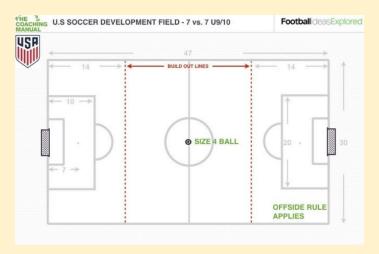
RULES OF THE GAME

Youth Soccer Explained

WHAT IS THE BUILD-OUT LINE? - HOW IS IT USED?

Build-out line is equidistant between the penalty area line and halfway line

View the videos on our <u>website</u> to see the build-out line in action

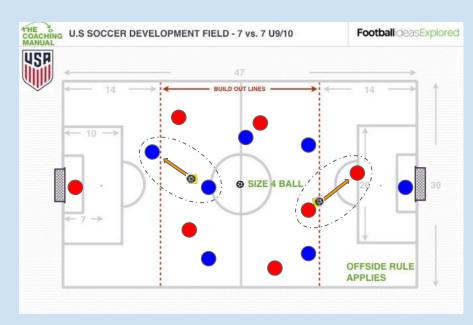


- ❖ Used for 9U & 10U teams
- Encourages teams to play the ball out of the back in an unpressured setting
- When the Keeper has the ball in their hands OR a goal kick
 - Attacking team must move behind the build-out line until the ball is in play
 - Keeper may pass, throw, or roll the ball to a teammate (<u>no</u> <u>punting</u>)
- ❖ If the Keeper no longer has possession of the ball, the attacking team may resume play as normal
- Also denotes where offside offenses can be called

OFFSIDES RULE EXPLAINED - ALL 9U & OLDER GAMES

- Stops players "cherry picking" ie from standing behind the defense
- Attacking players need to be in line or behind the defending players in the opposition's half
- Prevents the game from being a "long-ball" game from one end to the other
- Modified by the build-out line for 9U
 & 10U games (see previous slide)
 - ➤ Build-out line (not halfway line) is used to call offsides for 9U/10U games
- 110 & up games offsides is called at the halfway line

View the videos on our <u>website</u> to see the offsides rule in action.



For 90 & 100 - the circled plays would both be considered offsides for either red/blue player given that the attacking team is behind the build out line and the last defender of the opposition

For 110 & up - offsides is called at the halfway line

HEADING THE BALL - WHEN IS IT ALLOWED?

6U through 11U

♦ NO intentional headers allowed

As a part of the U.S. Soccer Player Safety Initiative, heading the ball is not allowed in leagues with players 11 and under

RULE: "When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue."

12U & Up

- Intentional headers allowed* *if a player is 11 or under playing up with a 12U team, that player is not allowed to intentionally head the ball
- ❖ US Youth Soccer suggests that any league that combines 11U and 12U for competition should strongly consider not allowing heading in any game in that combined group's play.

Learn more about U.S. Youth Soccer Safety First initiatives:

- → U.S. Youth Soccer Safety Initiative
- → <u>5 Things to Know about U.S. Soccer PDIs</u>
- → Concussion Initiative Statement

WHAT IS "CLUB-PASSING"?

- A team's ability to "borrow" a player from another team within the same club
 - ➤ Must be a legal player in the league
 - Ex: a 10U player cannot club pass with a 9U team
- Player passing is permitted for all Regent teams in all Leagues
- Teams in some divisions require rosters where the player has had their birthdate verified (i.e. Blue Program teams)
 - Any player subbing with a Blue team must had have their birthdate verified
- Club passing should be utilized to:
 - make sure you can field a team (i.e.
 when you are short players); OR
 - give an opportunity to a player to grow their game
 - Club passing should <u>not</u> be used to strengthen your team because you are playing a stronger opponent!

★ Also known as "Player passing"

PROTOCOL: When a coach wants to club pass a player, they should contact the coach of the other team before they contact the player

In most cases, a coach will need to get an official roster from the club-pass players' team.
Regent staff can assist you with obtaining this

- Club passing is not the same as Guest passing.
 - Guest passing refers to when a team borrows a player from a <u>different</u> club
 - Guest passing is only allowed in certain instances
 - i.e. tournament setting
- MAYSA Rules related to Club-passing & Guest passing can be found <u>HERE</u>



- Offsides Rule Explained
- ♦ How to do a Proper Throw-in
- ❖ Regent Coaching Resources
- ❖ Regent Parent Resources
- ♦ MAYSA League Rules
- WYSA Athlete & Participant Safety Program
- U.S. Youth Soccer Safety
 Initiative
 - ➤ 5 Things to Know about U.S. Soccer PDIs
 - Concussion Initiative Statement
- ❖ <u>USSF Laws of the Game</u>