



Anthem Youth Sports

7v7 & 9v9 Rec League

PLAYING RULES

Sports Officials will officiate

A. Player Participation

1. A game will consist of (2) 24 minute halves with a 3-minute halftime break
 - Mandatory Substitutions, subs will take place 3x's per half (at 6', 12', and 18' minute mark).
2. The clock will not stop during substitutions. Teams should take no longer than 30 seconds subs players
3. Substitutions only occur during the Mandatory subs or in case of an injured player
4. All players not in the game should be substituted into the game
5. The goal is for each player to play least 24 minutes per game
 - *If teams have more players than others minutes per game will change*

B. Kick off - The winner of the coin toss or roshambo will have the privilege of electing to kick off from the center circle or choice of goal. The team who elects to kickoff starting the first half would start on defense the second half

C. Scoring

1. A goal is scored when the whole ball crosses the goal line and is between the goalposts and under the crossbar.
 - **No game scores or standings will be kept**

D. Out of Bounds - At any time when the whole ball crosses the boundary lines, it will be put into play by a corner kick, a goal kick spotted on the front line of the goal box by the defensive team, or by a regulation sideline throw in. (**Please do not roll the ball back in to continue play**)

F. Throw-In

1. A throw-in shall be awarded to a team when the ball last touched a member of the opposing team before the entire ball passes beyond the touchline either in the air or on the ground. A goal may not be scored directly from a throw-in.

The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touchline. The thrower shall use both hands (unless player has physical impairment)

G. Handling (use of hands and arms) - **Intentional use of the hands or arms on the ball is prohibited at all times by all players, including the goalie.** Encourage our Soccer Athletes to use their feet, instead of their hands.

H. Coaches - Remember that I am a youth sports coach and that the game is for children, not adults. Behaviors Expected: Maintaining a positive, helpful, and supportive attitude.

- Using your authority and influence to control the behavior of the fans and spectators.
- Adhering to all league rules, regulations, and policies set forth by the Anthem Sports Department.
- Adopting a "children first" policy by emphasizing fun and participation.
- Allowing and encouraging players to listen, learn, and play hard within the rules.

I. Cancellation of Games After Start - After a game has started the weather and field conditions will be judged by the Anthem Park Patrol and Manager on Duty. (Weather cancellation before games start time will be emailed by Sports Dept. or call 623-879-3011)

J. Equipment-

Shoes - Tennis shoes or molded sole shoes with multiple cleats are acceptable. Molded multiple cleats, studs or bars less than ½ inch in diameter or width that does not extend more than ½ of an inch from the sole and are not of an extreme conical design is permissible. No metal/aluminum cleats are acceptable.

Shin guards - Use of shin guards are required, either commercial or custom made shin guards deemed safe by the game officials. All players must wear shin guards under their stockings. Shin guards will not be furnished by the ACC Sports Dept.

Jerseys- Players shall wear the game jerseys supplied by the city. If a player does not have the issued jersey, a temporary substitute jersey may be worn without numbers that does not conflict with the color of the opposing team's, referee's or goal keeper's jersey. The referee shall be informed of the temporary shirt prior to the game.



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Shorts- Shorts or long pants are approved in any color that has no belt loops or buckles. Shorts or pants with pockets are acceptable.

Build-out line 7v7 Only - The build out line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.

K. Direct Free-Kick - The following offenses are penalized by a direct free-kick at the point of the foul. The ball may be kicked in any direction and a goal may be scored on this kick. ***opponents must be 10 yards away***

1. Handling the ball with hands or arms.
2. Holding an opponent.
3. Placing hands or arms on an opponent in an effort to reach the ball.
4. Pushing, striking at, attempting to kick, or attempting to trip an opponent.
5. Jumping at an opponent.
6. Charging an opponent from behind or using the knee/kick on an opponent.
7. Charging a goalie in the penalty area unless he or she is obstructing an opponent.
8. Handling the ball by goalie outside the penalty area.

Exception: If a player commits one of the above infractions intentionally in their own penalty area, the opposing team is awarded a **PENALTY KICK**.

L. Indirect Free-Kick - The goal may not be scored on this kick unless the ball is touched or played by a player other than the kicker, before going through the goal. ***opponents must be 10 yards away***

1. A player playing the ball a second time before it has been played by another player on the kickoff, kick-in, corner kick, or goal kick, or if the ball has passed outside the penalty area.
2. Ball not kicked forward on a penalty kick.
3. Goalie carrying the ball for more than six seconds within the penalty area.
4. Play in a dangerous manner (**No Sliding Allowed**)
5. **Goal Keeper punts the ball 7v7 only** (If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred. The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and goal line.)



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M. Offside

- All players on a team must attempt to return to their half of the field when defending the oppositions attack. Teams will be allowed to position attacking players near the opposition's goal box when defending (IR: "Cherry Picking")
- The penalty for "Cherry Picking" will be a free kick positioned at the center mark of the half-way line.

THE OFFSIDE POSITION

1. Being in an offside position means...

- a. A player that is nearer to the opponent's goal line than the ball AND the second last defender (the goalkeeper counts as a defender)
- b. A player that is in the opponent's half of the field.

ii. INVOLVED IN ACTIVE PLAY 1. Interfering with Active Play means...

- a. Playing or touching the ball when it has been passed or touched by a team-mate; while the player is in an offside position.

2. Interfering with an Opponent means...

- a. Preventing an opponent from playing or being able to play the ball by obstructing the opponent's line of vision or movements.
- b. Making a gesture or movement by which, in the opinion of the game day official, deceives or distracts an opponent.

3. Gaining an advantage by being in an offside position means...

- a. Playing a ball that rebounds off a goal post or cross bar after having been in an offside position.
- b. Playing a ball that rebounds off of an opponent after having been in an offside position.

THE OFFENSE

1. If conditions i and ii are met, then and only then can a player be called for Offside.

- a. The result of the offside foul will be an indirect free kick at the location where the player was initially ruled to be in an offside position

ADDITIONAL OFFSIDE RULE CLARIFICATION

Offside can only occur in the opponent's half of the field. The opposing goalkeeper counts as a defender. Players are allowed to be in an offside position and not be guilty of offside.

- A player can be in an offside position, but if not involved in the active play, then there is no offside.

In order for a player to be guilty of offside, the player must meet both of the following conditions:

- Be in an offside position.
- Be involved in the Active Play.

All offside rule violations are re-started with an Indirect Free Kick

- An Indirect Free Kick must be touched by two players (from either team) before the play is considered to have re-started.
- Goals cannot be scored directly from an Indirect Free Kick (only one player touching the ball).
- Two players must touch the ball before the ball crosses the goal line to be considered a goal.
- In the event the ball enters the goal prior to a second touch, the re-start will be a goal kick for the opposing team.
- Interfering with goalie or impeding him in any manner until he clears the ball.

N. Penalty Kick - A penalty kick will be awarded for any infringement of rules ordinarily requiring a direct free-kick if the infringement is committed by a defending player within the penalty area. The penalty kick is taken from any spot on the penalty mark and all players except the kicker and the goalie must be outside the penalty area.

O. Goal Kick - When the offensive team forces the whole ball across the goal line, and not between the goal uprights, the ball will be put in play anywhere in the goal area by the defensive team.



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P. Corner Kick - When the whole ball is caused to cross the goal line but not between the goal uprights by a member of the defending team, it will be put into play by the offensive team by a corner kick within the quarter circle at the nearest corner.

Q. Coaching - All coaches will remain in the designated area on their respective side of the field during the game. Exceptions: A coach in the Premier & Rising Star League may be positioned directly behind the soccer goal between the goal area line extended.

League	U4	U6	U8	U10	U13
Age	3 & 4	5-6	7-8	9-10	11-13
Coed	Yes	Yes	No	No	No
Field Length	20'	35'	35'	60'	65'
Field Width	15'	25'	25'	35'	45'
# of Field Players	4 v 4	6 v 6	6 v 6	7 v 7	7v7
Players per team	6	8	10	10	10
Goalkeeper (GK)	No	Yes	Yes	Yes	Yes
Goal Dimensions	4'L x 6'W	4'L x 6'W	4'L x 6'W	6'L x 18'W	6'L x 18'W
Soccer Ball Size	Size 3	Size 3	Size 3	Size 4	Size 5