

Metro Travel U12 & U14 League Rules Fall 2009 / Spring 2010

PHILOSOPHY

The League's sole purpose is to instruct children in the game of soccer and in the principles of good sportsmanship, good health and good citizenship under the guidance of adults and to protect the rules and spirit of the game. No standings are kept. HAVE FUN!

AGE

All players will comply with MSYSA age guidelines. The age group shall be determined by the player's age before August 1st of the current season. For the Fall of 2009 the following guidelines apply:

U/14 August 1st, 1995 – July 31, 1997

U/12 August 1st, 1997 – July 31, 1999

A player may only play on one Metro Travel (recreational) team. They may be dual rostered only if the other team is a travel team.

FIELD

Referees have jurisdiction to determine whether the field and other playing conditions are safe to start or continue play. SAFETY MUST COME FIRST!

Please leave the fields cleaner than when you arrived.

EQUIPMENT

Shin guards are required and must be covered by socks. Uniform jerseys must be visible over clothing.

Cleats must have NO toe spike.

BALL

U/14 – Size 5 game ball

U/14 – Size 4 game ball

DURATION

U/14 - Two 35 minute halves (40 if agreed)

U/12 – Two 30 minute halves (35 if agreed)

Halves may be extended by 5 minutes if both coaches and referee agree and the next game will not be delayed.

SUBSTITUTES

FIFA rules: Unlimited but only at a stoppage of play for:

1. The half
2. A goal
3. A goal kick
4. **ALWAYS** at your throw in and during opposition's throw in **ONLY** if they are substituting (you cannot substitute players during the opposition's throw in if they do not substitute players)
5. An injury for which referee stops play
6. For a yellow card

Except in the case of injury or discipline, each player in attendance must play at least one half of every game. Every effort should be made to play all players an equal amount of time. All infractions of the spirit and intent of this rule should be reported to the City Director.

GOAL KICK

From the six yard box

PLAYERS

- A. U14. Ten field players plus a goal keeper, 11 v 11 except:
 - 1. if one team has available for play less than eleven players, then both teams shall play equal; provided that no team obliged to play with less than eight players
- B. U12. Seven field players plus a goal keeper, 8 v 8 except:
 - 1. if one team has available for play less than eight players, then both teams shall play equal; provided that no team oblige to play with less than six players.
- C. Both U12 & U14
 - 1. When one team leads another by four goals or more, the trailing team shall be permitted to add one additional player. If the trailing team does not have an additional player, the leading team shall play with one less player than is otherwise allowed by these rules.
 - 2. Players can only play for one Metro Travel team.

GOAL KEEPER

Goal keepers have six seconds to release the ball after gaining control.

There will be no penalty if the keeper kicks the ball to the opposite keeper. (FIFA rule #12 – modified 2005)

COACHING

All coaches on the sidelines, but only between the 18 yard lines. Every effort should be made to control your movements. Coaches are also responsible for the behavior of their team members and parents. Please encourage positive behavior and do not abuse the referees. Home team has first choice on what side of field to occupy. Parents must stay on the same side of the field as the coaches and players.

TIE GAMES

Ties are not broken

THROW INS

According to FIFA rules

FOULS

All fouls and foul interpretations are according to FIFA rules.

YELLOW CARDS – Any player that receives a yellow card shall be removed for the completion of the half. A player may be substituted. If a yellow card occurs in the first half, the player may re-enter the second half.

RED CARDS – Any player that receives a red card shall immediately be removed from the rest of the game and leave the field. ***A player may not replace the ejected player.*** The red carded player is also automatically suspended from the next game played. All red cards should be reported to the City Director at the end of the game by the players coach for possible further disciplinary action.

COACH RED CARD – Any red card received by a coach or assistant must be reported immediately to the City Director at the end of the game by the coach. The coach must leave the field immediately. The red carded coach is suspended from the next game and cannot be on the field. An assault by a coach on a player, parent or referee will result in a suspension for the season.

SERIOUS OFFENSE – Any serious offense will be referred to the Disciplinary Committee composed of the Directors from each city in the league. Both coaches, referee, and others may be requested to participate in a hearing before final action is taken.

MEDICAL

If a player is injured and bleeding, the player must leave the field immediately. The player is not allowed back on the field until:

- 1. All bleeding has stopped.
- 2. The injury has been covered.
- 3. The player has no blood on his/her uniform.