

TALLAHASSEE PARKS AND RECREATION

YOUTH SOCCER PROGRAM

Since 1975, the Youth Soccer Program has continued to provide area youth with the opportunity to learn and play the world's most popular sport. The basic purpose of our program is to develop healthy, law abiding citizens through constructive leisure activity. The Tallahassee Parks and Recreation Department offers age group programs that range from 4 to 17 as follows:

PEE WEE DIVISION – 6 and under coed (4-6 yr. olds)

The 6 and under division will have a maximum amount of 10 members per team and will field 6-man team. The 6 and under will use a field of 30 x 20.

Why small-sided games?

- more efficient use of field space
- children are physically more efficient in a smaller space
- it takes less time to score a goal or advance to goal
- greater success rate for the players
- children are actively involved for a longer period of time

LOWER DIVISION –

8 and under coed (7-8 yr. olds)

8 and under girls only (7-8 yr. olds)

10 and under coed (9-10 yr. olds)

10 and under girls only (9-10 yr. olds)

The lower division teams will maintain squads of 10-12 players and field 8-man teams and the size of the field will be approximately 60 yd. x 40 yd. These teams will play their games in the neighborhood parks or Tom Brown Park.

UPPER DIVISION – (11 player teams)

11-13 coed

11-13 girls only

14-17 coed

14-17 girls only

Upper division team will consist of 13-15 player rosters and field teams of 11 players. The size of the field will vary according to the facility available, but will be approximate regulation size. These teams may have to travel outside their neighborhoods to play games.

*If any league does not have enough registrations to have 11 members on the field, the league administrator will determine to play Super 6 (6 vs. 6) or keep the normal 11 per side (see appendix A)

COLD WEATHER POLICY-

Tallahassee Parks and Recreation Department will monitor several weather sources for forecasted actual temperatures and wind chill temperatures for scheduled game times. If either is to fall below freezing (32 degrees), games may have a delayed start or be cancelled. When weather is expected to be at or near freezing temperatures, staff will communicate decisions to cancel or delay start times by 3:00 pm on the day before scheduled games. This information will be posted on Facebook and coaches will be notified so that they can relay the information to their players.

GENERAL RULES FOR EVERY LEAGUE

1. No Coaches will be allowed on the field during games. There will be no on the field coaching, coaching must be done from the sidelines.
2. **Time-outs** – None, except for injury. Play is continuous except for out-of-bounds infractions, fouls, goals and period endings. Play will stop only at the sound of the referee's whistle. The clock stops only for injuries, obvious delays of the game, and to end the period.
3. **Substitutions** – each player must participate in at least one full quarter of each half. Substitutions are only allowed between the first three quarters or in case of injury. During the last quarter (4th) a coach may substitute any player at any time.
4. **Equipment** – Molded athletic shoes with rubber, nylon, plastic or aluminum cleats are recommended. Players will not be allowed to play with steel cleats or cleats with exposed steel parts, which might be hazardous to other players. Sneakers are legal also. No bare feet. Team jerseys will be supplied by the Tallahassee Parks and Recreation Department and must be visibly worn in the game. Additional uniform equipment is optional, but coaches should not ask players or parents to purchase other uniforms. Shin guards are required. Players are cautioned to dress warmly for games on cold days. Team jerseys must be worn over sweatshirts or jackets. Jewelry shall not be worn except for religious or medical reasons. A religious medal must be taped and worn under the uniform and a medical alert must be taped and may be visible. Hair control devices may be worn on the head if made of a soft material.
5. **Referee** – One (1) per game. Also each team will be asked to supply one (1) touch line judge to assist with out-of-bounds calls. The referee shall have complete authority over the game and players and may expel any player or coach from the field using indecent language or for unsportsmanlike conduct or any violation of the rules. Any player receiving a "red" card shall be sent off the field for the remainder of the game and shall be ineligible to play in the next regularly scheduled game. Any player receiving a second red card in one session shall be suspended from the league for the remainder of the season. Fighting can result in suspension for the remainder of the season. For Pee Wee – no caution or send off shall be issued, the child can be substituted in order to give them a chance to calm down before returning. Any player accumulating a total of three (3) yellow cards during a season shall be required to sit out the next regularly scheduled game. Three yellow cards shall be treated as an equivalent to one red card.
6. **Start of the Game** – A flip of a coin will determine which end of the field each team will defend. The team that wins the coin toss has the option to start the game with the ball or choose which side to defend (if they choose the side, they will start the second half with the ball). The offensive team starts play with the ball being kicked in any direction. After the initial contact the same player may not touch the ball again until another player (offensive or defensive) has touched the ball. The defensive team must line up at least 10 yards from the ball on the kick-off and on all free kicks. After the 1st and 3rd quarters, play resumes from where the ball was stopped by the referee.
7. **Method of scoring** – a goal is scored when the whole of the ball has passed through the goal post and under the crossbar.
8. **No slide tackles are allowed in any league.**

LEAGUE SPECIFIC RULES

PEE WEE DIVISION – 6 and under

1. **Size of field** – 30 yards long and 20 yards wide.
 - a. Penalty area – 10 yards wide; 5-yards deep
 - b. Penalty spot – no penalty spot
 - c. Goal – 12 feet wide; 6 ½ feet high
 - d. Center circle – 4-yard radius
2. **Length of the game** – four (4) eight minute quarters with a one (1) minute break between quarters and five (5) minute break at the half.
3. **Number of on-the-field players** – each team will field six (6) players, but will be allowed to play with five if short players.
4. **No goalies** – there are no designated goalies for this age group nor do they wear separate jerseys. A coach may appoint a player to be a “goalie” but this person can’t touch the ball with their hands.
5. **Maximum number of players on a team roster** – ten players.
6. **Soccer ball** – 6 and under will use an official size #3 soccer ball.
7. **Headers** – coaches are not encouraged to teach or practice heading at this age group. If a player attempts to “head the ball” during a game, the referee will stop play and award possession to the opposing team with an indirect free kick.
8. **Sideline (or touch line) out-of-bounds** – the opposing team will kick-in at the spot where the ball crossed completely over the sideline. The player will kick the ball to a teammate from a stationary location on the ground. All kick-ins will follow normal soccer rules where a goal can’t be scored directly from a kick-in. The ball must be played by a teammate or someone on the other team before being scored. All opponents must stand at least 2 yards from the point at which the kick-in is taken.
9. **End line out-of-bounds** – the goal kick should be taken within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be four yard away from the ball. It is in play once the goalie has made contact with the ball.
10. **Miscellaneous items** -
 - a. There are no penalty kicks or off-sides
 - b. A team may not score directly from a kickoff or from a kick-in on the touchlines
 - c. All free kicks shall be direct, this will keep the game flowing and the attention of the kids.

LOWER DIVISION – 8 and under, 10 and under

1. **Size of field** – 60 yards long and 40 yards wide.
 - d. Penalty area – 20 yards wide; 10-yards deep
 - e. Penalty spot – 6 yards from the goal line
 - f. Goal – 21 feet wide; 7 feet high
 - g. Center circle – 8-yard radius
2. **Length of game** – four (4) ten minute quarters with a one (1) minute break between quarters and a five (5) minute break at the half.
3. **Number of players on the field** – each team will field eight (8) players, but will be allowed to play with six if short of players.
4. **Maximum number of players on a team roster** – twelve players

5. **Soccer ball** – 8 and 10 and under will use an official size #4 soccer ball.
6. **Headers** - coaches are not encouraged to teach or practice heading at this age group. If a player attempts to “head the ball” during a game, the referee will stop play and award possession to the opposing team with an indirect free kick.
7. **Side line (or Touch line) out-of-bounds** – all opponents must stand at least 2 yards from the point at which the throw-in is taken. The ball may be throw in by any player. The player must throw the ball in with both hands on the ball and the ball must be delivered from behind and over the head. Some part of both feet must be on the ground either on our outside the touch line. Players will have one chance to throw-in correctly without penalty. The second violation gives the ball to the opposing team at the point of infraction.
8. **End line out-of-bounds** – if a ball is last touched by the attacking team, it is a free goal kick for the defending team. This goal kick is taken from the corner of the penalty area, or the goal kick spot. Goal kicks are in play once the goalie has touched the ball. It is illegal to play the ball directly back to the goalkeeper unless the ball has first been put into play by clearing the penalty area. Violations result in a re-kick. The opposing side must remain at least 10 yards from the ball when a goal kick is taken. If the ball is last touched by the defending team, the attacking team is awarded a free kick from the corner. The defending team must be no closer than 10 yards from the ball at the time the corner is taken.
9. **Fouls** – major fouls include intentional handling of the ball (use of either hands or arms), use of hands to hold an opponent, push or strike an opponent. Also, use of feet to trip, kick or jump at on opponent. In addition, use of the body to charge an opponent from the front or behind. After any of these fouls the referee awards a direct free kick to be taken at the point of infraction. The defending team must back off at least 10 yards from the ball. The kicker can score a goal directly from such a kick. If a major foul is committed by the defending team in its own penalty area, the attacking team is awarded a direct free kick at the edge of the penalty area nearest the point of infraction. The defense must remain back 10 yards until the ball is in play. Minor fouls include obstructing an opponent, and “dangerous play”. The referee awards an indirect free kick to the team fouled. The kicker cannot score a goal directly; the ball must be touched by at least one other player (offensive or defensive) for a goal to be counted.
10. **Offside** – a player is an offensive position when nearer the opposing team’s goal line than the ball at the moment the ball is played, unless 1) that player is in his team’s own half of the field, 2) that player is level with the second to last opponent, or last two opponents, 3) the ball was last played by an opposing player, 4) the ball is received directly from a goal kick, corner kick, throw in, or dropped ball. The fact that the player is in an offside position does not necessarily cause the official to signal the violation. The player must be gaining an advantage or seeking to do so by being in an offside position. Offside shall be judged upon contact of the ball by the passer when the offender is involved directly in the play or is participating in play. Penalty for offside is an indirect free kick awarded to the defending team from the spot of the infraction. For all 10 and below groups, it will only be called “if flagrant”.
11. **Goal Keeper Rule** – 1) a goalkeeper in his own penalty area, having released the ball after six seconds, will not be allowed to pick it up again until it has been touched by another player outside the penalty area. The penalty for an infringement of the rule is an indirect free kick. 2) While any player may enter the penalty area, the goalie may not be interfered with in any manner within that area once he has possession of the ball. 3) Any indirect free-kick awarded to the attacking team within its opponent’s goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.

UPPER DIVISION – 11-13, 14-18 leagues

1. **Size of field for 11-13 yr. olds**– 76 yards long and 50 yards wide.
 - a. Penalty area – 20 yards wide; 10-yards deep

- b. Penalty spot – 6 yards from the goal line
 - c. Goal – 24 feet wide; 7 feet high
 - d. Center circle – 8-yard radius
2. **Size of field for 14-18 yr. olds**– 110 yards long and 60 yards wide.
 - a. Penalty area – 44 yards wide; 18-yards deep
 - b. Penalty spot – 12 yards from the goal line
 - c. Penalty arc – radius is 10 yards about the penalty spot
 - d. Goal – 24 feet wide; 8 feet high
 - e. Center circle – 8-yard radius
 - f. Corner area – 1-yard radius
 3. **Length of game** – four (4) twelve (12) minute quarters with one (1) minute break between quarters and five (5) break and half.
 4. **Soccer Ball** – official regulation #5 size ball.
 5. **Number of on-field players** – eleven (11) players on the field per side.
 6. **Number of players on the roster**- sixteen players
 7. **Ball in and Out-of-Play** – the ball is out of play when it has completely crossed the goal line or touch line, whether on the ground or in the air; it is also out of play when the referee stops play. The ball is in play at all other times from the start of the match including if it rebounds from a goal post, crossbar or off the referee.
 8. **Fouls**– a player who intentionally commits any of the following offenses shall be penalized by the award of a direct free kick to be taken by the opposing side from the place where the infraction occurred. Should a player of the defending side intentionally commit one of the above offenses within the penalty area, the player shall be penalized with a penalty kick.
 - a. Kicking or trying to kick an opponent
 - b. Tripping an opponent
 - c. Jumping at an opponent
 - d. Violently or dangerously charging an opponent
 - e. Charging an opponent from behind (unless opponent is obstructing)
 - f. Striking or attempting to strike an opponent
 - g. Holding opponent with hand or any part of arm
 - h. Pushing opponent with or any part of the arm or body
 - i. Handling the ball (carrying, striking or propelling with hand or arm)
 - i. Does not apply to the goalkeeper within the penalty area
 - ii. Intention is the critical consideration in these fouls

A player committing any of the six following offenses shall be penalized by the award of an indirect free kick to be taken from the point of the infraction.

- a. Playing in a way considered dangerous by the referee (high kicking, trying to kick the ball while in the possession of the goalkeeper)
- b. Charging (fairly with shoulders) when the ball is not within playing distance of concerned players
- c. When not playing the ball, intentionally obstructing the opponent (running between him and the ball or using the body as an obstruction.
- d. Charging the goalkeeper (except when the goalie is holding the ball, obstructing an opponent, or has passed outside the goal area)
- e. When playing as the goalkeeper in his own penalty area, having released the ball after six seconds with it, will not be allowed to pick it up again until it has been touched by an opposing player outside the penalty area.

- f. If a goalkeeper, inside their own penalty area, touches the ball with their hands – after it has been deliberately kicked to them by a team-mate, or after they received it directly from a throw-in taken by a team-mate.

*A fair charge is a shoulder to shoulder charge, if it is not violent or dangerous and within playing distance of the ball. This is the only type of charging allowed.

10. **Misconduct** – a player or coach shall be cautioned (shown the yellow card) for: a persistently infringing upon any the rules of the game; acting in an unsportsmanlike manner; objecting by word of mouth or action to the decisions given by the referee; coaching outside the team area. A player or coach shall be disqualified (shown red card) for: persistent misconduct for a second caution; exhibiting violent conduct, using foul or abusive language, or spitting at opponents or officials. PENALTY: in addition to the caution or disqualification, an indirect free kick shall be awarded. A caution or ejection may be employed by the referee, depending on the degree of seriousness of the offenses at the discretion of the official (who is not obligated to give a warning before ejection). (The advantage clause shall be used at the discretion of the official. The referee should refrain from penalizing if it gives advantage to the offender.

11. **Throw-in** – it shall be awarded after the ball crosses the touch line completely. The thrower must face the field of play and resume a stance behind the touch line. The thrower shall use both hands equally and shall deliver the ball from behind and over the head. Both feet must be in contact with the ground at the moment the ball is released. An improper throw will result in the loss of possession. All opponents must stand at least 2 yards from the point at which the throw-in is taken.

12. **Goal Kick** – when an offensive player kicks the ball over the goal line of an opposing team, a goal kick is awarded to the defense. A goal kick is in play once it is touched by the goalkeeper. The player taking the goal kick cannot touch the ball until another player has. If the player does, an indirect free kick is allowed to the other team.

13. **Corner Kick** – when the ball completely passes over the goal line and was not touched by a defensive player, a corner kick is awarded. A goal may be scored directly from a corner kick.

14. **Free Kick** – free kicks can be classified into two categories:

- a. Direct, from which a goal can be scored directly against the defending team
- b. Indirect, from which a goal can be scored only if the ball has been played or touched by any other player other than the kicker before passing through the goal.

When a player is taking a free kick, a player of the opposite side shall not approach within 10 yards of the ball until it is in play, unless the player is standing on the goal line, between the two goal posts. The kick must not be taken until the referee gives a signal by whistle. If a player of the opposing team is within 10 yards of the ball and intentionally interferes with the kick, it shall be retaken.

When a player is taking a free kick from within the defensive area, the goalkeeper shall not receive the ball into the goalie's hands in order that the goalie may thereafter kick it into play. The ball must be kicked beyond the penalty area and all opponents must be outside the penalty area when kick is being played.

15. **Penalty Kick** – any infringement of rules, which ordinarily requires the awarding of a direct free kick, shall result in a penalty kick, if a defending player within the penalty area commits the foul. All players except the kicker and the goalkeeper must be outside the penalty area and at least 10 yards from the ball. The opposing

goalkeeper must remain on the goal line between the goal post facing the kicker until the ball has been kicked. For any infringement by the defending team, the kick shall be retaken if a goal has not been scored. For any violation by the attacking team other than the player taking the kick, the kick shall be retaken if a goal has resulted. For any infringement by the player taking the kick, a player of the opposite team shall take an indirect free kick from the spot where the violation occurred. Any indirect free-kick awarded to the attacking team within its opponent's goal line shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.

16. **Offside** – a player is in an offensive position when nearer the opposing team's goal line than the ball at the moment the ball is played, unless 1) that player is in his team's own half of the field, 2) that player is level with the second to last opponent, or last two opponents, 3) the ball was last played by an opposing player, 4) the ball is received directly from a goal kick, corner kick, throw in, or dropped ball. The fact that the player is in an offside position does not necessarily cause the official to signal the violation. The player must be gaining an advantage or seeking to do so by being in an offside position. Offside shall be judged upon contact of the ball by the passer when the offender is involved directly in the play or is participating in play. Penalty for offside is an indirect free kick awarded to the defending team from the spot of the infraction. For all 10 and below groups, it will only be called "if flagrant".

17. **Goal Keeper Rule** - 1) a goalkeeper in his own penalty area, having released the ball after six seconds, will not be allowed to pick it up again until it has been touched by another player outside the penalty area. The penalty for an infringement of the rule is an indirect free kick. 2) While any player may enter the penalty area, the goalie may not be interfered with in any manner within that area once he has possession of the ball. 3) Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.

SUPER 6 RULES – (only if league administrator has approved)

1. **Size of field**– 60 yards long and 40 yards wide.
 - a. Penalty area – 20 yards wide; 10-yards deep
 - b. Penalty spot – 6 yards from the goal line
 - c. Goal – 18 feet wide; 6 feet high
 - d. Center circle – 4-yard radius
2. **Length of Game** – four (4) twelve (12) minute quarters with one (1) minute break between quarters and five (5) minute break at half.
3. **Soccer Ball** – Official regulation #3 (U6), #4 (U8/U10), #5 (U12-U18) size ball
4. **Number of on-field players** – six (6) players on the field. All girl's leagues may play with up to seven (7) on the field prior to the approval from the park supervisor to each game.
5. **Number of Players on team roster** – U8/U10 – 12 players; U12-U18 – 12-14 players
6. **Ball in and Out-of-Play** – the ball is out of play when it has completely crossed the goal line or touch line, whether on the ground or in the air; it is also out of play when the referee stops play. The ball is in play at all other times from the start of the match including if it rebounds from a goal post, crossbar or off the referee.
7. **Fouls**– a player who intentionally commits any of the following offenses shall be penalized by the award of a direct free kick to be taken by the opposing side from the place where the infraction occurred. Should a player of the defending side intentionally commit one of the above offenses within the penalty area, the player shall be penalized with a penalty kick.
 - j. Kicking or trying to kick an opponent

- k. Tripping an opponent
- l. Jumping at an opponent
- m. Violently or dangerously charging an opponent
- n. Charging an opponent from behind (unless opponent is obstructing)
- o. Striking or attempting to strike an opponent
- p. Holding opponent with hand or any part of arm
- q. Pushing opponent with or any part of the arm or body
- r. Handling the ball (carrying, striking or propelling with hand or arm)
 - i. Does not apply to the goalkeeper within the penalty area
 - ii. Intention is the critical consideration in these fouls

A player committing any of the six following offenses shall be penalized by the award of an indirect free kick to be taken from the point of the infraction.

- g. Playing in a way considered dangerous by the referee (high kicking, trying to kick the ball while in the possession of the goalkeeper)
- h. Charging (fairly with shoulders) when the ball is not within playing distance of concerned players
- i. When not playing the ball, intentionally obstructing the opponent (running between him and the ball or using the body as an obstruction.
- j. Charging the goalkeeper (except when the goalie is holding the ball, obstructing an opponent, or has passed outside the goal area)
- k. When playing as the goalkeeper in his own penalty area, having released the ball after six seconds with it, will not be allowed to pick it up again until it has been touched by an opposing player outside the penalty area.
- l. If a goalkeeper, inside their own penalty area, touches the ball with their hands – after it has been deliberately kicked to them by a team-mate, or after they received it directly from a throw-in taken by a team-mate.

*A fair charge is a shoulder to shoulder charge, if it is not violent or dangerous and within playing distance of the ball. This is the only type of charging allowed.

8. Misconduct – a player or coach shall be cautioned (shown the yellow card) for: a persistently infringing upon any the rules of the game; acting in an unsportsmanlike manner; objecting by word of mouth or action to the decisions given by the referee; coaching outside the team area. A player or coach shall be disqualified (shown red card) for: persistent misconduct for a second caution; exhibiting violent conduct, using foul or abusive language, or spitting at opponents or officials. PENALTY: in addition to the caution or disqualification, an indirect free kick shall be awarded. A caution or ejection may be employed by the referee, depending on the degree of seriousness of the offenses at the discretion of the official (who is not obligated to give a warning before ejection). (The advantage clause shall be used at the discretion of the official. The referee should refrain from penalizing if it gives advantage to the offender.

9. Throw-in – it shall be awarded after the ball crosses the touch line completely. The thrower must face the field of play and resume a stance behind the touch line. The thrower shall use both hands equally and shall deliver the ball from behind and over the head. Both feet must be in contact with the ground at the moment the ball is released. An improper throw will result in the loss of possession. All opponents must stand at least 2 yards from the point at which the throw-in is taken.

10. **Goal Kick** – when an offensive player kicks the ball over the goal line of an opposing team, a goal kick is awarded to the defense. The player taking the goal kick cannot touch the ball until another player has. If the player does, an indirect free kick is allowed to the other team. Goal kicks can't be kicked over midfield in the air unless they touch another player before crossing the midfield line. Goal kicks are to be taken from inside the penalty arc and must be kicked outside the penalty arc before they can be touched by another player.

11. **Corner Kick** – when the ball completely passes over the goal line and was not touched by a defensive player, a corner kick is awarded. A goal may be scored directly from a corner kick.

12. **Free Kick** – free kicks can be classified into two categories:

a. Direct, from which a goal can be scored directly against the defending team

b. Indirect, from which a goal can be scored only if the ball has been played or touched by any other player other than the kicker before passing through the goal.

When a player is taking a free kick, a player of the opposite side shall not approach within 10 yards of the ball until it is in play, unless the player is standing on the goal line, between the two goal posts. The kick must not be taken until the referee gives a signal by whistle. If a player of the opposing team is within 10 yards of the ball and intentionally interferes with the kick, it shall be retaken.

When a player is taking a free kick from within the defensive area, the goalkeeper shall not receive the ball into the goalie's hands in order that the goalie may thereafter kick it into play. The ball must be kicked beyond the penalty area and all opponents must be outside the penalty area when kick is being played.

15. **Penalty Kick** – any infringement of rules, which ordinarily requires the awarding of a direct free kick, shall result in a penalty kick, if a defending player within the penalty area commits the foul. All players except the kicker and the goalkeeper must be outside the penalty area and at least 10 yards from the ball. The opposing goalkeeper must remain on the goal line between the goal post facing the kicker until the ball has been kicked. For any infringement by the defending team, the kick shall be retaken if a goal has not been scored. For any violation by the attacking team other than the player taking the kick, the kick shall be retaken if a goal has resulted. For any infringement by the player taking the kick, a player of the opposite team shall take an indirect free kick from the spot where the violation occurred. Any indirect free-kick awarded to the attacking team within its opponent's goal line shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.

16. **Goal Keeper Rule** - 1) a goalkeeper in his own penalty area, having released the ball after six seconds, will not be allowed to pick it up again until it has been touched by another player outside the penalty area. The penalty for an infringement of the rule is an indirect free kick. 2) While any player may enter the penalty area, the goalie may not be interfered with in any manner within that area once he has possession of the ball. 3) Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed. The goalkeeper cannot punt, drop kick or throw the ball over midfield without it first bouncing in his/her own half or touching another player. This does not apply when the keeper has the ball on the ground at his/her feet. Pass backs to the goalie are allowed.

17. **Offside** – there are no off-sides in this league.