

U10 & U12 SSA In-House League and U14-U19 LP/RUSH/SSA Inter-Club Rec League

1. SSA Team Management:

For information on how to manage your Playmetrics coach account to access rosters, communicate with parents, set calendars and determine availability, please click below:

<https://help.playmetrics.com/hc/en-us/articles/360020543273-Working-as-a-Coach-in-PlayMetrics>

2. Accessing Team Documentation for Games in GotSport:

Schedules, National Governing Body oversight of federally-mandated coach safeguarding tasks, and player registration/rostering within the national player registration database is managed through the GotSport platform. Please be sure to add emails from GotSport to your safe list, since automated notifications regarding game date/time changes are sent through the same communication tool.

A. Accessing **Game Cards** as a Coach/Team Manager:

1. Go to <https://system.gotsport.com/>
2. Log in with your username and password
3. Click on 'Team Management'
4. Click on 'Matches'
5. Click the 3 dots on the right hand side of the individual game (you may need to scroll across if you are using a mobile device) and click 'Print Match Card'

6. Click the 'Standard' button and then 'Export'.
7. Give the game card to the referee prior to kick-off

B.1. Adding a Player Headshot as a Coach to the Player Pass document for ID

Purposes: Click [HERE](#) for instructions.

1. If this is the first addition of a photo or activation of the player, and it is generating the ZIP code error: *is not a valid state for post code xxxxx (valid states are GA* you will need to ensure that 'Georgia' is selected in the 'state' dropdown box further down the page and then hit 'Save' before adding the photo.
2. Present the player passes to the referee prior to each game so that the referee can match players to the roster list on the game card. The referees should then return the player passes to you once check-in is complete.

Please note that you have the option to use a photo from Playmetrics if a parent has added one to their child's account already. When in your team's 'Roster' tab in Playmetrics, click on the player's name, then the 3 dots next to the headshot and click 'Download'. You can then go into Got Sport and add it to the player's account in the national player database so that it populates on their national governing body player pass.

B.2. Adding a Player Headshot as a Parent to Player Pass document for ID Purposes:

For information on how a parent can add a headshot directly into their child's account in the National Player Database, please follow these instructions:

https://docs.google.com/document/d/1Luls_vXordkEW6c0eXLW-IJru1hoZPFv8UT3-g2X1s/edit?usp=sharing

C. Adding Jersey Numbers to the Game Card/Roster: Click [HERE](#) for instructions.

D. Accessing **Official Roster** and **Player Pass** documents (to have for regular season games and generally required to attend tournaments):

Please click [HERE](#) for instructions.

1. Keep a paper copy, or an electronic version, of the roster in your possession on game days or for tournament attendance. Present the player pass document to the referee prior to each game to use during the pre-game check, or use it to confirm registration status for your players should there be questions raised about player eligibility.

E. Adding Assistant Coaches:

If you would like to add assistant coaches to your roster, either so they can access the documentation themselves or be eligible to be on the sidelines during games, please complete this link after they register as a Volunteer Coach in their child's Playmetrics account:

<https://forms.gle/46y3D39sG2tDmJL19>

US Club R002 Medical Release Form

This form is completed by a parent during the registration process and serves two purposes:

- A. It helps to protect you as the coach from any financial obligations should you need to call for medical assistance for a player if the parents aren't present.**
- B. It contains important medical information that will be needed by an EMT.**

To access the forms for all your players in your team's Playmetrics account:

1. Log in and toggle to your 'Coach' role.
2. Click on 'Roster'

3. Click on the player's name
4. Click on 'Resources' and then the document itself to download.

Additional Requirements for Players in the U19 Age group:

US Club Soccer, the national governing body for our U10-U19 Rec Leagues, has introduced a requirement for players who are 18 years of age, or will turn 18 years of age before July 31st, 2026 to complete a free federally-mandated online SafeSport training program **before they will approve the player to be listed on a team's 25/26 seasonal year roster documents and game cards.**

Instructions for Parents on How to Complete:

If your child has already turned 18, please click [HERE](#) for instructions on how to complete this in your child's GotSport account.

If your child is not yet 18, but will turn 18 before July 31st, 2026, please click [HERE](#) for instructions on how to complete this in your child's Got Sport account.

Please note that for end-of-season tournaments, players must be listed on your team documents, so please ensure that your parents and players have completed this task well in advance of attending a tournament. If a parent is unsure of the email address under which the account was set up, you can find this information using the following steps:

1. Go to <https://system.gotsport.com/>
2. Log in with your username and password
3. Click on 'Team Management'
4. Click on your team's name
5. Click on 'Rosters'
6. Click on 'Select Event Roster'
7. Select the Season event and hit 'Search'
8. Click on the player's name to bring up the player profile page and look under 'Contact Email'.

3. Game Day Information

A. Accessing League Schedule:

U10-U19: https://system.gotsport.com/org_event/events/46179

Please be aware that this is the 'official' schedule, and that any notifications that you get through Playmetrics regarding game times and locations are auto-generated when another coach manually adds the game details for your match-up into their team's Playmetrics calendar. As such, please check that the calendar in your team's Playmetrics account accurately reflects the GotSport schedule.

B. Team Paperwork - Give the referee your **player passes*** and one copy of your game card prior to kick-off for the referee to use to check players in, and to record the score and any yellow or red cards issued during the game. The game card should be returned to you at the end of the game.

*A player pass must have an attached photo of the player in order for the player to be eligible to participate in the game.

C. Posting Scores:

1. Scan the QR code on the game card or
2. Go to the schedules page and click on the 'Scoring Input' button. Enter '2025' as the PIN and follow the instructions below:

<https://www.loom.com/share/d11f619f1a914dfdab796d005b22d9c9>

D. Field Status:

SSA - [Field Status](#)

Rush Union - [Locations](#)

Legacy Park - Contact Coach directly (see below).

E. Contacting Opponents:

To confirm game details/shirt colors etc in the lead up to a game, or to communicate regarding a schedule change:

1. Go to <https://system.gotsport.com/>
2. Log in with your username and password
3. Click on 'Team Management'
4. Click on 'Matches'
5. Click the 'Chat' box speech bubble (you may need to scroll across the page to make it appear) next to the relevant game featuring the coach you are wanting to communicate with to start a conversation or pull up contact details.
6. For a video of the task, please click [HERE](#).

F. Rescheduling Games:

Please reach out to your club administrator and/or field scheduler regarding the cancellation or rescheduling of home games. If you and the opposing coach are already in communication regarding a reschedule using the GotSport built-in Chat tool and have agreed upon a new date, please include this information in your communication with your field scheduler. Please provide at least 5 days notice for any change request.

SSA Paulding Scheduler - Tess Kaye - tess@ssaelite.com

SSA Cobb/Cartersville/Kennesaw - Sean Chamberlain - schamberlain@ssaelite.com

G. Misconduct:

Players who receive a red card for any of the following offenses will serve an automatic one-game suspension for the team's next scheduled and played game:

- I. Serious foul play
- II. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to the goalkeeper within his own penalty area)
- III. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
- IV. Receives a second caution in the same match (2CT)

Club Recreational Directors are welcome to assess further game suspensions in addition to the mandatory one-game suspension based on their program's own code of conduct for red cards issued for the following offenses:

- I. Offensive, insulting or abusive language
- II. Violent conduct
- III. Spits at an opponent or any other person

Coaches who receive a red card will serve an automatic one-game suspension for the team's next scheduled and played game.

League Coordinator:

Sean Chamberlain schamberlain@ssaelite.com

Rules and Regulations

UNDER 10 BRIEF OVERVIEW

- Players should be properly registered to the team for which they play and be in financial good standing with the club
- 'Dual-Rostering' of a player onto both a Recreational team and an Academy/Select team is not permitted.
- Each player must have a player pass, with attached photo, in order to participate in a game
- Club Pass Players - A Recreational player may be rostered to play in a game for a Recreational team (the 'Secondary' team) other than the Recreational team at the same club that he/she is officially registered to (the 'Primary' team). To initiate this 'club pass' process, the coach of the Secondary team should reach out to the relevant Recreational program director at least 48 hours prior to the Secondary team's scheduled kick-off, and obtain written permission for the rostering of the player(s) for the game. Once permission is granted by the Recreational Program Director, the coach of the Secondary team should handwrite the player(s) onto the Secondary team's official game card and present the player's official US Club Soccer player pass to the referee prior to kick-off, along with the approval email listing the player(s) name. Please note that a player may play up an age group, but not down and that a team may club-pass a maximum of 3 players to a game day roster, though in the event that any club-pass players are added, the number of players in attendance (including added club-pass players) must not exceed 10 for 7v7 games, 12 for 9v9 games or 14 for 11v11 games.
- Teams play 7v7 (includes GKs) and additional players are substitutes
- Substitutes should be rotated in to the game so all players receive equal playing time
- It is suggested to make substitutions every 10 minutes
- All players must receive a minimum of 50% playing time
- Players should be rotated positions during the game or over the course of the season
- Players should not play more than one half as goalkeeper
- Offside enforced (but not between the build out line and the halfway line per US Soccer policy.

- Coaches are responsible for the conduct of their players, team representatives and spectators.
- Spectators are not permitted on the coach/team side of the field, or behind the goals.
- Artificial noisemakers are not permitted.
- Referees are not permitted to use video evidence to either make, or change, on-field decisions.

UNDER 10 LAWS OF THE GAME

Law #1: The Field of Play

- The field of play must be rectangular and shall be approximately 35 yards by 55 yards
- There shall be 30 yards by 12 yards penalty area, 15 yards by 4 yards goal area, and an 8 yard penalty kick mark
- The goal shall be approximately 18 feet wide and 6 feet high. Goals must be anchored securely to the ground.
- No one (spectators or participants) shall be allowed behind the end lines during the course of a game
- Spectators should be on the opposite side of the field from the coaching staff and players
- Team officials, substitutes, and spectators should remain 3-5 yards away from the touchline when physically possible

Law #2: The Ball

- Players shall use a size 4 ball

Law #3: Number of Players & Substitutions

- A match is played by two teams, each consisting of not more than seven (7) players, one of whom is the goalkeeper
- Minimum of five (5) players per side needed to start or continue the game
- Each player must play a minimum of 50% of the total playing time, unless he or she is unable to do so, or at the parent's request
- Players' time spent as goalkeeper must not exceed half of a game

- It is recommended that players rotate positions throughout the course of the season
- Substitutions are unlimited and may be made, with the consent of the referee, at any stoppage in play.

Law #4: Player's Equipment

- Shin guards are mandatory and must be a commercially manufactured product specifically designed for the purpose. Home-made products will not be allowed
- Shin guards should be covered with socks
- For safety reasons, soccer cleats are mandatory. No baseball/softball, or football cleats are allowed
- Hard casts on the hand, wrist, forearm, elbow, upper arm or shoulder are permitted if they are wrapped in minimum ½ inch compression, closed-cell, slow-recovery foam and do not present a danger to the player or other participants. Click [here](#) for an example.
- All players on the same team shall wear the same color uniforms with the exception of the goalkeeper.
- Home team should wear dark shirts (red for SSA teams) while away team should wear light shirts (gray for SSA teams).
- For safety, players may not participate with improper equipment
- No jewelry should be worn by players.

Law #5: Referees

- There will be one certified referee if the depth of the club's referee pool permits.
- In the absence of a certified referee, the coaches should referee the game instead.

Law #6: Assistant Referees

- No assistant referees are assigned for 7v7 games

Law #7: Duration of the Game

- The center referee will act as the official timekeeper
- The match shall be divided into two (2) equal, thirty (30) minute halves
- There shall be a half-time interval of ten (10) minutes
- Additional time may be added by the referee at the end of each half for substitutions, assessment of injury to players, removal of injured players from the field of play for treatment, wasting time, or any other cause

Law #8: The Start of Play

- Each team shall be represented at the field of play by a coach or assistant coach or a parent appointed in his/her place for the duration of the game.
- The opponents must be eight (8) yards from the center mark while kick-off is in progress

Law #9: Ball In and Out of Play

- The ball must be wholly over the goal line or touch line whether on the ground or in the air to be declared out of play

Law #10: Method of Scoring

- The ball must be wholly over the goal-line to be declared a goal. A ball sitting on the line is still in play (no goal has been scored)

Law #11: Off-Side

- The off-side rule will be enforced, with special reference applied to the build-out line.

Law #12: Fouls and Misconduct

- It is recommended that the game official explain all infractions to the offending player
- For a foul committed in the penalty area, a penalty kick will be awarded

- Opposing players shall not play or touch the ball until it has left the penalty area in accordance with the guidelines for the play out line modifications listed further down on this document
- Per 2019 FIFA changes, teammates are allowed to receive the ball in the penalty area from a goal kick.
- If during regular play, the goalkeeper rolls the ball to a teammate who is within the penalty area then this is not an infringement
- Pass-back to the Goalkeeper: A goalkeeper shall be penalized for handling the ball intentionally passed to him from the feet of a teammate
- Harassing the Goalkeeper: When the goalkeeper has taken possession of the ball within his own penalty area, opposing players are required to move away and to the side so as not to interfere with the goalkeeper putting the ball into play
- If the goalkeeper catches the ball, drops it to his feet and dribbles to the top of the penalty area then picks the ball up, a second possession infringement has occurred resulting in an indirect free kick for the opposing team
- If the goalkeeper catches the ball, drops it to his feet and dribbles to the top of the penalty area then kicks the ball from the ground out of the penalty area, there is no infringement

Law #13: Free Kick

- Conform to FIFA with the exception that all opponents are at least ten (10) yards from the ball until it is in play

Law #14: Penalty Kick

- Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the goal

Law #15: Throw-In

- Conform to FIFA, which states that opponents must stand at least two (2) yards from the point at which the throw-in is taken

Law #16: Goal Kick

- Conform to FIFA, which states the ball is kicked from any point within the goal area by a player of the defending team. Allowances should be made for 'build out' line adjustments though as described below.

Law #17: Corner Kick

- Conform to FIFA with the exception that opponents remain at least ten (10) yards from the ball until it is in play

US Soccer Modifications for 7v7 Play

Concussion Initiative

- Deliberate heading is not allowed in 7v7 games
- If 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 nearest point to where the infringement occurred

Build Out Line

- The build out line promotes playing the ball out of the back in a less pressured setting
- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play (punts and drop-kicks are not allowed)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
- The opposing team must also move behind the build out line during a goal kick until the ball is put into play (defined as when the ball crosses the penalty area line, not when the ball is initially kicked by the goalkeeper or his/her teammate)
- If a goalkeeper punts or drop-kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense

- If the punt or drop-kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
- The build out line will also be used to denote where offside offenses can be called
- Players cannot be penalized for an offside offense between the halfway line and the build out line
- Players can be penalized for an offside offense between the build out line and goal line
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line
- However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes

Build Out Line Practical Applications

- To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play
- Coaches are responsible for addressing these types of issues with their players
- Referees can manage the situation with misconduct if deemed appropriate
- Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line
- If a player insists on crossing over the line a couple of times without respecting the referee's direction; the referee has the option to award an IFK for the goalkeeper's team... location: on the build-out line, place closest to where the player crossed the line

UNDER 12 BRIEF OVERVIEW

- Players should be properly registered to the team for which they play and be in financial good standing with the club
- 'Dual-Rostering' of a player onto both a Recreational team and an Academy/Select team is not permitted
- Each player must have a player pass, with attached photo, in order to participate in a game
- Club Pass Players - A Recreational player may be rostered to play in a game for a Recreational team (the 'Secondary' team) other than the Recreational team at the same club that he/she is officially registered to (the 'Primary' team). To initiate this 'club pass' process, the coach of the Secondary team should reach out to the relevant Recreational program director at least 48 hours prior to the Secondary team's scheduled kick-off, and obtain written permission for the rostering of the player(s) for the game. Once permission is granted by the Recreational Program Director, the coach of the Secondary team should handwrite the player(s) onto the Secondary team's official game card and present the player's official US Club Soccer player pass to the referee prior to kick-off, along with the approval email listing the player(s) name. Please note that a player may play up an age group, but not down and that a team may club-pass a maximum of 3 players to a game day roster, though in the event that any club-pass players are added, the number of players in attendance (including added club-pass players) must not exceed 10 for 7v7 games, 12 for 9v9 games or 14 for 11v11 games.
- Teams play 9v9 (includes GKs) and additional players are substitutes
- Substitutes should be rotated into the game so all players receive equal playing time.
- It is suggested to make substitutions every 10 minutes
- All players must receive a minimum of 50% playing time
- Players should be rotated positions during the game or over the course of the season
- Players should not play more than one half as goalkeeper
- Offside enforced
- **Heading is permitted during games**, though coaches should instruct *players who are 10 years of age or younger* not to head the ball per US Club Soccer policy
- Referees should enforce these restrictions by age group. Referees will not be assessing the age of individual players on the field; they will enforce the rules for

the age group as a whole so a U12 game will not be stopped even if a player 10 years old or younger deliberately heads the ball.

- Coaches are responsible for the conduct of their players, assistant coaches and spectators.
- Spectators are not permitted on the coach/team side of the field, or behind the goals.
- Artificial noisemakers are not permitted.
- Referees are not permitted to use video evidence to either make, or change, on-field decisions.

UNDER 12 LAWS OF THE GAME

Law #1: The Field of Play

- The field of play must be rectangular and shall be approximately 50 by 75 yards
- There shall be 34 yards by 14 yards penalty area, 18 yards by 6 yards goal area, and a 10 yard penalty kick mark
- The goal shall be approximately 18 feet wide and 6 feet high. Goals must be anchored securely to the ground.
- No one (spectators or participants) shall be allowed behind the end lines during the course of a game
- Spectators should be on the opposite side of the field from the coaching staff and players
- Team officials, substitutes, and spectators should remain 3-5 yards away from the touchline when physically possible

Law #2: The Ball

- Players shall use a size 4 ball

Law #3: Number of Players & Substitutions

- A match is played by two teams, each consisting of not more than nine (9) players, one of whom is the goalkeeper
- Minimum of six (6) players per side needed to start or continue the game
- Each player must play a minimum of 50% of the total playing time, unless he or she is unable to do so, or at the parent's request
- Player's time spent as goalkeeper should not exceed half of a game
- It is recommended that players rotate positions throughout the course of the season
- Substitutions are unlimited and may be made, with the consent of the referee, at any stoppage in play.

Law #4: Player's Equipment

- Shin guards are mandatory and must be a commercially manufactured product specifically designed for the purpose. Home-made products will not be allowed
- Shin guards should be covered with socks
- For safety reasons, soccer cleats are mandatory. No baseball/softball, or football cleats are allowed
- Hard casts on the hand, wrist, forearm, elbow, upper arm or shoulder are permitted if they are wrapped in minimum ½ inch compression, closed-cell, slow-recovery foam and do not present a danger to the player or other participants. Click [here](#) for an example.
- All players on the same team shall wear the same color uniforms except the goalkeeper
- Home team should wear dark shirts (red for SSA teams) while away team should wear light shirts (gray for SSA teams).
- For safety, players may not participate with improper equipment
- No jewelry should be worn by players.

Law #5: Referees

- There will be one certified referee if the depth of the club's referee pool permits.
- In the absence of a certified referee, a club referee, coach, or parent may referee the game instead with the agreement of both coaches

Law #6: Assistant Referees

- There will be two assistant referees assigned if the depth of the club's referee pool permits, otherwise a club assistant referee, a coach, or parent may assist the referee if the referee so chooses

Law #7: Duration of the Game

- The center referee will act as the official timekeeper
- The match shall be divided into two (2) equal, thirty (30) minute halves
- There shall be a half-time interval of ten (10) minutes

- Additional time may be added by the referee at the end of each half for substitutions, assessment of injury to players, removal of injured players from the field of play for treatment, wasting time, or any other cause

Law #8: The Start of Play

- Each team shall be represented at the field of play by a coach or assistant coach or a parent appointed in his/her place for the duration of the game
- The opponents must be at least ten (10) yards from the center mark while a kick-off is in progress

Law #9: Ball In and Out of Play

- The ball must be wholly over the goal line or touch line whether on the ground or in the air to be declared out of play

Law #10: Method of Scoring

- The ball must be wholly over the goal-line to be declared a goal. A ball sitting on the line is still in play (no goal has been scored)

Law #11: Off-Side

- The off-side rule will be enforced

Law #12: Fouls and Misconduct

- It is recommended that the referee explain all infractions to the offending player
- For a foul committed in the penalty area, a penalty kick will be awarded
- Opposing players shall not play or touch the ball until it has left the penalty area
- Per 2019 FIFA revisions, teammates are now allowed to receive the ball in the penalty area from a goal-kick.
- If during regular play, the goalkeeper rolls the ball to a teammate who is within the penalty area then this is not an infringement

- Pass-back to the Goalkeeper: A goalkeeper shall be penalized for handling the ball intentionally passed to him from the feet of a teammate
- Harassing the Goalkeeper: When the goalkeeper has taken possession of the ball within his own penalty area, opposing players are required to move away and to the side so as not to interfere with the goalkeeper putting the ball into play
- If the goalkeeper punts the ball, and it strikes an opponent who is in the penalty area, a direct free kick to the goalkeeper's team at the spot where the ball contacted the opponent will be awarded
- If the goalkeeper punts the ball, and it strikes a teammate within the penalty area and rebounds into the goal, a goal to the opponents is awarded
- If the goalkeeper catches the ball, drops it to his feet and dribbles to the top of the penalty area then picks the ball up, a second possession infringement has occurred resulting in an indirect free kick for the opposing team
- If the goalkeeper catches the ball, drops it to his feet and dribbles to the top of the penalty area then kicks the ball from the ground out of the penalty area, there is no infringement

Law #13: Free Kick

- Conform to FIFA, which states that all opponents are at least ten (10) yards from the ball until it is in play

Law #14: Penalty Kick

- Conform to FIFA, with the exception that the penalty mark is made ten (10) yards from the goal

Law #15: Throw-In

- Conform to FIFA, which states that opponents must stand at least two (2) yards from the point at which the throw-in is taken

Law #16: Goal Kick

- Conform to FIFA, which states the ball is kicked from any point within the goal area by a player of the defending team

Law #17: Corner Kick

- Conform to FIFA, which states that opponents remain at least ten (10) yards from the ball until it is in play

UNDER 14 BRIEF OVERVIEW

- Players should be properly registered to the team for which they play and be in financial good standing with the club
- 'Dual-Rostering' of a player onto both a Recreational team and an Academy/Select team is not permitted
- Each player must have a player pass, with attached photo, in order to participate in a game
- Teams play 11v11 (includes GKs) and additional players are substitutes
- The maximum number of players allowed on a team roster is 26
- Club Pass Players - A Recreational player may be rostered to play in a game for a Recreational team (the 'Secondary' team) other than the Recreational team at the same club that he/she is officially registered to (the 'Primary' team). To initiate this 'club pass' process, the coach of the Secondary team should reach out to the relevant Recreational program director at least 48 hours prior to the Secondary team's scheduled kick-off, and obtain written permission for the rostering of the player(s) for the game. Once permission is granted by the Recreational Program Director, the coach of the Secondary team should handwrite the player(s) onto the Secondary team's official game card and present the player's official US Club Soccer player pass to the referee prior to kick-off, along with the approval email listing the player(s) name. Please note that a player may play up an age group, but not down and that a team may club-pass a maximum of 3 players to a game day roster, though in the event that any club-pass players are added, the number of players in attendance (including added club-pass players) must not exceed 10 for 7v7 games, 12 for 9v9 games or 14 for 11v11 games.
- Substitutes should be rotated in to the game so players receive equal playing time
- It is suggested to make substitutions every third of each half
- Game Duration: 2x35 minutes
- All players must receive a minimum of 33% playing time
- All rules of soccer in effect
- Coaches are responsible for the conduct of their players, team representatives and spectators.
- Spectators are not permitted on the coach/team side of the field, or behind the goals.
- Artificial noisemakers are not permitted

- Referees are not permitted to use video evidence to either make, or change, on-field decisions.

UNDER 14 LAWS OF THE GAME

Law #1: The Field of Play

- The field of play must be rectangular and shall be approximately 65 yards by 110 yards
- There shall be 44 yards by 18 yards penalty area, 20 yards by 6 yards goal area, and a 12 yard penalty kick mark
- The goal shall be approximately 24 feet wide and 8 feet high. Goals must be anchored securely to the ground.
- No one (spectators or participants) shall be allowed behind the end lines during the course of a game
- Spectators should be on the opposite side of the field from the coaching staff and players
- Team officials, substitutes, and spectators should remain 3-5 yards away from the touchline when physically possible

Law #2: The Ball

- Players shall use a size 5 ball

Law #3: Number of Players & Substitutions

- A match is played by two teams, each consisting of not more than eleven (11) players, one of whom is the goalkeeper
- Minimum of seven (7) players per side needed to start or continue the game
- Each player must play a minimum of 33% of the total playing time, unless he or she is unable to do so, or at the parent's request
- Substitutions are unlimited and may be made, with the consent of the referee, at any stoppage in play.
- Substitutions are not allowed during the stoppage of play for a player being sent off (red card)

Law #4: Player's Equipment

- Shin guards are mandatory and must be a commercially manufactured product specifically designed for the purpose. Home-made products will not be allowed

- Shin guards should be covered with socks
- For safety reasons, soccer cleats are mandatory
- Hard casts on the hand, wrist, forearm, elbow, upper arm or shoulder are permitted if they are wrapped in minimum ½ inch compression, closed-cell, slow-recovery foam and do not present a danger to the player or other participants. Click [here](#) for an example.
- All players on the same team shall wear the same color uniforms
- Home team should wear dark shirts (red for SSA teams) while away team should wear light shirts (gray for SSA teams).
- For safety, players may not participate with improper equipment
- No jewelry should be worn by players.

Law #5: Referees

- There will be one certified referee if the depth of the club's referee pool permits.
- In the absence of a certified referee at an SSA intra-club game (a game between 2 SSA teams), a club referee, coach, or parent may referee the game instead with the agreement of both coaches

Law #6: Assistant Referees

- There will be two assistant referees assigned if the depth of the club's referee pool permits, otherwise a club assistant referee, a coach, or parent may assist the referee if the referee so chooses

Law #7: Duration of the Game

- The center referee will act as the official timekeeper
- The match shall be divided into two (2) equal, thirty-five (35) minute halves
- There shall be a half-time interval of ten (10) minutes
- Additional time may be added by the referee at the end of each half for substitutions, assessment of injury to players, removal of injured players from the field of play for treatment, wasting time, or any other cause

Law #8: The Start of Play

- Each team shall be represented at the field of play by a coach or assistant coach or a parent appointed in his/her place for the duration of the game
- The opponents must be at least ten (10) yards from the center mark while a kick-off is in progress

Law #9: Ball In and Out of Play

- The ball must be wholly over the goal line or touch line whether on the ground or in the air to be declared out of play

Law #10: Method of Scoring

- The ball must be wholly over the goal-line to be declared a goal. A ball sitting on the line is still in play (no goal has been scored)

Law #11: Off-Side

- The off-side rule will be enforced

Law #12: Fouls and Misconduct

- Conform to FIFA

Law #13: Free Kick

- Conform to FIFA, which states that all opponents are at least ten (10) yards from the ball until it is in play

Law #14: Penalty Kick

- Conform to FIFA, that the penalty mark is made twelve (12) yards from the goal

Law #15: Throw-In

- Conform to FIFA, which states that opponents must stand at least two (2) yards from the point at which the throw-in is taken

Law #16: Goal Kick

- Conform to FIFA, which states the ball is kicked from any point within the goal area by a player of the defending team

Law #17: Corner Kick

- Conform to FIFA, which states that opponents remain at least ten (10) yards from the ball until it is in play

UNDER 16 BRIEF OVERVIEW

- Players should be properly registered to the team for which they play and be in financial good standing with the club
- 'Dual-Rostering' of a player onto both a Recreational team and an Academy/Select team is not permitted
- Each player must have a player pass, with attached photo, in order to participate in a game
- Teams play 11v11 (includes GKs) and additional players are substitutes
- The maximum number of players allowed on a team roster is 26
- Club Pass Players - A Recreational player may be rostered to play in a game for a Recreational team (the 'Secondary' team) other than the Recreational team at the same club that he/she is officially registered to (the 'Primary' team). To initiate this 'club pass' process, the coach of the Secondary team should reach out to the relevant Recreational program director at least 48 hours prior to the Secondary team's scheduled kick-off, and obtain written permission for the rostering of the player(s) for the game. Once permission is granted by the Recreational Program Director, the coach of the Secondary team should handwrite the player(s) onto the Secondary team's official game card and present the player's official US Club Soccer player pass to the referee prior to kick-off, along with the approval email listing the player(s) name. Please note that a player may play up an age group, but not down and that a team may club-pass a maximum of 3 players to a game day roster, though in the event that any club-pass players are added, the number of players in attendance (including added club-pass players) must not exceed 10 for 7v7 games, 12 for 9v9 games or 14 for 11v11 games.
- It is suggested to make substitutions every third of each half
- Game Duration: 2x40 minutes
- All players must receive a minimum of 33% playing time
- All rules of soccer in effect
- Coaches are responsible for the conduct of their players, team representatives and spectators.
- Spectators are not permitted on the coach/team side of the field, or behind the goals.
- Artificial noisemakers are not permitted
- Referees are not permitted to use video evidence to either make, or change, on-field decisions.

UNDER 16 LAWS OF THE GAME

Law #1: The Field of Play

- The field of play must be rectangular and shall be approximately 65 yards by 110 yards
- There shall be 44 yards by 18 yards penalty area, 20 yards by 6 yards goal area, and a 12 yard penalty kick mark
- The goal shall be approximately 24 feet wide and 8 feet high. Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement
- No one (spectators or participants) shall be allowed behind the end lines during the course of a game

Law #2: The Ball

- Players shall use a size 5 ball

Law #3: Number of Players & Substitutions

- A match is played by two teams, each consisting of not more than eleven (11) players, one of whom is the goalkeeper
- Minimum of seven (7) players per side needed to start or continue the game
- Each player must play a minimum of 33% of the total playing time, unless he or she is unable to do so, or at the parent's request
- Substitutions are unlimited and may be made, with the consent of the referee, at any stoppage in play.
- Substitutions are not allowed during the stoppage of play for a player being sent off (red card)

Law #4: Player's Equipment

- Shin guards are mandatory and must be a commercially manufactured product specifically designed for the purpose. Home-made products will not be allowed
- Shin guards should be covered with socks
- For safety reasons, soccer cleats are mandatory

- Hard casts on the hand, wrist, forearm, elbow, upper arm or shoulder are permitted if they are wrapped in minimum ½ inch compression, closed-cell, slow-recovery foam and do not present a danger to the player or other participants. Click [here](#) for an example.
- All players on the same team shall wear the same color uniforms
- Home team should wear dark shirts (red for SSA teams) while away team should wear light shirts (gray for SSA teams).
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- There will one certified referee

Law #6: Assistant Referees

- There will be two assistant referees assigned if the depth of the club's referee pool permits, otherwise a club assistant referee, a coach, or parent may assist the referee if the referee so chooses

Law #7: Duration of the Game

- The center referee will act as the official timekeeper
- The match shall be divided into two (2) equal, forty (40) minute halves
- There shall be a half-time interval of ten (10) minutes

Law #8: The Start of Play

- Each team shall be represented at the field of play by a coach or assistant coach or a parent appointed in his/her place for the duration of the game
- The opponents must be at least ten (10) yards from the center mark while a kick-off is in progress

Law #9: Ball In and Out of Play

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- The off-side rule will be enforced

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UNDER 19 BRIEF OVERVIEW

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- It is suggested to make substitutions every third of each half
- Game Duration: 2x45 minutes
- All players must receive a minimum of 33% playing time
- All rules of soccer in effect
- Coaches are responsible for the conduct of their players, team representatives and spectators.
- Spectators are not permitted on the coach/team side of the field, or behind the goals.
- Artificial noisemakers are not permitted
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