



Under Ten 6 v 6 and Under Twelve 8 v 8 Playing Rules & Guidelines

The rules set forth in this document apply to teams from HCU, which play all regular season games against other HCU teams. Teams playing in outside competitions, tournaments or in associations such as TARSA need to abide by the rules established for that competition or organization. HCU closely follows FYSA and USYSA guidelines to establish rules of competition for each age group.

1. The field:

U10

Length - 45-50 Yds

Width - 35-40 Yds

Goal Area - Per FIFA rules

Penalty Area - 12 yds out from each post and 12 yds forward

Goal - 6' high by 18' long

Penalty Spot - 10 yds from center of goal

Center Circle - 8 yds radius

Corner Arc - 1 yd radius

Penalty Arc - 8 yd radius

U12

Length - 70-80 Yds

Width - 45-60 Yds

Goal Area - Per FIFA rules

Penalty Area - 14 yds out from each post and 14 yds forward

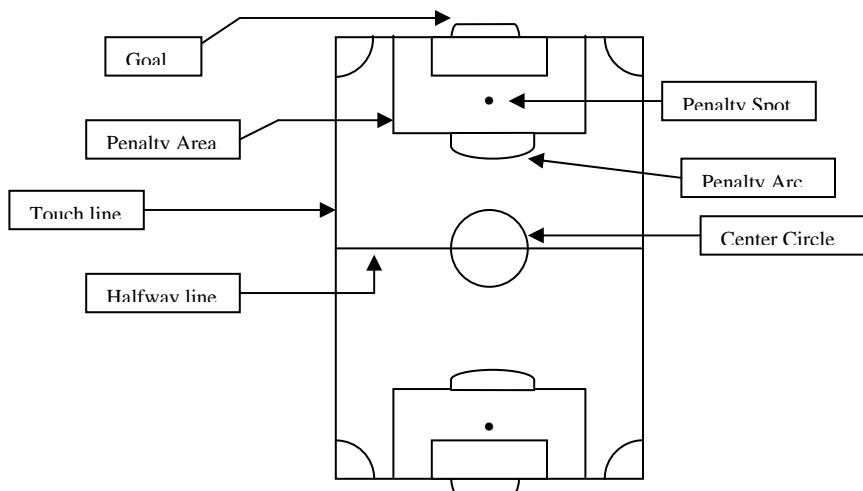
Goal - 7' high by 21' long or 6' high by 18' long

Penalty Spot - Per FIFA rules

Center Circle - Per FIFA rules

Corner Arc - Per FIFA rules

Penalty Arc - Per FIFA rules



2. Ball: Size 4
3. Players:

- a. The maximum number of players on the field at one time is 6 for U10 and 8 for U12. This includes the goalkeeper.
 - b. Substitutions: A team may substitute on their own throwins, during any goal kick, after a goal by either team, upon an injury and between halves.
 - c. Playing time: Each player SHALL play a minimum of 50% of the total playing time.
 - d. **No player may play more than one half as goalkeeper.**
4. Players equipment:
- a. Footwear: Tennis shoes or molded plastic cleats. To prevent injury cleats are recommended over tennis shoes. Plastic molded cleats are recommended over screw in or metal bottom cleats.
 - b. Shin guards are required. It's suggested that players wear a pair of white athletic socks underneath their shin guards. The shin guards must be covered fully by another pair of socks. This pair of socks is part of the player's uniform and supplied by the league.
 - c. Uniforms: Each player is provided a uniform by the league. This consists of two jerseys (one Blue and one red), shorts and a pair of socks. The designated home team will wear the blue jerseys while the designated visiting team will wear white jerseys.
5. Duration of games:
- a. U10 two 25 minute halves, U12 two 30 minute halves.
 - b. There will be a 5-minute half time break.
6. Referees:
- a. The league will schedule a certified referee for all games. Assistant referees (linesman) will be assigned for U12 but not for U10.
 - b. Coaches need to respect and abide by all decisions of the referee. Coaches should not speak directly to the referee or assistant referees. Any questions regarding specific calls or situations should be directed to the HCU referee assignor.
7. The start of play: Kickoffs
- a. All players must be on their half of the field.
 - b. Defending players must remain outside of the center circle (8 yards away) until the attacking team touches the ball.
 - c. The first touch on the kickoff must be forward towards the opponent's side of the field. The kicker does not touch the ball a second time until it has touched another player. Should the kicker touch the ball a second time, before it touches another player, the kick will be retaken. If the first touch is not forward, the kick will be retaken. Teams will switch goals at the start of the second half.
8. Ball in and out of play:
- a. The ball is out of play when it has wholly crossed the goal line or touchline and whenever a referee has stopped play.
 - b. The ball is in play at all other times, including rebounds off the goal posts, crossbars, corner flags and the referee.
9. Method of scoring: A goal is scored when the ball wholly passes over the goal line, between the goal posts and under the crossbar.
- Off side: **No offside for U10.** There is offside in the U12 division.
10. Free kicks: Free kicks are either direct or indirect.
- For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player. Opposing players must remain 8 yards away until the kick is taken. The ball is in play when it is touched and moves.
- a. The Direct Free Kick
 - if a direct free kick is kicked directly into the opponents' goal, a goal is awarded

- if a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

b. The Indirect Free Kick

The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

Ball Enters the Goal

A goal can be scored only if the ball subsequently touches another player before it enters the goal. This does not have to be a player of the same team.

- if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded
- if an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

11. Throw-ins: A throw in is awarded when the ball wholly crosses the touchline, either in the air or on the ground.
 - a. The throw-in is taken at the spot where the ball went over the touchline. The player taking the throw stands off the field of play.
 - b. The thrower must keep both feet on the ground. They may not jump or raise either foot.
 - c. The throw must be taken with both hands and come from behind and over the head.
 - d. The ball is not in play until it wholly enters the field of play. The player taking the throw can not play the ball again until it has touched another player.
 - e. Players making an improper throw in must be given a 2nd chance during the first half of the season for U10. The referee should provide the offending player a brief explanation on the correct way of taking a throw in. During the 2nd half of the season for U10 and from the first game for U12, players will be given only one chance to make a proper throw-in and any violations will result in the other team being awarded a throw-in.
12. Goal kicks: A goal kick is awarded when the ball, being last touched by an attacking player, wholly crosses the goal line, either in the air or on the ground.
 - a. All goal kicks must be taken within the goal area
 - b. All opposing players outside of the penalty area and at least 8 yards away.
 - c. The ball is not in play until it has completely left the penalty area.
 - d. The kicker can not touch the ball a second time until it has left the goal area and touched another player. Should the kicker touch it a second time, before it touches another player, the kick is retaken.
13. Corner kicks: A corner kick is awarded when the whole of the ball, having last been touched by a player of the defending team, crosses the goal line, either in the air or on the ground.
 - a. The ball is placed in the corner arc on the side where the ball went out of play.
 - b. All opposing players must remain 8 yards away until the kick is taken.
 - c. The ball is in play when it is touched and moved.
 - d. The kicker may not touch the ball a second time until it has been touched by another player. Should the kicker touch it a second time, before it touches another player, the kick is retaken.
 - e. A goal can be scored directly off a corner kick.

Additional Rules, Guidelines & Information

1. The league will not reschedule games, which are not played.
2. Spectators should remain on the opposite side of the field from the players and coaches.
3. Only one coach and two assistant coaches should be on the player's side of the field. All coaches and assistants must be registered with the state.

4. Coaches and spectators are not allowed to stand or sit at the ends of the field or behind the goals during the game.
5. No official score will be recorded nor will the league keep any standing.
6. Players and coaches should line up at midfield at the end of each game to shake hands. Afterwards coaches and players should police the bench area for any trash, dispose of it, gather up all belongings and exit the bench area. This will allow the teams scheduled for the next game to occupy the bench area and begin their game on time.
7. Every effort needs to be made to start and end games on time.
8. Each coach needs to have a team parent Team parents can register through the HCU website.
9. Coaches need to have all players' medical release forms with them at all games and practices.
10. All coaches should have their Hillsborough County Parks and Recreation Department Coaching Certification card with them for all games and practices. Coaches who have not yet taken the certification course or need to renew should contact the league office for course information.

11. Offside: It is not an offence in itself to be in an offside position. A player is in an offside position if:

- he is nearer to his opponents' goal line than both the ball and the second last opponent

A player is not in an offside position if:

- he is in his own half of the field of play *or*
- he is level with the second last opponent *or*
- he is level with the last two opponents

Offence

A player in an offside position and is only penalized if, at the moment the ball touches or is played by one of his teammates, he is, in the opinion of the referee, involved in active play by:

- interfering with play *or*
- interfering with an opponent *or*
- gaining an advantage by being in that position

No Offence

There is no offside offence if a player receives the ball directly from:

- a goal kick *or*
- a throw-in *or*
- a corner kick

Infringements/Sanctions

12. For any offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

13. What is a handball? A handball is an offence punishable by a Direct Free Kick or (Penalty Kick if the player other than a keeper commits the foul in his penalty area)

You must have intentionally tried to direct or change the direction of the ball to be guilty of handling. The entire arm from the shoulder to the tips of the fingers is included in determining if a ball is handled. A ball that hits a player in the hand or arm and their was clearly no intent, there is no foul.

The most important thing to remember is that for a HANDBALL FOUL to be called IT MUST BE DELIBERATE.

14. Have fun!