

# Lebanon Youth Soccer Association - Basic Soccer Rules by Age

## U9 – 8 and 9 year olds

1. Field Size
  - a. Max Dimensions - 47 yards by 30 yards
  - b. Center Circle – 8-yard radius
  - c. Penalty Area – 10 yards by 26 yards (2 yards from each corner)
  - d. Goal Box – 6 yards by 8 yards (11 yards from each corner)
  - e. Goals – 6 foot by 12 foot
  - f. Penalty Spot – 8 yards from goal line on center
  - g. Penalty Arc – 8 yard Radius from penalty spot (outside of penalty area only)
  - h. Goals Centered – Posts 6 yards inside Goal Box on each side
2. Equipment
  - a. Ball Size - #4
  - b. Shin Guards – Must be worn UNDER socks (not on top with socks wrapped over)
  - c. Boots/Cleats – Must be SOCCER boots, NO toe stud (baseball/football)
3. Start of Game
  - a. Home Team (first team on schedule) will start with the ball
    - i. Second half, away team starts
  - b. Number of Players
    - i. 7 v 7 – 6 field players + 1 goalkeeper
  - c. During Kick-off
    - i. All players must be on their own side of the field
    - ii. No defensive players can be inside the center circle
    - iii. The player taking the kick must pass to one of their teammates. They cannot just start dribbling the ball.
4. Length of Game
  - a. U9 will have at least one USSF ref to run the game and keep time
  - b. There will be 2 halves - 25 minutes each (50 minutes total play time)
  - c. The time should be on a continuous clock, e.g., the clock does not stop when the ball goes out of play, for fouls, etc.
  - d. At the end of the first half take a 5-minute halftime break
5. Substitutions
  - a. Substitutions can only be made during the following game stoppages:
    - i. Any Goal Kick
    - ii. On a team's OWN throw-in (NOTE: You cannot substitute when the other team has a throw-in unless the other team is also substituting a player.)
    - iii. Injury
    - iv. After a goal
    - v. Halftime
6. Goalkeeping
  - a. The goalkeeper is the only player allowed to use hands and arms, but only within their penalty area (the largest box). When outside the area, the keeper may only use feet.

- b. Once a keeper has possession of the ball, the opposing team may NOT attempt to kick at the ball. NOTE: the keeper needs to only have minimal control (hand, fingertip, foot) on the ball for this rule to go in effect. Player safety is the key here.
  - c. The keeper may ONLY throw/roll the ball to their teammates, no punting at this level. The keeper may set the ball down (once down the ball is LIVE) and play it out with their feet, as well.
  - d. The keeper may NOT collect the ball with their hands after a direct pass from their teammate. Doing so will result in an indirect free kick at the spot of the infraction.
7. Fouls and Misconduct
- a. Fouls result in free kicks from the point of the infraction. The defending team must be 8 yards away from the spot of the kick. Players may request the ref count off 8 yards.
  - b. Fouls resulting in a **Direct Free Kick** from the point of the infraction (Note: A goal can be scored directly from a **DFK**)
    - i. Handling the ball with hands/arms
    - ii. Holding, pushing, or striking an opponent
    - iii. Tripping, kicking, or jumping at an opponent
  - c. Fouls resulting in an **Indirect Free Kick** from the point of the infraction (Note: A goal CANNOT be scored directly and must touch at least one other player before going in goal to count from an **IDFK**.)
    - i. Dangerous play (Play that presents an unnecessary level of danger to the player or another player)
      - 1. High kick, playing on the ground, etc.
    - ii. Obstruction
      - 1. Player impedes an opposing player without any attempt to play the ball
    - iii. Dissent/offensive language/Actions (throwing/kicking the ball away in anger)
    - iv. Trying to interfere with the goalkeeper releasing the ball in play
    - v. Goalkeeper picks up a pass directly from a teammate
  - d. Fouls resulting in a **Penalty Kick** from the penalty spot
    - i. Any penalty listed above under **DFK** rules that is committed by the defending team inside their own penalty area will result in a Penalty Kick for the opposing team.
    - ii. All players except the goalkeeper and the penalty taker must be outside of the penalty area (including the arc) AND behind the penalty spot while the kick is taken.
    - iii. The goalkeeper must keep at least one foot on the goal line until the kick has been taken.
8. Offside
- a. Offside will be called at this level only when blatantly obvious
  - b. Definition: A player is offside when they are nearer to the opposing team's goal line than the ball at the moment the ball is played, unless:
    - i. The player is in their own half of the field OR
    - ii. Two opposing players are nearer to their goal line than the player (this can include the opposing goalkeeper)
  - c. Penalty for offside

- i. If offside, an **IDFK** from the spot where the player was offside is awarded to the opposing team. NOTE: A player may be in an offside position, but not called offside if, in the opinion of the referee, the player does not interfere in play in any way.
        - ii. There are no offside offenses on goal kicks, throw ins, or corner kicks.
- 9. Restarting Play
  - a. End/Goal Lines
    - i. Defensive team kicks it out
      - 1. Offensive team – Corner Kick
    - ii. Offensive team kicks it out
      - 1. Defensive team – Goal Kick
  - b. Side Lines
    - i. Team A kicks the ball out
      - 1. Team B – Throw/Kick in
        - a. Throw in: both feet on ground, ball over head with both hands
- 10. Additional Rules
  - a. No heading the ball at this level. Encourage all play to stay on the ground.
  - b. Each player should play at least half of the game. This is a rec league, winning does not matter. Make sure each player is getting enough time to learn and grow in the sport.
  - c. ZERO TOLERANCE Policy on abuse.
    - i. These are children. Coaches and refs are human. At NO point will any abuse be tolerated by anyone or against anyone. Soccer is a community sport.
  - d. Good Sporting Behavior – Try to avoid running up the score (if a player keeps trying to score, give them a new task such as pass to two teammates before scoring or stay in the defensive half only, only sub them off if necessary), positive communication only (celebrate both teams when they do well), and remember we are all here to LEARN and get better.