

The logo of Regent Soccer Club is a shield-shaped crest. It features a blue and white color scheme with a yellow crown at the top. The words "REGENT" and "SOCCER CLUB" are visible within the shield. A yellow star is positioned at the bottom of the shield.

# 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 [website](#) 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 (no punting)
- ❖ 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
- ❖ 11U & up games - offsides is called at the halfway line



View the videos on our [website](#) to see the offsides rule in action.

**For 9U & 10U** - 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 11U & 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](#)
- [5 Things to Know about U.S. Soccer PDIs](#)
- [Concussion Initiative Statement](#)

# WHAT IS "CLUB-PASSING"?

★ Also known as "Player 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 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 not be used to strengthen your team because you are playing a stronger opponent!

**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 different club
  - Guest passing is only allowed in certain instances
    - i.e. tournament setting
- ❖ MAYSA Rules related to Club-passing & Guest passing can be found [HERE](#)

# ADDITIONAL RESOURCES



Videos & Links

- ❖ [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](#)
- ❖ [USSF - Laws of the Game](#)