

CJFC Soccer League Rules

As a member of USSSA and US Soccer, we are adopting US Soccer's rules for small sided games. Standard Laws of the Game are to be followed apart from exceptions outlined below.

The goal of the league is to provide a safe, fun environment for players to develop their soccer skills. Coaches are required to pass a background check and complete SafeSport training.

With development as a primary goal, results and standings are not recorded.

The following standards may be modified to fit available field space and number of players registered.

All Ages

- 🏠 Shin guards are required
- 🏠 Teams will have a designated sideline with spectators on the opposite side

U6 and U8

🏠 Field

- o U6: 30x20 yards
- o U8: 40x25 yards

🏠 Games

- o Size 3 ball
- o 4v4 (U6) – 5v5 (U8, 4 field players and one goalie)
- o No intentional heading of the ball
- o Substitutions at any stoppage. Get ref's attention for U8.
- o 8-minute quarters (U6) and 10-minute quarters (U8)
- o Each quarter starts with a kickoff (teams alternate) and teams switch sides at halftime
- o Kickoffs, free kicks, throw-ins, goal kicks and corner kicks are used to start/restart play
- o If a restart is not done properly, do it again, explaining the proper way to do it.
- o All free kicks, throw ins and kickoffs are indirect (a second player must touch the ball before it goes in the goal). If a player kicks it in directly, it is a goal kick. Players must be at least 10 feet away from the ball on a free kick.
- o On goal kicks, the defense must move back to midfield.
- o No penalty kicks
- o No offsides
- o U6 coaches may ref the game from on the field
- o U8 coaches must remain on the sideline unless there is an injury

stoppage. 🏠 Notes

- o U6 - Defenders should not remain right in front of the goal and play essentially

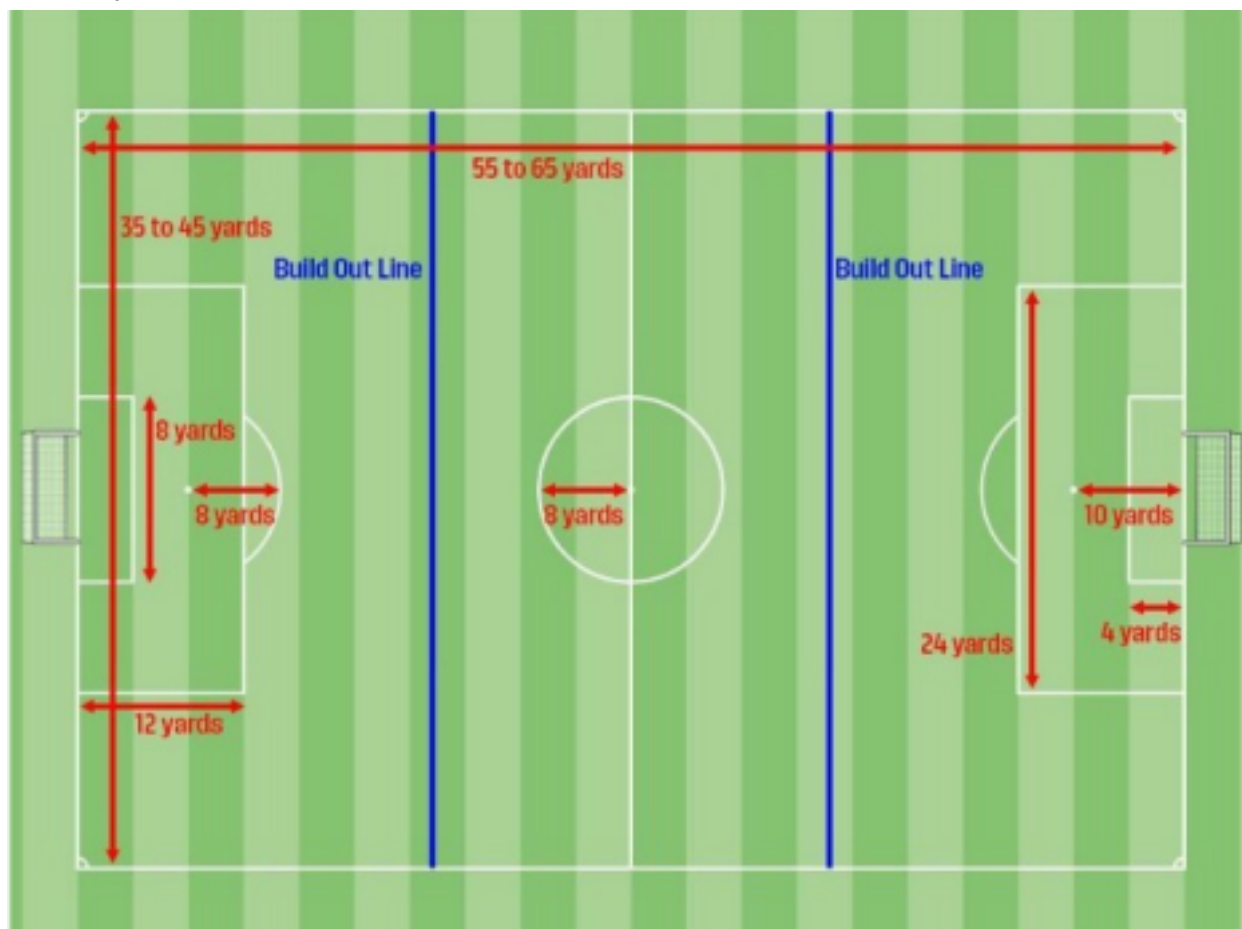
as a goalkeeper.

- o On any restart, the ball must be touched by another player before the person restarting can touch it again. IE, a player may not throw it in to himself.
- o Throw-ins must be done with both hands, ball must go behind the head and then straight over while both feet remain on the ground. If there is a bad throw in, have the player take it again.
- o It is often difficult to call fouls at this level as players often bunch together. If a player falls to the ground it may be necessary to stop the game for the safety of the player. The restart can be a throw in near where the stoppage occurred for the team who is deemed to have had possession. Be aware of pushing as players will often stiff arm to keep people out of their space. If it is not forceful, players can be reminded to keep their arms down without stopping play for a foul.

U10

Field

- o Length: 60 yards
- o Width: 40 yards



Games

- o Size 4 ball

- o 7v7 (6 field players and 1 goalkeeper - must wear different color shirt than either team)
- o No intentional heading of the ball
- o No punts or drop kicks allowed
- o 25-minute halves
- o Substitutes should wait at midfield until the ref allows the player to come on.
Substitutions may occur, at the ref's discretion, on kickoffs, goal kicks and your own throw-ins and corner kicks. The ref may allow substitutions on the opponents throw-ins or corners if it's not a disadvantage.
- o No offsides – Players should not camp out behind the defense to intentionally gain an advantage, as blatant offsides will be called.
- o Foul throw-ins may be redone once. After second consecutive foul throw-in, the other team gets a throw-in from that spot.
- o A Build Out Line will be painted across the field at the midway point between the penalty box and midfield.
 - ⌚ When the goalkeeper picks up the ball, they may choose to put it in play immediately and play continues as normal. Alternatively, they may wait until the opponent has withdrawn behind the Build Out Line. Once the opponent has withdrawn, they must remain behind the Build Out Line until the ball is put in play. Note, the ball doesn't need to cross the Build Out Line, it just needs to be put in play by the goalkeeper.
 - ⌚ On goal kicks, the opponent must stay behind the Build Out Line until the ball has been put in play.

U13

Games

- o Size 4 ball
- o 11v11 (10 field players and 1 goalkeeper - must wear different color shirt than either team)
 - ⌚ 30 minute halves
 - ⌚ All regular rules apply
 - ⌚ Offsides will be called
 - ⌚ Punting and heading are allowed
- o Substitutes should wait at midfield until the ref allows the player to come on.
Substitutions may occur, at the ref's discretion, on kickoffs, goal kicks and your own throw-ins and corner kicks. The ref may allow substitutions on the opponents throw-ins or corners if it's not a disadvantage.