



Youth Soccer Interlock Rules & Bylaws 2025-2026

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General League Information

Division Overview:

Division	Ball Size	Players on Field	Goalie	Free Kick	Scoring	Offsides
U4	3	3v3	No	Indirect	None	No
U6	3	4v4	No	Indirect	None	No
U8	3	7v7	Yes	Indirect	Yes	No
U10	4	7v7	Yes	Direct/Indirect	Yes	Yes
U12	4	9v9	Yes	Direct/Indirect	Yes	Yes

**League administration has the right to change the chart above as it sees necessary

**In the event of a referee shortage, coaches/parents may be expected to act as officials

Uniforms/Equipment:

- A. Jersey tops must be tucked in and are expected to match across all players on a team. Jersey numbers are required.
 - a. In the event of similar colors, the HOME team will be responsible for wearing contrasting jerseys (pennies)
- B. **No jewelry**- including piercings may be worn
- C. No hats with hard brims. Beanies/headbands are allowed.
- D. Cleats- Rubber ONLY. No metal cleats are allowed. (cleats are not required; athletes can wear tennis shoes)
- E. Shin Guards- **REQUIRED** to participate.

Weather:

- A. In the event of unfavorable weather/field conditions that lead to game cancellation/delay, all league directors will notify their head coaches, who are then responsible for notifying their parents
- B. If weather conditions become unfavorable during a game:
 - a. Site Supervisor will make decision to delay/cancel games
 - b. If the site supervisor is not present, the referee has immediate discretion as to delay the game, and then will contact the site supervisor
 - c. A game must reach halftime to be considered complete. If a game does not reach halftime before it is cancelled, it will be rescheduled.
- C. Check Rainout Line
 - a. There is an app called "Rainout Line"
 - b. Search North Interlock Ball Fields for our location
 - c. You can also call 469-430-0050 to get updates
 - d. Look for "Old Celina Park Multipurpose Fields" for updates

Game Clock:

- A. All games are limited by time and will be running clock. All games will be timed by the referee, according to the age specific game time. Quarter breaks will be 1 minute, and halftime will be 5 minutes.

Sportsmanship:

- A. Coaches will be responsible for the conduct of their players, parents, and themselves. Poor sportsmanship or disrespect toward any referee, opposing player or coach will not be tolerated. Coaches, parents, and players are to speak to all players in a positive and supportive manner. If a parent gets ejected from a game after being warned, then the next time the coach must be talked to, the coach will then be ejected, and the game will be entered as a forfeit. Violations will result in the referee ejecting the coach, parent, or player from the field. League administrators will investigate all ejections and act accordingly.

Player Substitution:

Players may be substituted during the game:

- A. At a throw in, by team in possession
- B. At a goal-kick
- C. After a goal is scored
- D. At an injury

****This interlock is a recreation focused opportunity. It is encouraged that coaches substitute players enough so that each child receives beneficial playing time. However, the head coach has the authority to limit game time of any player on their team who continually has unexcused absences from practice, or who may have caused disciplinary problems during practice or a game.**

Slide Tackling:

- A. Slide tackling is strictly prohibited and will not be allowed under any circumstances.

Heading:

- A. Heading the ball is prohibited in U4, U6, U8, and U10. If a player heads the ball, the referee will award an indirect free kick to the opposing team at the spot of the infraction. Heading is allowed in U12.

Tiebreakers: (Playoffs Only)

- A. Applicable only for U8, U10, and U12.
- B. Tiebreakers will only occur in playoff games. Playoff games can NOT end in a tie. If a game is tied after regulation, we will go to a 5-person shootout:
 - i. A coin toss will determine who goes first.
 - ii. Teams will alternate penalty kicks (5 players for each team)
 - iii. Goalie is participating. A new goalie is allowed to enter after the end of regulation and before shootout.

- iv. If the score is still tied after five shooters per team, then move to 1 vs 1 shooters until there is a winner.

C. Standings Tiebreakers

- a. Head-to-head (wins/ties/losses)
- b. Goal differential (GD)
- c. Goals for (GF)
- d. Goals against (GA)

Goal Kick:

- A. For all ages, a Goal Kick is live at the kick. It does not have to leave the box.

Penalty Kicks (PKS):

- A. All players not taking the PK must be lined up outside on the top side of the box, and outside the semicircle on top of the box.

Build-Out Line: For U8 matches, a build-out line will be used. This line will be across the width of the field, mid-way between the top of the penalty area and the mid-stripe.

- A. When the goalkeeper has the ball in their hands during play from the opponent, the opposing team must move behind the build-out line until the ball is put into play.
- B. Once the opposing team is behind the build-out line, the goalkeeper can pass, throw, or roll the ball into play.
- C. After the ball is put into play, the opposing team can cross the build-out line and play resumes as normal.
- D. To learn more about the build-out line, type in “youth soccer build-out line” in YouTube and the first two videos do an excellent job explaining.

Head Contact/Injury: If a referee witnesses a head injury, play will stop immediately so that the coach can come onto the field and tend to the player. All other injury stoppages are left to referee discretion.

Fouls and Misconduct:

- A. A player who commits any of the following offenses shall be penalized by the award of an indirect or direct free kick, depending on whether the action is considered by the referee to be careless, reckless, or involves excessive force:
 - i. Kick or attempts to kick an opponent.
 - ii. Trips an opponent.
 - iii. Charges opponent in violent or dangerous manner
 - iv. Holds an opponent with the hand or any part of the arm.
 - v. Pushes an opponent with the hand or any part of the arm.
 - vi. Handles the ball, “handball”; a “handball” shall not be called when the player is attempting to protect themselves from being struck by the ball. The referee/coach has full discretion.
- B. A player shall be ejected from the game/field if:

- i. In the opinion of referee/coach, the player is guilty of fighting or uses foul, abusive, or improper language.
- C. Any player that receives a RED card will be ejected from the game, and that team will play a man down for the remainder of the game. The player will also be suspended from the next game.

Ball Out of Play:

- A. The ball is out of bounds when the whole ball passes over the whole sideline or goal line (for U4 there is what we call a soft out of bounds usually within a half-foot of the sideline or goal line). When determined by a coach that the ball is out of bounds, the ball will be put back in play by the opposing team as follows:
 - i. Played over the sideline: a KICK IN is taken at the point the whole ball crossed the line – there are no throw ins at any age until the referee is added to the playing field.
 - ii. Played over the goal line by the defending team: A corner kick is taken by the attacking team from the corner arc on the side of the field where the ball crossed the goal line.
 - iii. Played over the goal line by the attacking team: A goal kick is taken by the defending team from anywhere in the goal area.
 - iv. A goal is scored when the whole ball passes completely over the goal line between the goal post and under the cross bar. Note: All kicks are indirect; therefore, a goal cannot be scored from a restart except as defined unless the ball is touched by two players.
 - v. Each half starts with a kick-off. The second and fourth quarters are restarted where play in the previous quarter ended with a stoppage of play.

Roster Checks: If the head coach wishes to protest an ineligible player, they must do so with the head referee before the game is final.

Guest Players:

- i. Guest players are allowed, under the guidelines below, for purposes of avoiding forfeits
- ii. The spirit of the guest player rule is intended to allow shorthanded teams the temporary use of other league players rather than forfeit the game. This rule is not intended to be used as a tool to exclude regular members in favor of a more highly skilled player.
- iii. Guidelines: A coach is authorized to add up to two guest players per game, provided that:
 - i. The guest players are currently registered with your own association.
 - ii. The guest player has the permission of her parent(s)
 - iii. The guest player must wear his/her own team's uniform

- iv. The coach must announce and identify the guest player(s) to the umpires and opposing coach prior to the start of the game
- v. Guest players can play up one age division
- vi. Guest player cannot play if there is a regular roster player present and available to play

****The contents of this Rule/Bylaw packet are intended to be guidelines for the operation of the Celina Parks & Recreation Youth Soccer Interlock. League officials reserve the right to make adjustments to this document and other league rules and procedures as they see necessary in order to provide the best recreational soccer opportunity for all of those involved.****

Coaches, Parents, & Players

Coaches:

- A. Coaches are only allowed on the field during play in U4 & U6. Coaches are NOT allowed on the field during play in U8, U10, or U12 unless assisting an injured player
- B. Coaches are responsible for the actions and behaviors of themselves, their team's parents, and their teams' players.
- C. Coaches are expected to high-five or shake hands with the opposing team after every game, regardless of the outcome.
- D. Coaches are expected to display good sportsmanship. Failure to do so can lead to an ejection from the premises and a meeting with league officials

Parents/Spectators:

- A. Parents/spectators are NOT allowed on the field of play at any time
- B. Parents/spectators are to remain on the designated sideline OPPOSITE of the team sideline. Parents/spectators are NOT allowed on the team sideline OR in the areas behind the goals.
- C. Parents are expected to display good sportsmanship. Failure to do so can lead to an ejection from the premises and a meeting with league officials.

Players:

- A. Players are expected to display good sportsmanship towards opponents and coaches.
- B. Players are expected to high-five or shake hands with the opposing team after every game, regardless of the outcome.

League Administrators:

- A. League officials, including Celina Parks & Recreation staff and town/organization commissioners, have the final say in disputes that may arise during, before, or after games. Commissioners have the ability to make executive decisions regarding weather, behavior, and rule protests regardless of the game location.

U4 Division Game Play

U4 Division General Rules:

- A. Field Size: 20 yd. X 30 yd.
- B. Ball Size: Size 3 Soccer Ball
- C. Number of Players on the Field: Game shall be played 3 vs. 3
- D. Goalie: There are NO goalies in U4
- E. Scoring: There is NO score kept in U4
- F. Off-sides: There are no off-sides in U4
- G. Game Length: Four 8-minute quarters

Referees:

- A. There are NO referees in U4. Coaches will act as “officials” during the game
- B. The referee/coaches can stop the game for infringement of the rules and can suspend or terminate the game whenever the referee deems such stoppage necessary, for example, severe weather, interference by spectators and/or coaches.

Coaches:

- A. One coach per team is allowed on the field in the U4 division

Kick-Off:

- A. Kick off will be decided by coaches at the beginning of the game. Teams will switch sides for the second half.

Free Kicks (Indirect):

- A. Kick-off, goal kicks and fouls are indirect kicks (i.e. a goal cannot be scored by kicking the ball directly into the goal: the ball must first be touched by another player). Defending players must be at least 9 (nine) feet / 3 (three) yards away from the ball at the time of the free kick.

Ball Out of Play:

- A. For U4 there is what we call a soft out of bounds usually within a half foot of the sideline or goal line.

No Goalies:

- A. Players are only allowed to stand inside the goal box if they are directly playing the ball. Players may play defensive positions but must move up the field with the play. All children should be involved in the action.

U6 Division Game Play

U6 Division General Rules:

- A. Field Size: 20 yd. X 30 yd.
- B. Ball Size: Size 3 Soccer Ball
- C. Number of Players on the Field: Game shall be played 4 vs. 4
- D. Goalie: There are NO goalies in U6
- E. Scoring: There is NO score kept in U6
- F. Off-sides: There are no off-sides in U6
- G. Game Length: Four 8-minute quarters

Referees:

- A. There are NO referees in U6. Coaches will act as “officials” during the game
- B. The referee/coaches can stop the game for infringement of the rules and can suspend or terminate the game whenever the referee deems such stoppage necessary, for example, severe weather, interference by spectators and/or coaches.

Coaches:

- A. One coach per team is allowed on the field in the U6 division

Kick-Off:

- A. Kick off will be decided at the beginning of the game by a coin toss with the team winning the toss choosing side of the field or the ball first. Teams will switch sides after halftime. Opponents must be outside the circle for kick-off.

Free Kicks (Indirect):

- A. Kick-off, goal kicks and fouls are indirect kicks (i.e., a goal cannot be scored by kicking the ball directly into the goal: the ball must first be touched by another player). Defending players must be at least 12 (twelve) feet / 4 (four) yards away from the ball at the time of the free kick.

No Goalies:

- A. Players are only allowed to stand inside the goal box if they are directly playing the ball. Players may play defensive positions but must move up the field with the play. All children should be involved in the action.

U8 Division Game Play

U8 Division General Rules:

- A. Field Size: 30 yd. X 50 yd.
- B. Ball Size: Size 3 Soccer Ball
- C. Number of Players on the Field: Game shall be played 7 vs. 7
- D. Scoring: Score is kept in U8
- E. Off-sides: There are no off-sides in U8
- F. Game Length: Four 10-minute quarters

Referees:

- A. There will be 2 referees, assigned by the league, for U8 games. Coaches will act as “officials” during the game if there is a shortage in referees. Those coaches will be notified before the start of the game.
- B. The referee/coaches can stop the game for infringement of the rules and can suspend or terminate the game whenever the referee deems such stoppage necessary, for example, severe weather, interference by spectators and/or coaches.

Coaches:

- A. Coaches are NOT allowed on the field during play unless they are invited by the official for the purpose of assisting an injured player. Coaches may enter the field to set their team at the beginning of each quarter.

Kick-Off:

- A. Kick off will be decided at the beginning of the game by a coin toss with the team winning the toss choosing side of the field or the ball. The team losing the coin toss will have the remaining choice. Teams will switch for the second half. Opponents must be outside the circle for kick-off.

Free Kicks: Indirect

- A. Kick-off, goal kicks and fouls are indirect kicks (i.e., a goal cannot be scored by kicking the ball directly into the goal: the ball must first be touched by another player). Defending players must be at least 12 (twelve) feet / 4 (four) yards away from the ball at the time of the free kick.

Penalty Kicks:

- A. The penalty kick spot for U8 is 9 yards from the goal line.

Goalies/Keepers:

- A. Keepers may punt, throw, or drop and kick the ball. Once a keeper has possession of the ball all opposing players must vacate the goalie box area and may not challenge the keeper until the ball is played.
- B. Keepers must have a different colored jersey or pinnie than both teams.
- C. Once the keeper puts the ball on the ground after a save, then that ball is live and cannot be picked up again or it will be a handball.

U10 Division Game Play

U10 Division General Rules:

- A. Field Size: 45 yd. X 65 yd.
- B. Ball Size: Size 4 Soccer Ball; Provided by the HOME team
- C. Number of Players on the Field: Game shall be played 7 vs. 7
- D. Scoring: Score is kept in U10
- E. Off-sides: There are off-sides in U10
- F. Game Length: Two 25-minute halves (the referee will determine water breaks when the weather is hot)

Referees:

- A. There will be 3 referees, assigned by the league, for U10 games.
- B. The referees can stop the game for infringement of the rules and can suspend or terminate the game whenever the referee deems such stoppage necessary, for example, severe weather, interference by spectators and/or coaches.

Coaches:

- A. Coaches are NOT allowed on the field during play unless they are invited by the official for the purpose of assisting an injured player. Coaches may enter the field to set their team at the beginning of each quarter.

Kick-Off:

- A. Kick off will be decided at the beginning of the game by a coin toss with the team winning the toss choosing side of the field or the ball. The team losing the coin toss will have the remaining choice. Teams will switch for the second half. Opponents must be outside the circle for kick-off.

Penalty Kicks:

- A. The penalty kick spot for U10 is 10 ½ yards from the goal line.

Goalies/Keepers:

- A. Keepers may punt, throw, or drop and kick the ball. Once a Keeper has possession of the ball all opposing players must vacate the goalie box area and may not challenge the Keeper until he/she crosses the goalie box line.
- B. Goalkeeper will wear colors that distinguish him/her from other players
- C. Once the keeper puts the ball on the ground after a save, then that ball is live and cannot be picked up again or it will be a handball.

U12 Division Game Play

U12 Division General Rules:

- A. Field Size: 55 yd. X 75 yd.
- B. Ball Size: Size 4 Soccer Ball; Provided by the HOME team
- C. Number of Players on the Field: Game shall be played 9 vs. 9
- D. Scoring: Score is kept in U12
- E. Off-sides: There are off-sides in U12
- F. Game Length: Two 30-minute halves (the referee will determine water breaks when the weather is hot)

Referees:

- A. There will be 3 referees, assigned by the league, for U12 games.
- B. The referees can stop the game for infringement of the rules and can suspend or terminate the game whenever the referee deems such stoppage necessary, for example, severe weather, interference by spectators and/or coaches.

Coaches:

- A. Coaches are NOT allowed on the field during play unless they are invited by the official for the purpose of assisting an injured player. Coaches may enter the field to set their team at the beginning of each quarter.

Kick-Off:

- A. Kick off will be decided at the beginning of the game by a coin toss with the team winning the toss choosing side of the field or the ball first. The team losing the coin toss will have the remaining choice. Teams will switch for the second half.

Penalty Kicks:

- A. The penalty kick spot for U12 is 12 yards from the goal line.

Goalies/Keepers:

- A. Keepers may punt, throw, or drop and kick the ball. Once a Keeper has possession of the ball all opposing players must vacate the goalie box area and may not challenge the Keeper until he/she crosses the goalie box line.
- B. Goalkeeper will wear colors that distinguish him/her from other players
- C. Once the keeper puts the ball on the ground after a save, then that ball is live and cannot be picked up again or it will be a handball.