



City of Princeton Youth Soccer League

Rules and Regulations

U7 – U14 (Boys & Girls)

The Ball

- Size #4 (U7-U12)
- Size #5 (U13/U14)

The Pitch

- 30x50yds- U7-U8
- 40x55yds- U9-U14

Field of Play

- Penalty Area: Box measuring 7yds
- Penalty Mark: Top of Box at mid-point
- Goal: 6'x12' – U7-U8
- Goal: 6'5"x 18'- U9-U14

Players

- U7-U14- 7v7. 6 players on field plus 1 goal keeper
- Minimum Number of players to start match: 5, one of whom Must be goalkeeper. Minimum # of players must be present within 5 minutes of scheduled game time otherwise considered a forfeit
- Substitution Limit: NONE
- Substitution Method: All players may enter and leave as needed but only when the ball is out of play and with consent of referee
- Jewelry shall not be worn
- Participants wearing casts must wrap/cover full cast in soft coating such as padded foam, bubble wrap or cloths

Duration of Game

- U7-U8 - Two 20 minute halves (5 minute break)
- U9-U14- Two 25 minute halves (6 minute break)
- Clock is always running
- 10-Goal Mercy Rule – if you are down by 10 goals at any point in the second half the game will end
- Regular season games can end in a tie. Playoff/Championship ties will be broken by Penalty Shoot-Out Kicks

Fouls and Misconduct

- No off-sides
- No slide Tackles
- No heading the ball
- No aggressive/reckless play
 - Direct Kick awarded when a player commits any of these offenses
 - Penalty Kick awarded when one of these offenses take place in penalty area
 - 1. Kicking or attempting to kick and opponent
 - 2. Tripping an opponent
 - 3. Jumping at an opponent
 - 4. Charging an opponent in a violent or dangerous manner
 - 5. Holding an opponent

- 6. Pushing an opponent
- 7. Slide Tackling an opponent
- 8. Handling the ball (except goal keeper)
- 9. Goal keeper picks up ball from a kick from teammate

Free Kick

- At least 5 yards away until ball in play
- Kick must be taken with 5 seconds of referee signal
- Kicker cannot touch ball again until it has been touched by another player

Penalty Kick

- Taken at the penalty mark
- All players must be 5 yards outside the penalty area
- Kicker cannot touch ball again until touched by another player

Throw In

- The ball must be thrown in with both hands
- The ball must be thrown in from behind the head
- The player must have both feet on the ground when the ball is thrown
- The player must not cross the touch line into the pitch until after the ball has been thrown
- The player must throw the ball in where it initially went out of play
- Opposing team must be 5 yards away from throw in
- The player cannot touch the ball again until touched by another player
- Cannot score directly from a throw in
- Any infraction will result in the opposing team taking possession with a throw in at the spot of throw in

Build Out Line

- When the goalkeeper has the ball in his/her hands during play, or when a goal kick is being taken, the opposing team must move behind the build-out line until the ball is released from the goalkeeper's possession and crosses the penalty area.
- Once the opposing team is behind the build-out line, the goalkeeper can release the ball by passing (NOT dribbling), throwing, or rolling the ball to a teammate who is on his/her side of the build-out line or beyond the build-out line. A goalkeeper does not have to wait for the opposing team to retreat behind the line.
- DROP KICKS are not allowed from the keeper.
- After the ball is released from the goalkeeper's possession and crosses the penalty area, the opposing team may cross the build-out line and play resumes as normal.

Kick In Goal Clearance

- A goal kick in is taken when ball is out of play behind goal keeper
- The ball is placed on the ground at the top of the goal box. From inside the goalie box, the goal keeper kicks the ball into play; NO PUNTS
- The ball is not in play until it passes outside the goal penalty area. If the goal clearance is received inside the goal area, the goal clearance shall be taken over.

Corner Kick

- Ball is placed on the corner
- Must be taken within 5 seconds of referee signal or ball will be given to opposing team for indirect kick
- Kicker cannot play ball until it is touched by another player
- Players on opposing team must be 5 yards away from point of corner kick
- You can score directly from a corner kick