

---

# *Oakdale Athletic Association Soccer Rules & Guidelines U10, U12 & U15*

---

## League Standings

---

**NOTE: Goal differential (d) and Goals scored/game (e) are MAXED out at 3/game. Outscoring a team by 14 is the same as winning by 3 with regards to tie breakers.**

To determine team standing within a league, the following procedures shall be used in sequence:

- a. Highest number of points. Win = 3 points, Tie = 1 point, Loss = 0 points.
- b. Winner of head-to-head competition (this criterion is not used if more than 2 teams are tied).
- c. Winner of most games.
- d. Goal differential (goals scored minus goals against) in all games
  - **With a maximum of a 3-goal differential per game.**
- e. Most goals scored in all games
  - **With a maximum of 3 goals per game.**
- f. Kicks from the penalty mark.

A forfeit in league play will result in a 3-0 score for the game and counts as a played game.

## Effect of Unequal Number of Games on League Standings

---

In determining league standing, if teams have played an unequal number of games; a calculation will be made for the entire league to compensate for the different number of games played. The calculation is based on awarding 1/2 win and 1/2 loss for each tie and dividing the number of wins by the total number of games played (i.e. win percentage).

For example: League record of Team A is 6 wins, 4 losses, 1 tie (6-4-1) becomes 6 1/2 wins, 4 1/2 losses. Calculation is: 6 1/2 divided by 11 (total number of games played), which equals .591. League record of Team B is 5 wins, 3 losses, 4 ties (5-3-4) becomes 7 wins, 5 losses. Calculation is: 7 divided by 12 (total number of games played), which equals .583. Therefore, Team A, having the higher ratio (.591), is declared the winner.

**Coaches must e-mail scores within 24 hours of game completion to:**

**The OAA League Director**

## Miscellaneous


---

Reference for Laws of the Game: <http://www.fifa.com/worldfootball/lawsofthegame.html>

## Heading Guidelines

In accordance with guidelines set forth by MYSA there will be changes to the league use of heading. Below is the MYSA Heading Guidelines chart with information on reasoning and objectives. Please contact your director with any questions.

Age Group	Heading Rule	Guidelines
U10	No Heading Allowed	No Heading Allowed
U12	Limited	30mn a week, 15-20 per player/week
U15	No Limitation	x

 <b>Minnesota Youth Soccer: HEADING GUIDELINES</b>				
AGE GROUP	GAME RULES	TRAINING RULES	METHODOLOGY	COACHING OBJECTIVES
U11 and younger	Heading Prohibited	Heading Prohibited	N/A	N/A
U12	Heading Permitted	Limited to 30 minutes per week. No more than 15-20 headers per player, per week.	<ul style="list-style-type: none"> <li>Ball: Size 4 or lighter/softer (e.g. volleyball or nerfball), Not futsal balls</li> <li>Service: Hand-toss, progressing to foot service from teammates (no coach service from feet)</li> <li>Activities:               <ul style="list-style-type: none"> <li>Training in pairs</li> <li>Unopposed to restricted opposition</li> <li>Skill games, e.g. Soccer-tennis</li> </ul> </li> </ul>	Objective: Teach technique to build confidence and reduce injury risk  Coaching Points: <ul style="list-style-type: none"> <li>Eyes open</li> <li>Mouth closed</li> <li>Point of contact – hairline</li> <li>Chin tucked in before contact</li> <li>Arms out for balance and protection</li> <li>Body control, footwork and approach</li> </ul>
U13-U14	Heading Permitted	Limited to 30 minutes per week. No more than 15-20 headers per player, per week.	<ul style="list-style-type: none"> <li>Ball: Size 5 or lighter/softer ball</li> <li>Service: Variety of service from teammates (no Coach service from feet)</li> <li>Activities to add to above:               <ul style="list-style-type: none"> <li>Training games, e.g. Head-Catch</li> </ul> </li> </ul>	Objective: Refine technique and tactical application  Coaching Points to add to above: <ul style="list-style-type: none"> <li>Attacking/Defending heading</li> <li>Head ball at highest point possible</li> </ul>
U15-U19	Heading Permitted	No limitation	<ul style="list-style-type: none"> <li>Ball: Size 5</li> <li>Service: Variety of game-related service</li> <li>Activities to add to above:               <ul style="list-style-type: none"> <li>Match situations, e.g. Set Pieces</li> </ul> </li> </ul>	Objective: Technical/Tactical/Functional application  Coaching Points to add to above: <ul style="list-style-type: none"> <li>Body control for power/accuracy</li> <li>Maintain separation from opponents</li> </ul>

## Basic Laws

---

The game of soccer is played on a rectangular field with a goal on each end. Teams play games with 8 players on the field. The object of the game is to score goals by kicking the ball into your opponent's goal. The means of scoring goals are governed by a set of rules called the "Laws of Soccer" and are set by the FIFA board. These 17 laws will be adhered to with the following exceptions and clarifications set below. This is not meant to be an exhaustive explanation of the laws.

### Law 1-The Field of Play

---

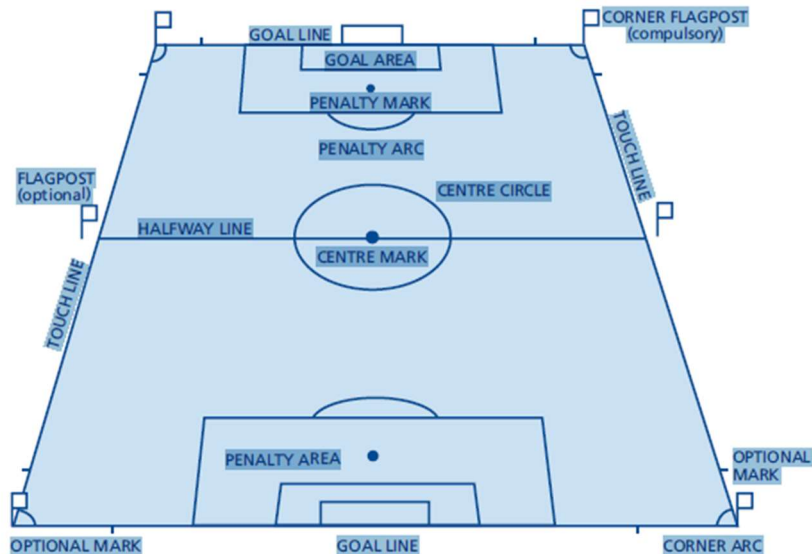
The dimensions of the field will be those marked at the various locations at which the games are played. These may not in all instances conform to the maximum and minimum dimensions called out in the laws.

Corner Flags need not be used, although goal nets will be provided whenever possible. However, the omission of goal nets will not be a reason for calling a game.

**Teams will take one side of the field and spectators will take the other.**

#### Basic field layout

---



### Law 2-The Ball

---

The home team will provide a game ball to the referee prior to each game for use during the game.

Ball sizes to be used are:

U10 & U12	Size 4 ball
U15	Size 5 ball

## Law 3-The Players

---

Players will be registered and may play for one team only. They may not transfer from one team to another before the season starts without the agreement of both coaches and the Parks and Recreation department. After the program is started, no transfers will be permitted. Teams may not call up players from younger leagues.

Age Group	Maximum Number of Players on Field (Including Goalie)	Minimum Number of Players Required to Play
U10 & U 12	8	6
U15	11	9

When less than the minimum numbers of players are present 10 minutes after the scheduled start of the game, a forfeit will be called and a 3 - 0 score will be recorded for the team fielding the minimum number of players. In the event that neither team has a sufficient number of players present, both teams will have the game recorded as a loss with a 0-0 score for standings purposes (goal differential).

In the event of a forfeit, the forfeiting team will use players from their opponent's team to equalize numbers and an official scrimmage game will be played. The game referee(s) will officiate the scrimmage.

Our Fall Soccer Leagues are recreational leagues, and as such, **EACH PLAYER MUST PLAY AT LEAST HALF OF EACH GAME** unless practice attendance is an issue. Remember that the most important thing to the kids on your team is the opportunity to play and have fun - not win games.

## Substitutions

---

Any number of substitutions may be made during a match from the official team roster. All substitutions are made by reporting to the centerline. Substitutes may not enter the field of play without the referee's permission. The referee has the authority to not allow the substitution if the players are not lined up properly.

Age Group	Substitution allowed
U10, U12, U15	<ol style="list-style-type: none"><li>1. Prior to a throw-in, by the team in possession of the ball. If the team in possession of the ball is substituting, both teams may substitute as long as the opposing team's players are ready.</li><li>2. Prior to a goal kick, by either team.</li><li>3. Prior to a corner kick, by either team.</li><li>4. After a goal, by either team.</li><li>5. After an injury, by either team, when the referee stops play. Substitution is unlimited.</li></ol>

	6. At half-time.
--	------------------

### Law 4-The Players' Equipment

---

Players must wear the following equipment:

- Jersey. The jerseys will be provided by the league. With the exception of the goalie, all players must wear the same color jersey. The goalie shall wear colors which distinguish them from the other players and from the referee. The two teams must wear colors that distinguish themselves from each other and the referee. If two teams colors are the same or if the referee determines that the colors are not readily distinguishable, the home team shall switch colors.
- Shin guards. The shin guards must be covered entirely by the socks and must be made of a suitable material and afford a reasonable degree of protection. These are MANDATORY.
- Footwear. All players must wear closed toe shoes. Soccer cleats are acceptable, but not required. Football cleats, because of the extra toe cleat are not acceptable. Cleats may not have any exposed metal.
- Shorts. In cold weather sweat pants may be worn.

A player must not use equipment or wear anything which is dangerous to themselves or another player. Bracelets, necklaces, watches, other jewelry, and piercings must be removed prior to play, **except for "starter earrings", which must be covered with tape.** Medical alert identification may be worn provided it is taped down.

In cold weather, sweat pants, long sleeve shirts, and jackets can be worn underneath the uniform. Headbands and stocking caps without straps are allowed. See Weather Guidelines under Law 7.

Padded casts are acceptable if allowed by the referee. In the event of an infringement the player at fault will be instructed by the referee to leave the field of play to correct their equipment. Any player required to leave the field of play to correct their equipment may not re-enter when the ball is in play and then may only re-enter with the referee's permission.

### Law 5-The Referee

---

**COACHES - NOTE:** Referees are normally players who have come up through our soccer program and are learning their jobs the same as players are learning the game of soccer. Please keep in mind that their officiating experience may be limited. Under no circumstances should these officials be disrespectfully challenged for calls made. If you have a complaint, talk with the official at the end of quarter, half or final. **Coaches are responsible for their team's coaches, parents and fans. Please help to keep them positive and treat the referees respectfully.**

**Please note: many soccer calls are judgments by the official. All calls are final. Directors will not respond to complaints regarding referees' judgment calls.**

## Law 6-The Other Match Officials

---

In the event that only one referee is assigned to work your game, each team will provide a linesman. The duty of the team linesman shall be to indicate when the ball is out of play and which side is entitled to the corner kick, goal kick, or throw-in. They shall also assist the referee to control the game in accordance with the laws of the game. They may not make offside calls. In all cases, the center referee may override the linesman if they feel the call is in error.

## Law 7-The Duration of the Match

---

The length of each game will be as follows:

Age Group	Game Length	Half Time Length
U10	Four 10 minute Quarters	3 minutes (between quarters)
U12	Two 25 minute Halves	5 Minutes
U15	Two 30 minute Halves	5 Minutes

The game shall be considered complete when at least one half (of the game) and 50% of the second half have been played. Anything less must be reported to the league authority who will determine if it needs to be replayed or who will determine the outcome of the game.

The referee is the official timekeeper and sole judge on the amount of time that has been played.

League games which are tied at the end of regulation time will remain tied.

For play-offs, if a game is tied after regulation time, two 5-minute overtime periods (not sudden death) will be played. If the game is still tied after the second overtime, the tie shall be broken by taking kicks from the penalty mark following the Laws of the Game.

## Weather Guidelines

---

**IN CASE OF INCLEMENT WEATHER PLEASE CALL THE WEATHER HOTLINE AT 651-249-2191 TO FIND OUT THE STATUS OF YOUR GAME**

### Hot Weather

---

Heat Index (Temperature and Humidity )	Guideline
90° - 99°	Mandatory 2- minute water breaks per half with running time. Each Half shortened by 5 minutes.

100° - 105°	Mandatory 2- minute water breaks per half with running time. Each Half shortened by 10 minutes.
105° +	Suspend Play.

## Cold Weather

Cold Index (Temperature (Still air) or Wind-chill)	Guideline
45° and Lower	<p>Allowable Additional Clothing</p> <ol style="list-style-type: none"> <li>1. Layered beneath uniform (for example) <ol style="list-style-type: none"> <li>a. Long Sleeves</li> <li>b. Long Pants</li> <li>c. Additional socks</li> </ol> </li> <li>2. Gloves or Mittens</li> <li>3. Stocking caps without Straps</li> <li>4. Sweat Pants or Shirts</li> <li>5. Jackets (must be worn under the uniform)</li> </ol> <p>Clothing NOT allowed:</p> <ol style="list-style-type: none"> <li>1. Hooded Sweatshirts -hoods and strings present possibility of being grabbed.</li> <li>2. Ear Muffs (Head bands OK) -Plastic or metal part crossing top of head presents potential hazard.</li> <li>3. Scarves -Isadora Duncan Syndrome</li> </ol>
40° and Lower	Each Half shortened by 5 minutes.
35° and Lower	Suspend Games

- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated-avoid caffeine and pop.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goalie—usually the player who gets coldest first, as not running or moving as field players.
- Referees and coaches should discuss weather and fields pre-game.
- Safety and health of the players come first.

## Lightning

If a person can hear thunder, or see lightning, the danger already is present. A clear, sunny sky overhead with storm clouds nearby can still be dangerous.

Referees and Coaches should adhere to the following guidelines:

- If lightning is within 5 miles, the game should be suspended and shelter sought. A rough guideline is to measure the time between the lightning flash and hearing the corresponding thunder. If it is 30 seconds or less, seek shelter. It may not be possible to determine which lightning strike generated which roll of thunder. A simple rule: If you can hear it, clear it!
- Shelter should be in larger, enclosed structures. Smaller, open structures, tents, trees, isolated areas, etc, should be avoided. Cars, with windows rolled up, or buses can provide good shelter. Avoid contact with metal or other conducting materials to the outside surfaces. Do not stay in open, unprotected areas.
- Games should not be restarted for at least 30 minutes after the last roll of thunder is heard.

## Law 8-Start and Restart of Play

---

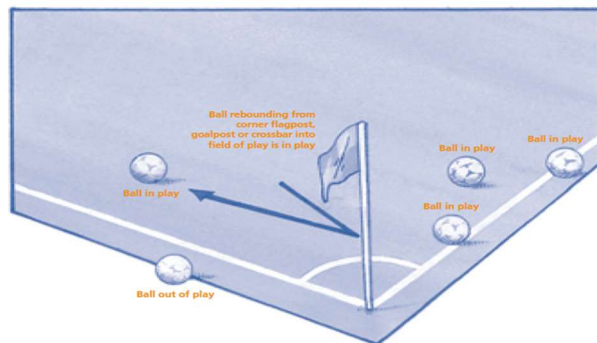
A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match.

The team that wins the toss takes the kick-off to start the second half of the match. In the second half of the match, the teams change ends and attack the opposite goals.

## Law 9-The Ball In and Out of play

---

The ball is out of play when it has wholly crossed the goal line or touch line whether on the ground or in the air.



## Law 10-The Method of Scoring

---

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.





## Law 11-Offside

---

Note: There is a good interactive guide available for reference on this subject that includes many diagrams too numerous to include here. See <http://www.fifa.com/lotg/football/en/flash/start.html>

### Offside Position

---

It is not an offense in of itself to be in an offside position. A player is in an offside position if:

- They are nearer to the opponents' goal line than both the ball and the second to last opponent.

A player is not in an offside position if they:

- Are in their own half of the field of play or
- Are level with the second last opponent or
- Are level with the last two opponents

### Offense

---

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of their team, they are, in the opinion of the referee, involved in active play by:

- Interfering with play or
- Interfering with an opponent or
- Gaining an advantage by being in that position

### No Offense

---

There is no offside offense if a player receives the ball directly from:

- A goal kick
- A throw-in
- A Corner Kick

## Law 12-Fouls and Misconduct

---

This is not meant as an exhaustive list of Fouls and Misconducts, but covers the most common items that occur during the course of play as a reference for the coach.

*Direct Free Kick (NOT applicable in U10 Leagues SEE LAW 13. Indirect kick used instead.)*

---

A direct free kick is awarded to the opposing team if a player commits any of the following seven offenses in a manner considered by the referee to be careless, reckless, or using excessive force.

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following three offenses:

- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within their own penalty area)

**Slide Tackles will not be allowed at any age group** and will be considered a direct kick penalty (Indirect kick penalty in U10)

### Penalty Kick (*NOT applicable in U10 Leagues SEE LAW 13. Indirect kick used instead.*)

A penalty kick is awarded if any of the above ten offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

### Indirect Free Kick

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

- controls the ball with their hands for more than six seconds before releasing it from their possession
- touches the ball again with their hands after they have released it from their possession and before it has touched another player
- touches the ball with their hands after it has been deliberately kicked to them by a team-mate
- touches the ball with their hands after they have received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or send off a player

### Cautionable Offenses

The yellow card is used to communicate that a player, substitute, or substituted player has been cautioned.

A player is cautioned if they commit any of the following seven offenses:

- SLIDE TACKLES
- Unsporting behavior
- Dissent by word or action
- Persistent infringement of the Laws of the Game
- Delaying the restart of play
- Failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in
- Entering or re-entering the field of play without the referee's permission
- Deliberately leaving the field of play without the referee's permission

A substitute or substituted player is cautioned if he commits any of the following three offenses:

- Unsporting behavior
- Dissent by word or action
- Delaying the restart of play

Additional cautions with the referees discretion:

- A player fakes an injury or exaggerates the seriousness of an injury.
- A player fakes a foul (dives) or exaggerates the severity of a foul
- A player unfairly distracts or impedes an opponent performing a throw-in
- A player engages in trickery to circumvent the goal keepers limitation on handling the ball played from a teammates foot.

### Sending Off Offenses

---

The red card is used to communicate that a player, substitute or substituted player has been sent off. A player, substitute or substituted player is sent off if he commits any of the following offenses:

- serious foul play (slide tackle after a warning)
- violent conduct
- spitting at an opponent or any other person
- denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match

A player, coach or fan that has been sent off must leave the vicinity of the field of play.

### Law 13-Free Kicks

---

There are two types of Free Kicks: Direct or Indirect.

Free Kicks will be played as follows:

Age Group	Free Kicks
U10	Indirect only
U12	Indirect and Direct
U15	Indirect and Direct

### Direct Free Kick (NOT applicable in U10 Leagues. Indirect kick used instead.)

A goal can be scored directly from the player's foot taking the kick without it touching another player.

### Indirect Free kick

A goal can be scored only if the ball subsequently touches another player before it enters the goal. If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded. The referee indicates an indirect free kick by raising their arm above their head.

### Law 14-The Penalty Kick (NOT applicable in U10 Leagues. Indirect kick used instead.)

A penalty kick is awarded against a team (U12, U15) that commits one of the ten offenses for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

Penalty Kicks will be played as follows:

Age Group	Penalty Kick	Penalty Kick Distance
U10	Not in effect, indirect kick - place of foul	Not Applicable
U12 & U15	In Effect	10 Yards

### Law 15-The Throw-In

A throw-in is a method of restarting play. A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air. A goal cannot be scored directly from a throw-in.

### Procedure:

At the moment of delivering the ball, the thrower:

- faces the field of play
- has part of each foot either on the touch line or on the ground outside the touch line
- holds the ball with both hands
- delivers the ball from behind and over his head
- delivers the ball from the point where it left the field of play

All opponents must stand no less than 2 yards from the point at which the throw-in is taken.

After delivering the ball, the thrower must not touch the ball again until it has touched another player.

Throw-ins fouls will be played as follows:

Age Group	Throw-in foul
U10	<b>One</b> redo before possession change
U12 & U15	Possession Change

## Law 16-The Goal Kick

---

A goal kick is a method of restarting play. A goal kick is awarded when the whole of the ball passes over the goal line either on the ground or in the air, having last touched a player of the opposing team, and a goal is not scored.

If the ball is not kicked directly out of the penalty area from a goal kick, the kick is retaken. In U10 Leagues, the referees should keep moving a player forward until they are able to kick the ball out of the penalty area.

### Procedure:

---

The ball is kicked from any point within the goal area by a player of the defending team

- Opponents remain outside the penalty area until the ball is in play.
- The kicker must not play the ball again until it has touched another player
- The ball is in play when it is kicked directly out of the penalty area

## Law 17-The Corner Kick

---

The corner kick is a method of restarting play. A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored.

### Procedure:

---

The ball must be placed inside the corner arc nearest to the point where the ball crossed the goal line

- The corner flag post must not be moved
- Opponents must remain at least 10 yards from the corner arc until the ball is in play
- The ball must be kicked by a player of the attacking team
- The ball is in play when it is kicked and moves
- The kicker must not play the ball again until it has touched another player

Corner Kicks will be taken from the following locations:

<b>Age Group</b>	<b>Corner Kick Position</b>
U10	Intersection of the Penalty Area and the Goal Line
U12 &15	From the Corner Arc

