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2025
Youth Spring
Soccer Rules

V3-24-2025

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U5 (4 YRS.) COED & U7 (5 & 6 YRS.) COED – 4V4

Pre-Game:

- There shall be no more than two (2) coaches on the sidelines of a game per team.
- Coaches:
 - Must always follow the Code of Conduct.
 - Will meet before each game to discuss any inclusion accommodations that need to be made.
 - Will check:
 - Shin guards
 - Cleats (no toe and metal cleats allowed)
 - Jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are not allowed and must be removed.
 - Using tape to cover jewelry is not acceptable.
 - Medical ID bracelets are allowed but must be taped down to prevent the potential for injury.
 - Hard casts must be covered in ½-inch thick foam with tape securing it.
 - Soft casts are allowed.
 - Glasses must be secured with a sports strap.
 - Must always stay on their team's side of the field.
- A coin toss will determine the start of possession.
 - The Coaches will go to the center of the field with a randomly selected player each week.
 - The visiting team player will call Heads or Tails, and the winning team will decide which goal to defend or whether to take the kickoff.
 - Sides and possessions will change at the beginning of the second half.
- To participate (including practice), all players must be approved by Maricopa Sports Staff and registered in the league.
 - Random roster checks will happen throughout the season.
- Spectators:
 - Will stay on their team's side of the field.
 - Game schedules will have "Home" and "Away" teams marked.
 - The "Home" Team will set up and observe from the north side of the field, and the "Away" Team will set up and observe from the south side.
 - Home / North is always the side Copper Sky is on.
 - Game schedules and maps will be posted on Team Sideline.
 - Please set up a spectating area three (3) yards off the sidelines to make room for the Teams, Coaches, and Referees.
 - Are responsible for securing their shade structures properly. We could ask spectators to remove all shade structures on a windy day.
 - Cannot observe the game from the goal lines. They must remain on their sideline team area.

In-game:

- 4v4 - four (4) players on the field and no (0) goalie
- Field of play - 30 yds. x 20 yds. (L x W)
- Goal size - 6 ft. x 4 ft. (PUG - pop-up goal)
- Ball size - three (#3)
- The length of play: Two (2) - fifteen (15) minute halves, and the half-time break is five (5) minutes long.
- Mandatory water breaks: There will be mandatory two (2) - two (2) - minute water breaks at seven and a half (7.5) minutes into each half.
- All players must play at least half a game.
- Substitutions are unlimited and can occur at any time of the game.
- Intentional handballs only will be called.
- Dribble-ins only for the ball in and out of play:
 - No throw-ins, corner kicks, or goal kicks; please see “Ball in and Out of Play” below.
- No penalty kicks can occur.
- League-wide Penalties and Fouls to be called:
 - Slide tackling.
 - Head balls.
 - Deliberate handballs
 - It is a foul if a player deliberately touches the ball with their hand or arm - usually by moving their hand or arm towards the ball. It is also a foul if the contact comes from a player trying to make their body unnaturally bigger.
- Offside penalties will not be called.
- No music is allowed during the league during practices and games.
- Coaches or Assistant Coaches from both teams will serve as the Referees on the field.

Ball In and Out of Play:

- Coaches are encouraged to use discretion in defining out-of-bounds so the game flow can continue as best as possible. Play should not be stopped for a ball crossing the touchline or goal line if a player attempts to control it and bring it back within the field boundaries. However, if a player continues in a direction away from the field, the play shall be stopped to set up a restart of play, as defined below.
- The rules governing restarts are designed to get the ball back into play quickly. Coaches are strongly encouraged not to treat restart situations as “set plays”; they should avoid significantly delaying the restart of play by fine-tuning the positioning of players before allowing the ball to be played. The intent is to maximize the time the ball is “in play” on the field for maximum player development.
- **No throw-ins, goal kicks, or corner kicks.**

- **Dribble-ins:** Any ball crossing the side-line or goal line will result in a dribble-in for the opposing team:
 - Players shall place the ball on the line where the ball exited the field. Once the ball has been positioned, a designated player can then dribble the ball into play. Players of the team defending the dribble-in shall not be placed any closer than five (5) yards from the ball.
 - If the ball crosses the defending team's goal line after being last played by the defending team, the attacking team will begin with a dribble-in from the corner of the field.
 - If the ball crosses the goal line of the defending team being last played by the attacking team, the defending team will resume play with possession of the ball and begin play with a dribble-in from anywhere on the goal line.

Post-Game:

- Coaches will:
 - Line up with their team, walk by the other team, say “Good game!” and high-five each other.
 - Congratulate each other at the end of each game.
 - Issue Player Excellence Awards: Please give out a weekly award to a player selected based on what characteristic was discussed at the previous practice during the week.
- No scores are recorded in this age division
- No playoffs for this age division.
- Seven (7) regular league games.
- No rescheduled or make-up games allowed.

U9 (7 & 8 YRS.) BOYS & GIRLS

7V7

Pre-Game:

- There shall be no more than two (2) coaches on the sidelines of a game per team.
- Coaches:
 - Must always follow the Code of Conduct.
 - Will meet before each game to discuss any inclusion accommodations that need to be made.
 - Will check:
 - Shin guards
 - Cleats (no toe and metal cleats allowed)
 - Jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are not allowed and must be removed. Using tape to cover jewelry is not acceptable.
 - Medical ID bracelets are allowed but must be taped down to prevent the potential for injury.
 - Hard casts must be covered in ½-inch thick foam with tape securing it.
 - Soft casts are allowed.
 - Glasses must be secured with a sports strap.
- A coin toss will determine the start of possession.
 - The coaches will go to the center of the field with a randomly selected player each week.
 - The visiting team player will call Heads or Tails, and the winning team will decide which goal they would like to defend or if they would like to take the kickoff.
 - Sides and possessions will change at the beginning of the second half.
- All players must be approved by Maricopa Sports Staff and registered in the league to participate (including practice). Random roster checks will happen throughout the season.
- Spectators:
 - Will stay on their team's side of the field.
 - Game schedules will have "Home" and "Away" teams marked.
 - The "Home" Team will set up and observe from the north side of the field, and the "Away" Team will set up and observe from the south side.
 - Home / North is always where the Copper Sky Pond is located.
 - Game schedules and maps will be posted on Team Sideline.
 - Will set up a spectating area three (3) yards off the sidelines to make room for the Teams, Coaches, and Referees.
 - Are responsible for securing their shade structures properly. We could ask spectators to remove all shade structures on a windy day.

- Cannot observe the game from the goal lines. They must remain on their sideline team area.

In-game:

- 7v7 - six (6) players and one (1) goalie
- Field of play - 60 yds. x 40 yds. (L x W)
- Goal size - 12 ft. x 6 ft. (PUG - pop-up goal)
- Ball size – four (#4)
- The length of play: Two (2) - twenty (20) minute halves and the half-time break is five (5) minutes long.
- Mandatory water breaks: There will be mandatory two (2) - two (2) minute water breaks at ten (10) minutes into each half.
- All players must play at least half a game.
- Substitutions are unlimited and can occur at any stoppage of play.
- Goalies are used in this age division.
- Pass-ins, goal kicks, and corner kicks are in play. Please see “Ball in and Out of Play” below.
- Penalty kicks can occur in league and playoff games.
- League-wide Penalties and Fouls to be called:
 - Slide tackling.
 - Head balls.
 - Deliberate handballs
 - It is a foul if a player deliberately touches the ball with their hand or arm - usually by moving their hand or arm towards the ball. It is also a foul if the contact comes from a player trying to make their body unnaturally bigger.
- Offside penalties will not be called.
- No music is allowed during the league during practices and games.
- Referees - Center Referee with two (2) Assistant Referees, if available.

Ball In and Out of Play:

- The rules for pass-ins, goal kicks, and corner kicks are designed to get the ball back into play quickly. Coaches are strongly encouraged not to treat restart situations as “set plays”; they should avoid significantly delaying the restart of play by fine-tuning the positioning of players before allowing the ball to be played. The intent is to maximize the time the ball is “in play” on the field for maximum player development.
- **Pass-ins:** Any ball crossing the touchline (sideline) will result in a pass-in for the opposing team. Players shall place the ball on the line, where the ball exited the field, and pass the ball in. Players defending the pass-in shall not be positioned any closer than five (5) yards from the ball. Players will not do throw-ins.
- **Goal Kicks:** Any ball crossing the goal line that was last touched by the attacking team will result in a goal kick to be taken by the defending team. When setting up for the goal kick, players defending the goal kick shall not be positioned in the kicking team’s half of the field (all players defending the goal kick shall drop back to their half). The ball can be placed anywhere in the goalie area (GOAL BOX).

- **Corner Kicks:** Any ball crossing the goal line that was last touched by the defending team will result in a corner kick to be taken by the attacking team. Players of the team defending the corner kick shall not be positioned any closer than five (5) yards from the ball.
- **The Goalie** is only allowed to roll the ball into play. If they kick, punt, or throw, please have them try to roll it in again. If they cannot roll it in, please allow them to perform a pass-in from where they gained control of the ball with the other team a minimum of 5 yards away.
- **Fouls in the Penalty Area:** If a defending player commits a foul in the defending penalty area, the ball will be placed at the top of the penalty area closest to where the penalty occurred as a direct or indirect free kick, depending on the foul.

Post-Game:

- Coaches will:
 - Line up with their team, walk by the other team, say “Good game!” and high-five each other.
 - Congratulate each other at the end of each game.
 - Issue Player Excellence Awards: Please give out a weekly award to a player selected based on what characteristic was discussed at the previous practice during the week.
- No scores are recorded in this age division
- No playoffs for this age division.
- Seven (7) regular league games.
- No rescheduled or make-up games allowed.

U11 (9 & 10 YRS.) BOYS & GIRLS
U13 (11 & 12 YRS.) BOYS & GIRLS
U16 (13 – 15 YRS.) CO-REC
9V9

Pre-Game:

- There shall be no more than two (2) coaches on the sidelines of a game per team.
- Coaches:
 - Must always follow the Code of Conduct.
 - Will meet before each game to discuss any inclusion accommodations that need to be made.
 - Will check:
 - Shin guards
 - Cleats (no toe and metal cleats allowed)
 - Jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are not allowed and must be removed. Using tape to cover jewelry is not acceptable.
 - Medical ID bracelets are allowed but must be taped down to prevent the potential for injury.
 - Hard casts must be covered in ½-inch thick foam with tape securing it.
 - Soft casts are allowed.
 - Glasses must be secured with a sports strap.
- A coin toss will determine the start of possession. The Coaches will go to the center of the field with a randomly selected player each week. The visiting team player will call Heads or Tails, and the winning team will decide which goal they would like to defend or if they would like to take the kickoff. Sides and possession will change at the beginning of the second half.
- All players must be approved by Maricopa Sports Staff and registered in the league to participate (including practice). Random roster checks will happen throughout the season.
- Spectators:
 - Will stay on their team's side of the field.
 - Game schedules will have "Home" and "Away" teams marked.
 - The "Home" Team will set up and observe from the north side of the field, and the "Away" Team will set up and observe from the south side.
 - Home / North is always where the Copper Sky Pond is located.
 - Game schedules and maps will be posted on Team Sideline.
 - Will set up a spectating area three (3) yards off the sidelines to make room for the Teams, Coaches, and Referees.
 - Are responsible for securing their shade structures properly. We could ask spectators to remove all shade structures on a windy day.

- Cannot observe the game from the goal lines. They must remain on their sideline team area.

In-game:

- 9v9 - eight (8) players and one (1) goalie
- Field of Play - 75 yds. x 50 yds. (L x W)
- Goal Size – 20 ft. x 8 ft. (PUG - pop-up goal) or Regular Goal
- Ball Size:
 - U11 (9/10) - size four (4)
 - U13(11/12) - size four (4)
 - U16(13-15) - size five (5)
- The length of play:
 - U11 (9/10) - two (2) – twenty (20) minute halves, and the half-time break is five (5) minutes long.
 - U13(11/12) - two (2) – twenty - two (20) minute halves, and the half-time break is five (5) minutes long.
 - U16(13-15) - two (2) – twenty - five (25) minute halves, and the half-time break is five (5) minutes long.
- Mandatory water breaks:
 - U11(9/10) - There will be mandatory two (2) - two (2) minute water breaks at ten (10) minutes into each half.
 - U13(11/12) - There will be mandatory two (2) - two (2) minute water breaks at ten (10) minutes into each half.
 - U16(13-15) - There will be mandatory two (2) - two (2) minute water breaks at twelve and a half (12.5) minutes into each half.
- All players must play at least half a game.
- Substitutions are unlimited and can occur at any stoppage of play.
- Goalies are used in this age division.
- Throw-ins, goal kicks, and corner kicks are in play. Please see “Ball in and Out of Play” below.
- Penalty kicks can occur in league and playoff games.
- League-wide Penalties and Fouls to be called:
 - Slide tackling.
 - Head balls.
 - Deliberate handballs
 - It is a foul if a player deliberately touches the ball with their hand or arm - usually by moving their hand or arm towards the ball. It is also a foul if the contact comes from a player trying to make their body unnaturally bigger.
- Offside will be called.
- No music is allowed during the league during practices and games.
- Referees - Center Referee with two (2) Assistant Referees, if available.

Ball In and Out of Play:

- **Throw-ins:** Any ball crossing the touchline (sideline) will result in a throw-in for the opposing team. The player will have both feet remain on the ground, bringing the ball behind the head and then throwing it at the designated area with a complete follow-through. Players defending the throw-in shall not be positioned any closer than five (5) yards from the ball.
- **Goal Kicks:** Any ball crossing the goal line that was last touched by the attacking team will result in a goal kick to be taken by the defending team. When setting up for the goal kick, players defending the goal kick shall not be positioned in the kicking team's half of the field (all players defending the goal kick shall drop back to their half). The ball can be placed anywhere in the goalie area (GOAL BOX).
- **Corner Kicks:** Any ball crossing the goal line that was last touched by the defending team will result in a corner kick to be taken by the attacking team. Players of the team defending the corner kick shall not be positioned any closer than five (5) yards from the ball.
- **The Goalie** is allowed to roll and throw the ball into play.
- **Fouls in the Penalty Area:** If a defending player commits a foul in the defending penalty area, the ball will be placed and taken as a Penalty Kick or Indirect Kick, depending on the foul.

Playoff Overtime:

- The last game day of the season is the playoff game.
 - We will match up 1v2, 3v4, 5v6, and 7v8. This is based on the points they earn during regular league season play.
 - 1st through 3rd place will be awarded medals immediately after the playoff games.
 - Regular league season: two (2) points for a win, one (1) point for a tie, and zero (0) points for a loss.
 - Penalty kicks:
 - Coin Toss: The referee flips a coin. The away team coach or team captain calls heads or tails.
 - The referee will select the goal used.
 - Kick order: The winner takes the first kick or lets the opponent go first.
 - Shooters & Goalkeeper:
 - Each team selects five players to take penalty kicks, each shooting once.
 - The opposing team chooses a goalkeeper for all five shots (can be someone who didn't play in the game).
 - Tiebreaker: If tied after five kicks, proceed to a single-rounder shootout.
 - Team and Coaches must observe from the Half-line only.
 - No one can observe from behind the goal; spectators must remain on the sidelines, and Teams must stay on the Half-line.
 - Single-Round Shootout:
 - Coin toss: The referee flips a coin.

- The home team coach calls heads or tails.
- The referee will select the goal used.
- Kick order: The winner takes the first kick or lets the opponent go first.
 - Players & Goalkeeper: Each team selects one player and one goalkeeper (can be different from the first round).
- Single Shot: Each team takes one penalty shot. The team with the higher score wins.
- Tiebreaker: If tied, repeat with different players taking kicks. The defending team can keep the same goalkeeper or choose a new one.
- Rotation after a tie:
 - Teams alternate who kicks first each round (e.g., home team first in round 1, away team first in round 2).
- Winner: the team with the highest score after any round wins the game. Repeat rounds until a winner emerges.
- Team and coaches must observe from the Half-line only.
- No one can observe from behind the goal; spectators must remain on the sidelines, and teams must stay on the half-line.

Post-Game:

- Coaches will:
 - Line up with their team, walk by the other team, say “Good game!” and high-five each other.
 - Congratulate each other at the end of each game.
 - Issue Player Excellence Awards: Please give out a weekly award to a player selected based on what characteristic was discussed at the previous practice during the week.
 - Make sure they sign the referee's score sheet.
- Scores are recorded in this age division:
 - The referee will have each coach sign the score immediately after the game and hand the results to the Staff Table.
 - Six (6) regular league games and one (1) playoff game.
- No rescheduled or make-up games allowed.