



Youth Sports Rulebook

2023

SOCCER



YOUTH SOCCER LEAGUE

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CSD GENERAL RULES FOR ALL LEAGUES:

- Players must be registered in the current season to participate in any league activities. This includes the completion of waiver release forms and code of ethics signed by the player's parent(s) or guardian(s).
- Participants are not allowed to wear jewelry (with the exception of medical bracelets and stud earrings that must be fully covered), casts or any other items deemed dangerous by the official(s). Any medical protective devices (i.e., knee braces) made of plastic or including metal parts (hinges, etc.) must be completely covered by at least a ½ inch thick neoprene sleeve.
- Any player with a bleeding wound and/or blood stained clothing must leave the game until all bleeding is stopped, all wounds are properly covered, and all blood and blood stained clothing is removed. Failure to comply with this policy may result in ejection from the game.
- Metal cleats are not allowed in any CSD leagues. Rubber cleats are not required but recommended. No open toed shoes or sandals are allowed.
- Players must wear their league issued uniform in order to participate in league activities.
- Parents are not allowed to be on the field of play with the exception of a player being injured. Parents also may not be on the team's bench unless they are a certified coach and cleared through CSD.

SOCCER LEAGUE SPECIFIC RULES:

All CSD Youth Soccer League games will be governed by Cosumnes Community Services District soccer rules except as specified herein. All rules, changes, or exceptions to rules are subject to CSD Sports Staff's final decision.

● **GENERAL**

- a) **The CSD Youth Soccer League's objective is to be a fun, recreational activity that is designed to teach young children the fundamentals of soccer.**
- b) All children who show up on game day will play at least half of the game. No one sits out.
- c) If a team is short players, coaches should work together with CSD Staff, to figure out a fair way to play the game.
- d) Practices are allowed one time per week during the season. Practices are to be no more than one hour in duration. Coaches will pick the day and time of practice.
- e) Rubber cleats are allowed but are not required. Metal cleats, bare feet or open-toed shoes are not allowed under any circumstances.
- f) Players are required to wear their CSD provided uniform, shin guards, and socks long enough to cover the shin guards. If a child is missing any of these, they will not be allowed to participate.
- g) Only players and approved volunteers will be allowed on team benches during the game.
- h) Parents are not allowed on the field during the game, except in case of an injury to a player.

Division Specific Rules

- **FIELD SIZE**

- a) **U4 Division** – 25 yards x 35 yards
- b) **U6 Division** – 25 yards x 35 yards
- c) **U9 Division** – 40 yards x 60 yards

- **GOAL SIZE**

- a) **U4 Division** – 4' x 6'
- b) **U6 Division** – 4' x 6'
- c) **U9 Division** – 6.5' x 18.5'

- **BALL SIZE**

- a) **U4 Division** – Size 3 Ball
- b) **U6 Division** – Size 3 Ball
- c) **U9 Division** – Size 4 Ball

- **GAME TIME**

- a) **U4 Division** – 8 periods x 5 minutes,
- b) **U6 Division** – 8 periods x 5 minutes
- c) **U9 Division** – 4 quarters x 12 minutes

- **PLAYERS AND POSITIONS**

- a) **U4 Division** – 6 v 6 (No Goalie)
- b) **U6 Division** – 6 v 6 (No Goalie)
- c) **U9 Division** – 7 v 7 (Goalie)

U4

- a. Positions are suggested to help the players understand field positioning and prepare them for the next level. Coaches should rotate their players after every period so that all players get a chance to play each position.
- b. Offside is not called.
- c. During kick offs, players should line up behind the designated line until the ball is kicked out of circle.
- d. One certified coach is allowed to be on the field to help direct their team.

U6

- a. Positions are suggested to help the players understand field positioning and prepare them for the next level. Coaches should rotate their players after every period so that all players get a chance to play each position.
- b. Offside is not called.
- c. During kick offs, players should line up on the outside of the circle.
- d. One certified coach is allowed to be on the field to help direct their team.
- e. Coaches are not permitted to cross midfield. All coaches are required to stay on the half of the field where their bench is located.

U9

- a. Positions are expected to help the players understand field positioning and prepare them for the next level.
- b. Goalies are utilized in this division. Every player should have the opportunity to play goalie through the course of the season if they desire to.
- c. No intentional heading will be allowed in this division.
- d. Offside is called.
- e. No coaches are allowed on the field.
- f. Coaches are not permitted to cross midfield. All coaches are required to stay on the half of the field where their bench is located.

2) FOULS/MISCONDUCT

- a. Tripping, pushing, pulling, handling the ball or any other inappropriate behavior will be whistled as a foul.
- b. All fouls will result in an indirect free kick from the spot of the foul. The referee or coach should explain all infringements to the offending player.
- c. Playing on the ground is not allowed. Slide tackling is not allowed.
- d. Hitting, pushing, kicking, spitting, etc. will not be allowed by any player towards any coach, player, or referee. Any such action will result in the referee issuing a warning to the player as well as the coach. If the action occurs again, the referee will walk the child over to the coach and the referee as well as the coach will escort the player to his/her parent. The referee should then explain the situation to the player and parent; the player will take a break until he or she calms down and the parent is confident they will change their behavior.
- e. For divisions with a goalie, any contact made with the goalie will be whistled a foul to avoid injuries.
- f. Teams and spectators must stay in their designated areas as shown on the field map. Spectators must conduct themselves in a supportive manner with no negative comments to players, coaches or referees. Spectators are not allowed on the field at any time, unless for an injury. Disruptive spectators may be directed by a referee to leave the area. Referees may stop the game if a spectator is continuing to be disruptive to the game and/or refusing to leave the area.

3) KICKS & THROW-INS

- a. PENALTY KICKS: None in U4 and U6, Allowed in U9
- b. FREE KICKS: All free kicks are indirect and opponents are to be at least 5 yards from the ball until it is in play.
- c. KICK OFFS: The Home Team will kick off to open the game. The teams will switch sides at halftime and then the Visitor Team will kick off to start the second half.
- d. GOAL KICKS: The goal kick should be taken anywhere within the goal area. If not kicked out of the box they will be allowed to re-kick. Opposing players must be lined up 5 yards from the goal area until the ball is put into play.
- e. CORNER KICKS: The corner kick should be taken next to the corner flag. Opposing players must be 5 yards away from the ball until it is in play.
- f. THROW-INS: In an effort to align with our Lil Kickers curriculum, throw-ins will be allowed whenever appropriate.

4) GAME PLAY

- a. Game timing may be shortened at the discretion of the CSD Sports Staff depending on weather. Coaches will be notified prior to the game if quarters will be shortened.
- b. The home team will kick off at the beginning of the game.
- c. Teams shall begin to warm-up off the field and, if time permits, they will be able to move on to the field after teams from the previous game clear off.
- d. Prior to the game, coaches should make sure all their players have appropriate attire including shin guards, no metal spikes and no jewelry.
- e. Prior to the start of the game, coaches will lineup all players near midfield so referees can inspect their attire and equipment. After the player check-in is over, referees will meet with both coaches together to discuss game duration, subbing, penalties and any other rules to make sure all coaches and referees are in agreement of what will take place during the game.
- f. Coaches should not kick, throw, and/or pick up the ball during the game.
- g. Substitutions shall occur as needed during stoppages in play. The official may stop the game for an injury.
- h. Teams shall give the opposing team a cheer of “good game” and shall line up along the midfield line to meet in the center. Players and coaches will shake hands.

5) INCLEMENT WEATHER

- a. Weather Updates are posted on teamsideline.com/cosumnes
- b. Cosumnes CSD will do everything possible to make up games cancelled due to inclement weather. Games may be cancelled as a last resort.
- c. Inclement weather can be defined as extreme heat, rain and poor air quality.