

U6 & U7

- Field: Minimum 50 yards by 30 yards
Maximum 60 yards by 40 yards
- Goal: Pugs – 4' x 6'
- Ball: Size 3
- Coaching: One head coach with 1-2 assistant coaches under guidance of the Division Director. Separate directors for each age group and gender.
- Players: 6 v 6 (5 players and a keeper on the field)
Maximum roster of 10
All players to receive a minimum of 50% playing time

Player

Development: Players will be divided into teams. Professional Trainers will work with teams & coaches to develop soccer skills & team play.

Each week, teams/coaches work with Trainers for 45 minutes, followed by a 45-minute game.

Practice: Weekdays – one per week (60 minute minimum) – run by coaches

Game Rules:

- There shall be no off-sides rule
- There are NO slide tackles permitted at the U10 and under age levels.
- No direct-kicks
- Infractions shall be explained to offending player
- All indirect kicks will be taken outside the box
- Second throw-in allowed
- Conform to other FIFA rules

Skills:

- Proper dribbling with laces
- Change of direction
- Passing techniques
- Use of laces (front and sides)
- Throw-ins
- Movement without ball
- Shooting
- Reinforce prior skills from U4 & U5

No standings or scores kept.

Sportsmanship is a priority to the NHP Wildcats S.C. and we will maintain a ZERO TOLERANCE POLICY towards negative criticism of players, coaches and referees. Anyone (coaches, spectators or players) violating this policy will be asked to leave the field.

Let the children have fun playing soccer!

U 8, U9 & U10 Rules of Play

The Rules of Play are the "Laws of the Game" as published by F.I.F.A., latest edition, with certain modifications included in the Club "Rules and Regulations."

A) **Ball Size:** # 4

B) **Game Ball:** The home team will provide the game ball.

C) **Duration of game:** Two 25 minute halves

D) **Players Equipment**

- a. A player shall not wear anything which is dangerous to another player, e.g. orthopedic cast, necklaces, rings, watches, earrings, etc. Goalkeeper helmets are the exception.
- b. FULL uniform kit which includes shirt, shorts and socks
- c. The goalkeeper will be allowed to wear a sweat suit under the uniform at any time.
- d. The goalkeeper is permitted to wear a soft plastic helmet, as approved by L.I.J.S.L.
- e. Players must wear molded cleats and shin guards. The socks should cover the shin guards. This is a Club insurance requirement.

E) **Coaching**

- a. Coaching is allowed only from the coaching side of the field
- b. No one is permitted behind or near the goal area.
- c. Parents and spectators are not permitted on the coaching side of the field. They should observe the match from the opposite side of the field.

F) **Number of Players:** 7

G) **Substitutions & Playing Time:**

- a) A team is permitted an unlimited number of substitutions, regardless of possession of the ball during any stoppage of play, except free kicks, and with the referee's consent.
- b) Every player on a team, attending the game, must play at least 50% of the game, unless the player is injured or arrives late.
- c) If a player continuously misses practices scheduled by the coach (shows disregard for practices), the coach may use fair judgment to determine the amount of time the player should play.

H) **Goal Kicks:** Goal kicks will be taken from the top of the Goalie Box per FIFA Law #16. The ball must clear the penalty box before an opposing player may touch the ball.

I) **Corner Kicks:** Corner Kicks will be taken from the corner flags per FIFA Law #17

J) **Slide Tackling:** There are NO slide tackles permitted at the U10 and under age levels.

K) **Offsides:** The Offsides rule is in effect for the U8, U 9 & U10 level.

In a nutshell: An attacking player may not situate themselves behind the last defender on the opposing team at the time the ball is played to the attacking player.

L) **Throw-Ins:** The ball must be thrown over the head with 2 hands while both feet are touching the ground. Lifting the foot off the ground, or twisting the hands while attempting a throw-in. will result in the other team being awarded the ball.

- M) Penalty Kicks:** A hand ball or a physical foul [direct foul] in the penalty box will result in a penalty kick for the opposing team. The Referee will spot the ball. All players, except the kicker and goalie, must exit the penalty box during the penalty. The goalie must remain on the goal line. The ball is live following the kick.
- N) Indirect Kicks:** Indirect kicks must be touched by 2 players before a goal may be scored.
- O) Direct Kicks:** Direct kicks may be kicked directly into goal from anywhere on the field of play
- P) Protests or Appeal:** No game may be protested or appealed. The result at the end of the game is final.

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