (U5&U6)
- Golden Heights lower fields are 40x30 (U7)

The Ball: Size 3

Players, Playing Time and Substitutions:

- Three/four players from each team on the field at a time. No Goalkeepers (no player is allowed to use their hands except for a throw-in).
- All players shall play a minimum of 50% of the total playing time, unless team size impeded this.
- Players may be substituted on any dead-ball (any time the ball goes out of bounds). The referee should be signaled prior to substitutions.

Kick-offs: A kick-off taken from the center of the field starts the play at the beginning of each quarter and after each goal. Opponents must be five yards away on their own half of the field (outside of the center circle) on a kick-off. Players should be

encouraged to pass on a kick-off.

Throw-Ins: A throw in is taken to restart the game after the ball goes out-of-bounds past the sideline. **The ball must completely cross the line to be considered out-of-bounds.** Any player from the team that did *not* touch the ball last can take the throw-in. This player has to have both feet on the ground on or behind the sideline. The throw is done with two hands with the ball starting behind the player's head.

Corner Kicks/Throw-Ins: A throw-in is awarded in place of a corner kick since the kids are just learning. If the ball is last touched by a defender and goes over the end line, a throw-in from the corner is given to the offensive team to restart play. Opponents must be five yards away.

Fouls/Indirect Kicks: All fouls result in an indirect free kick with the opponent five yards away. An indirect kick means that two or more players have to touch the ball before a goal can be scored. Fouls to watch for and monitor include: intentional use of the hands, tripping, pushing an opponent, or kicking an opponent (when not trying to kick the ball). Note that physical contact will occur. Soccer is a contact sport. Referees and coaches should let players bump into each other. Players can learn to use their bodies to win the ball and protect it from opponents/defenders but they may not extend their arms.

Goal Kicks: If the offensive team kicks the ball over the goal line the other team is awarded a goal kick to restart play. A goal kick can be taken 5 yards out from the goal line to the right or left of the goal, not in front of the goal. Opponents must be five yards away.

Goals: Goals can be scored only from the team's offensive half of the field. A goal is scored when the ball completely crosses the goal line and goes into the goal.

U.S. Youth Soccer
4 vs. 4 Soccer Rules
for players U7

LAW I - THE FIELD

A. Dimensions:

The field of play shall be rectangular, its length being not more than 50 yards nor less than 40 yards and its width not more than 30 yards nor less than 20 yards. The length in all cases shall exceed the width. U.S. Youth Soccer Recommendation: Length: 50 Yards. Width: 30 Yards.

B. Markings:

1. Distinctive lines not more than five (5) inches wide.
2. A halfway line shall be marked out across the field.
3. A center circle with a three (5) yard radius.
4. Four corner arcs each with a two (2) foot radius.
5. Goal area: Three (3) yards from each goal post and three (3) yards into the field of play joined by a line drawn parallel with the goal line. C.

Goals: The size of hockey goals or 6x12 feet.

LAW II - THE BALL:

Size three (3)

A. The ball should be spherical.

B. The outer casing should be leather or an approved synthetic.

C. No dangerous materials should be used in the construction of the ball.

LAW III - NUMBER OF PLAYERS:

A. Maximum number of players on the field at any one time is four (4).

B. Maximum number of players on the roster should not exceed ten (10).

C. Substitutions:

1. Injuries.
2. Any dead ball (kick-in) with referee's permission.

D. Playing Time: Each player SHALL play a minimum of 50% of the total playing time.

E. Teams and games may be coed.

LAW IV - PLAYERS EQUIPMENT:

The basic equipment of a player consists of the following:

A. A jersey or shirt (same color for all players on a team).

B. Shorts – Jerseys/Shirts must be tucked into shorts.

C. Stockings – must completely cover the shinguards, should be same color for all of team.

D. Shinguards – MANDATORY for protective reasons.

E. Footwear – tennis shoes or soft-cleated soccer shoes.

LAW V - THE REFEREE:

A. Registered or associate referee.

B. Parent/Coach or assistant.

C. All rule infractions shall be briefly explained to the offending player in a helpful, friendly and instructive manner.

LAW VI - LINESMAN:

None.

LAW VII - DURATION OF THE GAME:

A. The game shall be divided into four (4) equal, twelve (12) minute quarters.

B. There shall be a two (2) minute break between quarters one and two, and another two (2) minute break between quarters three and four.

C. There shall be a half-time break of five (5) minutes.

LAW VIII - THE START OF PLAY:

A. At the start of the game, choice of field ends and kick-off is determined by the flip of a coin.

B. Opponent must be five (5) yards from the center mark until the ball has been kicked.

C. The ball may not be touched again by the same player until it has been touched by another player of either team.

D. The ball may not travel backward on the first touch.

LAW IX - BALL IN AND OUT OF PLAY:

The ball is out of play during the following circumstances:

A. When it has completely crossed a boundary line (on the ground or in the air).

B. When the game has been halted by an official.

LAW X - METHOD OF SCORING:

- A. A goal is scored when the whole of the ball passes over the goal line.
- B. The ball must cross the goal line between the goal posts and under the crossbar.

LAW XI - OFF-SIDE:

There shall be no off-side.

LAW XII - FOULS AND MISCONDUCT:

- A. All fouls shall result in an indirect free kick.
- B. Opponents must be five (5) yards away before kick is allowed.
- C. Any player who commits one of the following offences shall be penalized by the opposing team being awarded an indirect free kick.
 - 1. Kicks or attempts to kick an opponent.
 - 2. Trips an opponent.
 - 3. Jumps at an opponent.
 - 4. Charges an opponent.
 - 5. Strikes or attempts to strike an opponent.
 - 6. Pushes an opponent.
 - 7. Tackles an opponent, but touches opponent before the ball.
 - 8. Holds an opponent.
 - 9. Spits at an opponent.
 - 10. Handles the ball deliberately.
 - 11. Plays in a dangerous manner.
 - 12. Impedes the progress of an opponent.
- D. The referee/coach/parent must explain ALL infractions to the offending player before restarting play.

LAW XIII - FREE KICKS:

- A. Shall be classified under one heading - INDIRECT.
- B. No kicks shall be taken by the attacking team within the defending team's goal box.
- C. Opponents must be five (5) yards away before kick is allowed.

LAW XIV - PENALTY KICKS:

No penalty kicks are to be taken during these games.

LAW XV - KICK-IN:

- A. Kick-in is considered as an indirect free kick with the opponent five (5) yards away from the ball.

LAW XVI - GOAL KICK:

- A. A goal kick is taken by a member of the defending team when the ball crosses the goal line outside of the goal when it has last been touched by a member of the attacking team.
- B. Goal kick may be taken anywhere within the goal box.
- C. Opponents must be five (5) yards away from the ball.

LAW XVII - CORNER KICK:

- A. The attacking team is awarded a kick-in when the ball passes completely over the goal line outside of the goal area after last being played by a member of the defending team.
- B. Opponents must be five (5) yards away from the ball.

Additional US Youth Soccer Recommendations

- Opposing parents/coaches and players should shake hands after each game.
- Do not record league standings.
- Do not record final score.
- Parent/coaches are on the field acting as referees.
- Participation awards for ALL – No trophies or awards just for the best team.
- No alcoholic beverages will be consumed or allowed near the playing field.

6 vs. 6 Soccer Rules

For players U8

LAW 1 – The Field of Play

In all games, the team listed first on the official schedule shall be considered the home team.

The coach may convey tactical instructions to the players during the match and he must return to his position immediately after giving these instructions. He and the other officials must remain within the confines of the technical area, where such an area is provided, and they must behave in a responsible manner.

Dimensions

The field of play must be rectangular. The length of the touch line must be greater than the length of the goal line.

Length: Not more than 70 yards nor less than 50 yards

Width: Not more than 45 yards nor less than 30 yards

Field Markings

The field of play is marked with lines. These lines belong to the areas of which they are boundaries.

The two longer boundary lines are called touch lines. The two shorter lines are called goal lines.

All lines are not more than 12 cm (5 in) wide.

The field of play is divided into two halves by a halfway line.

The center mark is indicated at the midpoint of the halfway line. A circle with a radius of five (5) yards is marked around it.

The Goal Area

A goal area is defined at each end of the field as follows:

Two lines are drawn at right angles to the goal line, six (6) yards from the inside of each goalpost. These lines extend into the field of play for a distance of eight (8) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area

No penalty area will be used in the 6 v 6 format.

Goals

Goals must be placed on the center of each goal line.

They consist of two upright posts equidistant from the corner and joined at the top by a horizontal crossbar.

The distance between the posts is twelve (12) Feet, and the distance from the lower edge of the crossbar to the ground is seven (7) feet.

Both goalposts and the crossbar have the same width and depth which do not exceed 12 cm (5 in.). The goal lines are the same width as that of the goalposts and the crossbar. Nets may be attached to the goals and the ground behind the goal, provided that they are properly supported and do not interfere with the goalkeeper.

Safety

Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

LAW 2 – The Ball

Qualities and Measurements

The ball must be:

- A. *spherical*
- B. *made of leather or other suitable material*
- C. *Size 3*

Replacement of a Defective Ball

If the ball bursts or becomes defective during the course of a match:

- A. *the match is stopped*
- B. *the match is restarted by dropping the replacement ball at the place where the first ball became defective*

If the ball bursts or becomes defective whilst not in play at a kick-off, goal kick, corner kick, free kick, penalty kick or throw-in:

C. *the match is restarted accordingly*

The ball may not be changed during the match without the authority of the referee.

LAW 3 – The Number of Players

Players

The preferred roster size for 6 v. 6 soccer is 9 to 12 players. Colorado ICE will use best efforts to establish all rosters within this range, however there may be exceptional circumstances in which it is necessary for a roster to have less than 9 players or more than 12 players.

Maximum number of players on the field at any one time is six (6) one of whom MUST be the goalkeeper.

Teams may be co-ed.

A match is played by two teams. A match may not start if either team consists of fewer than four (4) players.

Developmental players shall normally play at least 50% of each game.

Substitution Procedure

To replace a player by a substitute, the following conditions must be observed:

- A. *the referee is informed before any proposed substitution is made*
 - B. *a substitute only enters the field of play after the player being replaced has left and after receiving a signal from the referee*
 - C. *a substitute only enters the field of play at the halfway line and during a stoppage in the match*
 - D. *a substitution is completed when a substitute enters the field of play*
- *a substitution may on be made only during stoppage of play in the following instances:*
- During an injury – the team of the injured player may substitute that player and the opposing team may be awarded a substitution
 - Prior to a throw-in by the team awarded the throw-in
 - Prior to the taking of a goal kick, by either team
 - After a goal has been scored and before the following kick-off, by either team.
 - At half-time. .

Changing the Goalkeeper

Any of the other players may change places with the goalkeeper, provided that:

- A. *the referee is informed before the change is made*
- B. *the change is made during a stoppage in the match at the acceptable time.*

Infringements/Sanctions

If a substitute enters the field of play without the referee's permission:

- A. *play is stopped*
- B. *the substitute is cautioned by manner of referee instruction*
- C. *play is restarted as for the regularly required restart of play (i.e. throw-in, goal kick, kick-off, corner kick)*

If a player changes places with the goalkeeper without the referee's permission before the change is made:

- A. *play continues*
- B. *the players concerned are cautioned by manner of referee instruction*

For any other infringements of this Law:

- A. *the players concerned are cautioned by manner of referee instruction*

IN GENERAL, IN THE SPIRIT OF THE GAME, INFRINGEMENTS SHOULD BE TREATED ONLY WITH A VERBAL WARNING/INSTRUCTION AS TO THE NATURE OF THE INFRINGEMENT.

Restart of Play

If play is stopped by the referee to administer a cautionary instruction:

the match is restarted by an indirect free kick, to be taken by a player of the opposing team from the place where the ball was located when play was stopped

LAW 4 – The Players’ Equipment

Safety

A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry or Hair control devices with any hard parts).

Basic Equipment

The basic compulsory equipment of a player is:

- *2 jerseys, one home color, and a separate away color. In the case of a color conflict between teams, the designated home team must change jerseys. All ICE teams must wear the Official Club Uniform, Blue for Home teams, and White for Away teams.*
- *Jerseys must be tucked into the shorts*
- A. *shorts – if thermal undershorts are worn, they are of the same main color as the shorts*
- B. *stockings – must completely cover the shinguards, and should be the same color for all of the team*
- C. *shinguards- MANDATORY for protective reasons*
- D. *footwear – tennis shoes or soft-cleated soccer shoes.*

Shinguards

- *are covered entirely by the stockings*
- *Shinguards are required for all ICE Players!*
- A. *are made of a suitable material (rubber, plastic, or similar substances)*
- B. *provide a reasonable degree of protection*

Goalkeepers

each goalkeeper wears colors which distinguish him/her from the other players and the referee

Infringements/Sanctions

For any infringement of this Law:

- A. *play need not be stopped*
- B. *the player at fault is instructed by the referee to leave the field of play to correct his equipment*
- C. *the player leaves the field of play when the ball next ceases to be in play, unless he has already corrected his equipment*
- D. *any player required to leave the field of play to correct his equipment does not re-enter without the referee’s permission*
- E. *the referee checks that the player’s equipment is correct before allowing him to re-enter the field of play*
- F. *the player is only allowed to re-enter the field of play when the ball is out of play*

A player who has been required to leave the field of play because of an infringement of this Law and who enters (or re-enters) the field of play without the referee’s permission is cautioned by manner of referee instruction.

Restart of Play

The match is restarted by the regularly required restart of play (i.e. throw-in, goal kick, kick-off, corner kick)

LAW 5 – The Referee

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed.

Home team will provide Parent/Coach or designated assistant to referee the game. As part of COLORADO ICE’s Referee Mentor Program, a certified grade 9 or grade 8 referee may be provided to officiate the match.

Powers and Duties

The duties of the referee include enforcing compliance with the COLORADO ICE Codes of Conduct for parents and players

The Referee:

- A. *enforces the Laws of the Game*
- B. *controls the match*
- C. *ensures that any ball used meets the requirements of Law 2*
- D. *ensures that the players' equipment meets the requirements of Law 4*
 - *acts as timekeeper*
 - *where certified referees are provided, keeps a record of the match*
- E. *stops, suspends or terminates the match, at his discretion, for any infringements of the Laws*
- F. *stops, suspends or terminates the match because of outside interference of any kind*
- G. *stops the match if, in his opinion, a player is injured and ensures that he/she is removed from the field of play if necessary*
- H. *ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped*
- I. *ensures that no unauthorized persons enter the field of play*
- J. *restarts the match after it has been stopped*

Decisions of the Referee

The decisions of the referee regarding facts connected with play are final.

The referee may only change a decision on realizing that it is incorrect, provided that he/she has not restarted play.

LAW 6 – The Assistant Referees

- None

LAW 7 – The Duration of the Match

Periods of Play

The match lasts two equal periods of 20 minutes.

Half-Time Interval

Players are entitled to an interval at half-time. The half-time interval must not exceed 5 minutes.

Allowance for Time Lost

The game clock runs without stopping. There is no allowance for time lost.

LAW 8 – The Start and Restart of Play

Preliminaries

A coin is tossed and **the team which wins the toss decides which goal it will attack** in the first half of the match.

The other team takes the kick-off to start the match.

The team which wins the toss takes the kick-off to start the second half of the match.

In the second half of the match the teams change ends and attack the opposite goals.

Kick-off

A kick-off is a way of starting or restarting play:

- A. *at the start of the match*
- B. *after a goal has been scored*
- C. *at the start of the second half of the match*
- D. **A goal may be scored directly from the kick-off.**

Procedure

- A. *all players are in their own half of the field*
- B. *the opponents of the team taking the kick-off are at least 5 yards from the ball until it is in play*
- C. *the ball is stationary on the center mark*

- D. *the referee gives a signal*
- E. *the ball is in play when it is kicked and moves forward*
- F. *the kicker does not touch the ball a second time until it has touched another player*

After a team scores a goal, the kick-off is taken by the other team.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player:

an indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred

For any other infringement of the kick-off procedure:

the kick-off is retaken

Dropped Ball

A dropped ball is a way of restarting the match after a temporary stoppage which becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of the Game.

Procedure

The referee drops the ball at the place where it was located when play was stopped.

Play restarts when the ball touches the ground.

Infringements/Sanctions

The ball is dropped again:

- if it is touched by a player before it makes contact with the ground*
- if the ball leaves the field of play after it makes contact with the ground, without a player touching it*

Special Circumstances

A free kick awarded to the defending team inside its own goal area is taken from any point within the goal area.

An indirect free kick awarded to the attacking team in its opponents' goal area is taken from the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

A dropped ball to restart the match after play has been temporarily stopped inside the goal area takes place on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.

LAW 9 – The Ball In and Out of Play

Ball Out of Play

The ball is out of play when:

- A. *it has wholly crossed the goal line or touch line whether on the ground or in the air*
- B. *play has been stopped by the referee*

Ball In Play

The ball is in play at all other times, including when:

- A. *it rebounds from a goalpost, or crossbar and remains in the field of play*
- B. *it rebounds from the referee when he/she is on the field of play*

LAW 10 – The Method of Scoring

Goal Scored

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Winning Team

The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn.

LAW 11 – Offside

COLORADO ICE urges all coaches to introduce this law to their players, however the referee may choose to ignore most infractions of the law, and only enforce major infractions of the law, which gives one team a major advantage at the time the

ball is played. Stricter enforcement of the offside rule is expected during the spring season of each year's play than in the fall.

Offside Position

It is not an offence in itself to be in an offside position.

A player is in an offside position if:

he/she is nearer to his opponents' goal line than both the ball and the second last opponent

A player is not in an offside position if:

he/she is in his own half of the field of play

or

he/she is level with the second last opponent

or

he/she is level with the last two opponents

Offence

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he/she is, in the opinion of the referee, involved in active play by:

interfering with play

or

interfering with an opponent

or

gaining an advantage by being in that position

No Offence

There is no offside offence if a player receives the ball directly from:

a goal kick

or

a throw-in

or

a corner kick

or

in the opinion of the referee, not actively involved in the play.

Infringements/Sanctions

For any offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

LAW 12 – Fouls and Misconduct

The referee/coach/parent must explain ALL infractions to the offending player before restarting play.

All fouls shall result in an indirect free kick.

Opponents must be five (5) yards away from the ball before the kick is allowed.

Fouls and misconduct are penalized as follows:

An INDIRECT free kick is awarded to the opposing team if a player commits any of the following six offences in a manner considered by the referee to be careless, reckless or using excessive force:

A. *kicks or attempts to kick an opponent*

B. *trips or attempts to trip an opponent*

C. *jumps at an opponent*

D. *charges an opponent*

E. *strikes or attempts to strike an opponent*

F. *pushes an opponent*

An INDIRECT free kick is also awarded to the opposing team if a player commits any of the following four offences:

A. *tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball*

B. *holds an opponent*

C. *spits at an opponent*

• *handles the ball deliberately (except for the goalkeeper within his own goal area) (IT IS NOT CONSIDERED A*

“HAND BALL” WHEN THE BALL HITS THE PLAYER’S HAND AND NO ADVANTAGE IS GAINED. A PLAYER MUST DELIBERATELY TRY TO HANDLE THE BALL FOR A FOUL TO HAVE OCCURRED)

Indirect Free Kick

An indirect free kick is also awarded to the opposing team if a goalkeeper, inside his own goal area, commits any of the following five offences:

- A. *takes more than six seconds while controlling the ball with his hands before releasing it from his possession*
- B. *touches the ball again with his hands after it has been released from his possession and has not touched any other player*
- C. *touches the ball with his hands after it has been deliberately kicked to him by a team-mate*
- D. *touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate*
- E. *wastes time*

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- A. *plays in a dangerous manner*
- B. *impedes(hinders) the progress of an opponent*
- C. *prevents the goalkeeper from releasing the ball from his hands*
- D. *commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player*

The indirect free kick is taken from where the offence occurred. If the offence is committed by the defending team within its own goal area, the kick takes place on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped

Penalty Kick

NO PENALTY KICKS are to be taken during these games

Disciplinary Sanctions (ICE referees are urged to refrain from giving any player in the U-8 division any cards)

Cautionable Offences

A player is cautioned if he commits any of the following seven offences:

- 1. *is guilty of unsporting behavior*
- 2. *shows dissent by word or action*
- 3. *persistently infringes the Laws of the Game*
- 4. *delays the restart of play*
- 5. *fails to respect the required distance when play is restarted with a corner kick or free kick*
- 6. *enters or re-enters the field of play without the referee’s permission*
- 7. *deliberately leaves the field of play without the referee’s permission*

Sending-Off Offences

A player is sent off if he commits any of the following seven offences:

- 1. *is guilty of serious foul play*
- 2. *is guilty of violent conduct*
- 3. *spits at an opponent or any other person*
- 4. *denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)*
- 5. *denies an obvious goal-scoring opportunity to an opponent moving towards the player’s goal by an offence punishable by a free kick or a penalty kick*
- 6. *uses offensive or insulting or abusive language and/or gestures*
- 7. *receives a second caution in the same match*

LAW 13 – Free Kicks

Types of Free Kicks

ALL FREE KICKS ARE CLASSIFIED AS INDIRECT. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

The Indirect Free Kick

Signal

The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

Ball Enters the Goal

A goal can be scored **only if the ball subsequently touches another player before it enters the goal.**

- A. *if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded*
- B. *if an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team*

Position of Free Kick

Free Kick Inside the Penalty Area

Free kick to the defending team:

- A. *all opponents are at least 5 yards from the ball*
- B. *all opponents remain outside the goal area until the ball is in play*
- C. *the ball is in play when it is kicked directly beyond the goal area*
- D. *a free kick awarded in the goal area is taken from any point inside that area*

Indirect free kick to the attacking team:

- A. *all opponents are at least 5 yards from the ball until it is in play, unless they are on their own goal line between the goalposts*
- B. *the ball is in play when it is kicked and moves*
- No kicks shall be taken by the attacking team within the defending team's goal area..*

Free Kick Outside the Penalty Area

- A. *all opponents are at least 5 yards from the ball until it is in play*
- B. *the ball is in play when it is kicked and moves*
- C. *the free kick is taken from the place where the infringement occurred*

Infringements/Sanctions

If, when a free kick is taken, an opponent is closer to the ball than the required distance:

- *the kick is retaken*

If, when a free kick is taken by the defending team from inside its own goal area, the ball is not kicked directly into play:

- *the kick is retaken*

Free kick taken by a player other than the goalkeeper

If, after the ball is in play, the kicker touches the ball a second time (except with his hands) before it has touched another player:

an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

Free kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper touches the ball a second time (except with his hands), before it has touched another player:

an indirect free kick is awarded to the opposing team, the kick to be taken from the goal area line nearest the place where the infringement occurred

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

an indirect free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's goal area, the kick to be taken from the place where the infringement occurred

an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's goal area, the kick to be taken from the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped

LAW 14 – The Penalty Kick

NO PENALTY KICKS ARE TO BE TAKEN DURING THESE GAMES

LAW 15 – The Throw-In

A throw-in is a method of restarting play.

A goal cannot be scored directly from a throw-in.

A throw-in is awarded:

- A. *when the whole of the ball passes over the touch line, either on the ground or in the air*
- B. *from the point where it crossed the touch line*
- C. *to the opponents of the player who last touched the ball*

Procedure

At the moment of delivering the ball, the thrower:

- A. *faces the field of play*
 - *has part of each foot either on the touch line or on the ground outside the touch line*
 - *keeps both feet on the ground at the time of the throw*
- B. *uses both hands*
- C. *delivers the ball from behind and over his head*

The thrower may not touch the ball again until it has touched another player.

The ball is in play immediately it enters the field of play.

Infringements/Sanctions

Throw-in taken by a player other than the goalkeeper

If, after the ball is in play, the thrower touches the ball a second time (except with his hands) before it has touched another player:

an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

If, after the ball is in play, the thrower deliberately handles the ball before it has touched another player:

an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

Throw-in taken by the goalkeeper

If, after the ball is in play, the goalkeeper touches the ball a second time (except with his hands), before it has touched another player:

an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

an indirect free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's goal area, the kick to be taken from the place where the infringement occurred

an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's goal area, the kick takes place on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped

If an opponent unfairly distracts or impedes the thrower:

he is cautioned for unsporting behavior

For any other infringement of this Law:

the throw-in is taken by a player of the opposing team

LAW 16 – The Goal Kick

A goal kick is a method of restarting play.

A goal may be scored directly from a goal kick, but only against the opposing team.

A goal kick is awarded when:

the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10

Procedure

- A. *the ball is kicked from any point within the goal area by a player of the defending team*
- B. *opponents remain outside the goal area until the ball is in play*

C. *the kicker does not play the ball a second time until it has touched another player*

- *the ball is in play when it is kicked directly beyond the goal area*
- *opponents must be at least five (5) yards away from the ball*

Infringements/Sanctions

If the ball is not kicked directly into play beyond the goal area:

the kick is retaken

Goal kick taken by a player other than the goalkeeper

If, after the ball is in play, the kicker touches the ball a second time (except with his hands) before it has touched another player:

an indirect free kick is awarded to the opposing team, the kick to be taken where the infringement occurred.

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

Goal kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper touches the ball a second time (except with his hands) before it has touched another player:

an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

an indirect free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's goal area, the kick to be taken from the place where the infringement occurred

For any other infringement of this Law:

the kick is retaken

LAW 17 – The Corner Kick

A corner kick is a method of restarting play.

A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when:

the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10

Procedure

- the ball is placed inside the corner arc at the nearest corner flagpost*
- the corner flagpost is not moved*
- opponents remain at least 5 yards from the ball until it is in play*
- the ball is kicked by a player of the attacking team*
- the ball is in play when it is kicked and moves*
- the kicker does not play the ball a second time until it has touched another player*

Infringements/Sanctions

If, after the ball is in play, the kicker touches the ball a second time (except with his hands) before it has touched another player:

an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

For any other infringement:

The kick is retaken

U.S. YOUTH SOCCER
8V8 OFFICIAL LAWS
WITH CSYSA MODIFICATIONS
For players U9 and U10

LAW I - THE FIELD

- A. Dimensions:
The field of play shall be rectangular, its length being not more than 80 yards nor less than 70 yards and its width not more than 50 yards nor less than 40 yards. The length in all cases shall exceed the width. U.S. Youth Soccer Recommendation: Length: 70 Yards. Width: 50 Yards.
- B. Markings:
1. Distinctive lines not more than five (5) inches wide.
 2. A halfway line shall be marked out across the field.
 3. A center circle with an eight (8) yard radius.
 4. Four corner arcs with a two (2) foot radius.
 5. Goal area: Six (6) yards from each goal post and six (6) yards into the field of play, joined by a line drawn parallel with the goal line.
 6. Penalty area: 14 yards from each goal post, 14 yards into field of play.
- C. Goals: Seven (7) feet high and twenty-one (21) feet wide.

LAW II - THE BALL:

Size four (4)

- A. The ball should be spherical.
B. The outer casing should be leather or an approved synthetic.
C. No dangerous materials should be used in the construction of the ball.

LAW III - NUMBER OF PLAYERS:

- A. Maximum number of players on the field at any one time is eight (8), one of whom may be goalkeeper.
B. Maximum number of players on the roster should not exceed fourteen (14).
C. Substitutions:
1. Prior to throw-in, in your favor.
 2. Prior to a goal, kick, by either team.
 3. After a goal, by either team.
 4. After an injury, by either team, when the referee stops the play.
 5. At half-time.
 6. If a player receives a caution (yellow card).
- D. Playing Time: Each player SHALL play a minimum of 50% of the total playing time.
E. Teams and games may be coed.

LAW IV - PLAYERS EQUIPMENT:

The basic equipment of a player consists of the following:

- A. A jersey or shirt (same color for all players on a team except goalkeeper).
B. Shorts – Jerseys/Shirts must be tucked into shorts.
C. Stockings – must completely cover the shinguards, should be same color for all of team.
D. Shinguards – MANDATORY for protective reasons.
E. Footwear – tennis shoes or soft-cleated soccer shoes.

LAW V - REFEREE:

- A. A referee shall be appointed to officiate each game.
B. The referee is in charge of all game activity.
C. The referee may not be shown any visible or verbal dissent during or after the game.
D. The referee is empowered to cause the removal of any coach, player, spectator who is disruptive or who has displayed behavior contrary to the spirit of the game and/or the rules of play.
E. All rule infractions shall be briefly explained to the offending player.

LAW VI - LINESMAN:

- A. Each team shall provide one qualified linesperson who shall present themselves to the referee prior to the start of the game.
B. The linesperson will help the referee decide among other things, ball in and out of play, offside, and goal scoring.
C. The linesperson must remember that his/her opinion may or may not be accepted by the center referee.

LAW VII - DURATION OF THE GAME:

- A. The game shall be divided into two (2) equal halves of twenty-five (25) minutes each.
B. Half-time break of five (5) minutes.

LAW VIII - START OF PLAY:

- A. At the start of the game, choice of field ends and kick-off is determined by the flip of a coin.
- B. Opponent must be eight (8) yards from the center mark while ball is kicked.
- C. The ball may not be touched again by the same player until it has been touched by another player of either team.
- D. The ball may not travel backward on the first touch.

LAW IX - BALL IN AND OUT OF PLAY:

The ball is out of play during the following circumstances:

- A. When it has completely crossed a boundary line (on the ground or in the air).
- B. When the game has been halted by an official.

LAW X - METHOD OF SCORING:

- A. A goal is scored when the whole of the ball passes over the goal line.
- B. The ball must cross the goal line between the goal posts and under the crossbar.

LAW XI – OFFSIDE:

- A. A player is considered offside if he is nearer to the opponent's goal line than the ball at the time the ball is kicked except in the following cases:
 - 1. The player is in his own half of the field.
 - 2. The player is not nearer to his opponent's goal line than at least two of his opponents.
- B. A player is only penalized for being offside if the ball is played or touched by one of his team and he is involved in active play in one of the following ways:
 - 1. Interfering with play.
 - 2. Interfering with an opponent.
 - 3. Gaining an advantage by being in an offside position.

LAW XII - FOULS AND MISCONDUCT:

- A. Opponents must be eight (8) yards away before kick is allowed.
- B. The referee/parent/coach should explain infraction to the offending player before restarting play.
- C. Any player who commits one of the following offences shall be penalized by the opposing team being awarded a direct free-kick.
 - 1. Kicks or attempts to kick an opponent.
 - 2. Trips or attempts to trip an opponent.
 - 3. Jumps at an opponent.
 - 4. Charges an opponent (except when the charge is shoulder to shoulder and when the player is playing the ball or attempting to play the ball).
 - 5. Strikes or attempts to strike an opponent.
 - 6. Pushes an opponent.
 - 7. Tackles an opponent, but touches opponent before the ball.
 - 8. Holds an opponent.
 - 9. Spits at an opponent.
 - 10. Handles the ball deliberately. (It is not considered a "hand ball" when the ball hits the players hand and no advantage is gained. A player must deliberately try to handle the ball for a foul to occur.)
- D. Indirect free kicks are awarded if the following should occur:
 - 1. Dangerous play
 - 2. Charging shoulder to shoulder while away from the ball.
 - 3. Charging the goalkeeper when not in possession of the ball.
 - 4. The goalkeeper takes more than four (4) steps or delays the game.
- E. No cautions or ejections shall be issued to players except by an independent neutral Referee.
- F. The goalkeeper may handle the ball while inside the penalty area unless the ball is passed back to the goalkeeper by a teammate (pass must be intentional and played with the feet). The goalkeeper may not handle the ball a second time after gaining control until the ball has been touched by another player. The goalkeeper may take a maximum of four (4) steps, inside the penalty area, before releasing the ball into play.

LAW XIII - FREE KICKS:

Free kicks are one of two types:

- A. Direct kick – A kick awarded after a serious foul in which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.
- B. Indirect free kick – A kick awarded after a foul where the ball must be touched by another player from either team before going into the goal.
- C. For both types of kicks, opponents must be eight (8) yards away before kick is allowed.

LAW XIV - PENALTY KICKS:

- A. A penalty kick is taken from the penalty mark.
- B. It is awarded when any of the fouls that result in a direct kick occur inside the penalty area.
- C. Only the goalkeeper and the kicker are allowed inside the penalty area.
- D. Opponents must be eight (8) yards away before kick is allowed.
- E. The goalkeeper must stay on the goal line until the ball is kicked.
- F. The kicker can not touch the ball twice until it has been touched by another player.

LAW XV - THROW-IN:

- A. A throw-in is awarded to the defending team when the attacking team causes the ball to leave the field of play by crossing completely over the sideline.
- B. The player making the throw-in must have both hands on the ball and has both feet on the ground at the time of the throw.
- C. The ball must be thrown from a starting point directly behind the head.
- D. When a ball passes over a touchline, it will be thrown in from the point where it crossed the line.

LAW XVI - GOAL KICK:

- A. A goal kick is taken by a member of the defending team when the ball crosses the goal line outside of the goal when the ball is last touched by a member of the attacking team.
- B. The kick is taken from any point within the goal area (6 yard box).
- C. The ball must leave the penalty area before it can be played/touched by a player of either team.

LAW XVII - CORNER KICK:

- A. The attacking team is awarded a corner kick when the ball passes completely over the goal line outside of the goal area after last being played by a member of the defending team.
- B. The kick is taken from within the corner arc on the side of the field that the ball left the field of play.
- C. No defending player may be within ten (10) yards of the ball.

Additional US Youth Soccer Recommendations

- Opposing parents/coaches should shake hands after each game.
- Participation awards for ALL – No trophies or awards just for best team.
- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters.
- No alcoholic beverages will be consumed or allowed near the playing field.