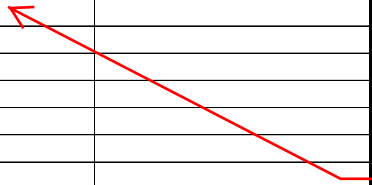


UNDER 6, UNDER 8, & UNDER 10 RECREATIONAL SOCCER HAND GUIDE FOR PARENTS, GUARDIANS, COACHES & REFEREES

- COACH'S CODE OF CONDUCT
- PLAYER'S CODE OF CONDUCT
- POSITIVE COACHING ALLIANCE (PCA)
PRINCIPLES
- REFEREES CODE OF CONDUCT
- PARENT'S/GUARDIAN'S CODE OF CONDUCT
- PARENT'S/GUARDIAN'S RESPONSIBILITIES
- OVYSL RULES/PRACTICES
- MODIFIED LAWS OF THE GAME FOR UNDER 6
- MODIFIED LAWS OF THE GAME FOR UNDER 8
AND UNDER 10
- A MESSAGE FROM THE PRESIDENT

Referees, Coaches, Parents, and Guardians Modified Rules Digest			
Item	Under 6	Under 8	Under 10
Ball Size	3	3	4
Number of Players	4; no Goalkeeper	4; no Goalkeeper	7; one is Goalkeeper
Duration of the Match	8 Min Quarters	10 Min Quarters	25 Min Halves
Offside Applicable?	No	No	Yes
Free Kicks	All Indirect	All Indirect	Direct & Indirect
Penalty Kicks Applicable?	No	No	Yes
2nd re-throw Allowed?	Yes	Yes	No
* Unless player on an offside position is blatantly offside, i.e., player is parked near the opponent's goal. Focus should be on development, not winning, so coaches should work together to make it fair and fun.			
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this statement applies to U6 and U8 only



Foreword

This Orchard Valley soccer hand guide for Under 6, Under 8 and Under 10 Parents/Guardians, Coaches and Referees reflects the latest changes to the Laws of the Game for these age groups. As in the prior year, we are including the Coach's Code of Conduct, Player's Code of Conduct, Positive Coaching Alliance principles, and Parent's/Guardian's Code of Conduct in the front of the hand guide to emphasize the importance Orchard Valley places on them.

I. **COACH'S CODE OF CONDUCT:**

- A. Honor the game by respecting the laws of the game, officials, coaching staffs, players, and parents/guardians.
- B. Soccer is a fun and exciting game; your primary objectives are to let all players have fun, enjoy the game, and to learn and improve their soccer skills.
- C. The laws of the game should be regarded as mutual agreements the spirit or letter of which no one should try to evade or break.
- D. Visiting teams and spectators are honored guests.
- E. Officials and opponents should be treated and regarded as honest in intention.
- F. Referee and Assistant Referees decisions should be accepted without malice no matter how unfair they may seem.
- G. Winning is desirable but winning at any cost defeats the purpose of the game.
- H. No advantages except those of superior skill should be sought.
- I. Losing can be a triumph when the team has given its' best.
- J. In soccer as in life, treat others as you would have them treat you.
- K. Make positive comments to players of each team at all times.

II. **PLAYER'S CODE OF CONDUCT:**

- A. Honor the game by respecting the laws of the game, officials, coaching staffs, players, and parents/guardians.
- B. Play the game for the game's sake.
- C. Be generous when you win and graceful when you lose.
- D. Be fair always, no matter what the cost.
- E. Obey the laws of the game.
- F. Work for the good of your team.
- G. Accept the decisions of the officials with good grace.
- H. Believe in the honesty of your opponents and the officials.
- I. Conduct yourself with honor, integrity and dignity.
- J. Make positive comments to players of each team at all times.

III. POSITIVE COACHING ALLIANCE (PCA) PRINCIPLES:

Orchard Valley has partnered with Positive Coaching Alliance (PCA), a Stanford University-based non-profit organization, to host and sponsor leadership and coaching workshops. The Orchard Valley Board of Directors is doing this because we are committed to the principles of Positive Coaching Alliance and against a “win-at-all-cost” mentality. For more information about PCA and the classes offered see their web site <http://www.positivecoach.org>. The term “Coach” in the PCA context refers to parents and guardians as well as team coaches.

Three Main Principles:

A. Re-define “Winner”:

A Positive Coach helps players re-define what it means to be a winner. **He/she focuses on effort** rather than outcome and on **learning** rather than comparison to others. He teaches players that **a winner is someone who makes maximum effort, continues to learn and improve, and doesn’t let mistakes (or fear of mistakes) stop him or her.**

The Tree of Mastery – The ELM tree

E is for **Effort**; to give the best effort at each practice and match.

L is for **Learning**; to continue to learn and improve at every practice and match.

M is for **Mistakes**; it’s ok to make a mistake; mistakes are part of the learning process.

B. Fill the Emotional Tank

A Positive Coach understands that compliments, praise and positive recognition fill the Emotional Tank. A Positive Coach strives to achieve a 5:1 “Praise to Criticism Ratio”.

C. Honor the Game

A Positive Coach feels an obligation to his/her sport. He/she respects the **R**ules, **O**pponents, **O**fficials, **T**eammates, and **S**elf (**ROOTS**). He/she teaches his/her players to Honor the Game.

The Positive Coach is a “Double-Goal Coach”, who wants to win and wants to help players develop positive character traits so they can be successful in life.

IV. **REFEREES CODE OF CONDUCT:**

- A. Honor the game by respecting the laws of the game, officials, coaching staffs, players, and parents/guardians.
- B. Maintain your independent status - - report conflicts of interest to referee assignor (or coaches if day of game).

V. **PARENT'S/GUARDIAN'S CODE OF CONDUCT:**

- A. Honor the game by respecting the laws of the game, officials, coaching staffs, players, and parents/guardians.
- B. Children need positive reinforcement and encouragement not criticism.
- C. Make athletic participation a positive experience for your child and others.
- D. Relieve competitive pressure, do not increase it. A child is easily influenced.
- E. The opponents are necessary friends without them your child could not participate.
- F. Applaud and make positive comments on good plays made by players of both teams.
- G. Do not openly question the Referee or Assistant Referee's judgment or the honesty of that judgment; he/she is a symbol of fair play, integrity and sportsmanship.
- H. Accept the results of each match in a positive spirit. Encourage your child to be gracious in victory and turn defeat to victory by working towards improvement.
- I. Refrain from providing ANY coaching or direction to the players on the field. They do not like being told what to do during the "game" as this is **their** time.
- J. Treat all involved with the utmost respect and good sportsmanship at all practices and matches.

VI. PARENTAL/GUARDIANS RESPONSIBILITIES:

A. To the players:

1. Provide or arrange transportation and arrive on time for practices and matches. Also be prompt in picking up your child(ren).
2. Encourage practice at home and participate with them.
3. Go to local amateur or professional matches together.
4. Present a **positive** sports minded attitude.
5. Support the team by attending and cheering at all matches.

B. At games:

1. Exemplify good sportsmanship.
2. Watch, relax, and enjoy the match. Let the players play, the coaches provide technical and tactical instructions to the players, and the referee and assistant referees officiate the match.
3. Never criticize a Referee or Assistant Referee's decision (learn the laws of the game).
4. Stay at least one (1) yard away from the touchline.
5. Do not use profanity or intimidating language at any time.
6. React positively to the team's wins and losses.
7. Do not bring alcoholic beverages, cigarettes, or cigars to the field.
8. Help the coach/assistant coach in the safe set-up and take down of goals, nets, corner posts, and sand bags.

Goals **MUST** be anchored securely to the ground when in use and secured against a fence **at the top** when not in use. **SAFE PLAY IS ORCHARD VALLEY'S PRIMARY OBJECTIVE.**

C. Extra-curricular activities (helping the coach):

1. Help fund-raising, field preparation, become a team parent, etc.
2. Assist at practice sessions and/or at matches (only if requested).

VII. **ORCHARD VALLEY YOUTH SOCCER LEAGUE RULES/PRACTICES:**

- A. The teams scheduled **FIRST** on a given soccer field are responsible for getting the goals, nets, & corner posts in place.
- B. The teams scheduled **LAST** on a given soccer field are responsible for taking down the goals, nets, and gathering the corner posts.
- C. A player **cannot play** without shin guards.
- D. **Rain-outs** will be determined by the **Recreational Coordinator** and **Referee Coordinator, only**. Games will not be rescheduled.
- E. Teams are responsible for cleaning their own litter. We are given the privilege of using the fields.
- F. **All matches** will be played on **Saturdays** (see game schedule for the place and time).
- G. By participating in the OVYSL program, the parents/guardians acknowledge that they agree to abide by and be bound by all OVYSL rules, policies, and codes of conduct.
- H. Violation of these rules may result in disciplinary action being taken by OVYSL against the perpetrator(s) resulting in player or coach suspension, expulsion, termination, or forfeiture of the match or removal from OVYSL without full refund.

VIII. **MODIFIED LAWS OF THE GAME FOR UNDER 6 AND UNDER 8 PLAYERS**

LAW #1: THE FIELD OF PLAY

A. **Dimensions:** Length: Approximately 30 yards; Width: 20 yards.

B. **Markings**

The field of play is rectangular and defined by two longer lines called **TOUCHLINES** drawn parallel to each other and two shorter lines called **GOAL LINES** drawn parallel to each other and perpendicular to the touchlines. The field of play is divided into two equal halves by a **HALFWAY LINE**. A **CENTER MARK** is drawn at the midpoint of the halfway line and a **CENTER CIRCLE** with a four (4) yard radius is drawn around the center mark. Four (4) **CORNER ARCS** with a one (1) yard radius are drawn inside the field of play. A

designated “**NO PLAYER ZONE** ” shall be marked in front of each goal. All the lines belong to the areas of which they are boundaries and are not more than five (5) inches wide.

C. **The Goals**

The Under 6 and Under 8 programs use pop-up goals no larger than 4x6 feet.

D. **Coaches and Players Area**

Coaches and players shall be stationed ten (10) yards from each side of the halfway line and at least one (1) yard back from the field. Coaches are allowed on the field when refereeing or taking care of an injured player.

E. **Spectators Area**

Spectators may view a match from the touch line provided they stand at least one (1) yard back from the field. Spectators may **not** view a match from behind the goal line.

LAW #2: THE BALL

The Under 6 and Under 8 players use a size three (3) soccer ball.

LAW #3: THE NUMBER OF PLAYERS

- A. A match shall be played by two (2) teams each consisting of 4 players with no goalkeeper. The number of players on a team roster shall be seven (7) or fewer players.
- B. **Substitutions** – substitutions shall be “hockey-style”. To complete a substitution, the player leaving the field shall “high-five” the player entering at the touch (side) line.
- C. **Playing Time** - each player shall play a minimum of 50% of the total playing time per match.
- D. Under 6 teams are **Co-ed (combination of boys and girls)**. Under 8 teams are gender-specific teams (boys and girls are separated)
- E. Players are **not allowed** to camp out by the goal [refer to the “**No Player Zone**” in Law #1].

LAW #4: THE PLAYERS’ EQUIPMENT

Jersey, shorts, stockings, footwear and shin-guards are **mandatory**. Tennis shoes are allowed but soccer cleats are recommended.

LAW #5: THE REFEREE

A game shall be officiated by two coaches with each coach refereeing one half of the game. The officiating coaches shall keep track of time lapsed, call fouls, and

are encouraged to explain infractions to an offending player(s) before re-starting play.

LAW #6: THE ASSISTANT REFEREES

No Assistant Referees are needed for this level of play. All decisions and responsibilities will reside with the coach who is refereeing that half.

LAW #7: THE DURATION OF THE MATCH

U6 - A match is divided into four (4) quarters of eight (8) minutes each with a two (2) minute rest period between quarters except the period between the second and third quarter, which is five (5) minutes long.

U8 - A match is divided into four (4) quarters of ten (10) minutes each with a two (2) minute rest period between quarters except the period between the second and third quarter, which is five (5) minutes long.

LAW #8: THE START AND RESTART OF PLAY

To start play each quarter there is a kick-off. The teams alternate in the taking of the kick-off at the beginning of each quarter and switch sides of the field at the end of the second quarter. **Procedure:** (1) all players are in their own half of the field, (2) the opponents of the team taking the kick are outside of the center circle, (3) the ball is stationary on the center mark, (4) the coach gives the signal, (5) the ball is in play when it is kicked and moves forward, and (6) the kicker does **not** touch the ball a second time until it is touched by another player. Note: **A goal may not be scored directly from a kick-off.**

A ball that completely crosses the Touchline shall be restarted by a throw-in.

A ball that completely crosses the Goal Line shall be restarted by a goal kick.

LAW #9: THE BALL IN AND OUT OF PLAY

The ball is out of play when the **whole ball** crosses the whole touchline or goal line or when the officiating coach stops play (usually by a whistle). Any ball that strikes an officiating coach, fold-a-goal rim, corner post and remains within the field of play is in play. Any ball that stops in front of a goal in the "**No Player Zone**" is considered in play until the officiating coach stops play.

LAW #10: THE METHOD OF SCORING

A goal is scored when the **whole ball** crosses the whole goal line and into the fold-a-goal mouth, provided it has not been thrown, carried or intentionally propelled by hand or arm by a player of the attacking side. **Five Goal Differential Rule: To ensure that all recreational players enjoy their match, a five-goal differential rule will be enforced in recreational play: that is, scores of 0-5, 8-3, 1-6 are acceptable. Scores such as 0-6, 9-0, 1-8 are considered to violate the five-goal differential rule.**

LAW #11: OFFSIDE

The offside rule is not applicable.

LAW #12: FOULS AND MISCONDUCT

- A. **Major** and **Minor** fouls will result in the award of an **Indirect free kick** against the offending team. A player commits a **Major** foul when a player plays in a manner considered by the officiating coach to be **Careless, Reckless, or Using Excessive Force** and he/she:
1. kicks or attempts to kick, trips, jumps at, charges, strikes or attempts to strike, pushes, holds, or spits at an opponent;
 2. when tackling an opponent, makes contact with the opponent before contact is made with the ball
 3. handles the ball deliberately, i.e., carries, strikes, or propels the ball with the hand or arm.
- B. A player commits a **Minor** foul when a player:
1. **Plays in a dangerous manner, i.e., Dangerous Play (e.g. high kicking, slide tackling);**
 2. **Impedes the progress of an opponent;**
 3. **Infringes the “No Player Zone” rule (see note 2 below).**

Note 1: **Slide tackling** is **strictly prohibited** and will be considered “**Dangerous Play**” resulting in the stoppage of play. An Indirect Free Kick shall be awarded to restart play. A player who continues to slide tackle after being warned several times may be taken out of a match (substituted) for a chat with the coach on the perils of slide tackling. The substitute, who has been counseled for slide tackling, can enter the field of play as a player provided he/she agrees not to slide tackle.

Note 2: Goal tending, the practice of keeping a player inside the “No Player Zone” to prevent a goal from being scored, is **strictly prohibited**. Please note that no breach of the Law occurs when a defender or attacker kicks the soccer ball while inside the “No Player Zone” in the normal course of play. **Punishment:** The coach/referee shall award a throw-in at a point nearest to where the infraction occurred.

LAW #13: FREE KICKS

All free kicks in U6 and U8 soccer shall be Indirect Free Kicks. An Indirect Free Kick is a free kick where a goal **cannot** be scored until the ball has been played or touched by a second player of either team.

Note: opponents **must** remain six (6) yards away from the ball until the ball is kicked.

LAW #14: THE PENALTY KICK

No Penalty Kicks are not awarded for U6 and U8 age groups.

LAW #15: THE THROW-IN

When the **whole ball** crosses the whole touch line (on the ground or in the air), it shall be thrown in from the point it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. **All opponents must stand no less than two (2) yards from the point at which the throw-in is taken. Players are allowed one re-throw if a foul throw occurs.** On the second foul throw, the ball is awarded to the opposite team. A proper throw-in must encompass the following key points:

- (1) both feet **must** be **on** or **behind** the touch line when the throw is made; and
- (2) the ball **must** be thrown by both hands from behind and over the head; and
- (3) both feet **must** be touching the ground as the throw is made.

LAW #16: THE GOAL KICK

A goal kick is awarded when the **whole ball** (after being kicked by the offense) crosses the whole goal line but not within the goal scoring area. The ball can be placed anywhere within the goal area (same as the no player zone). **All players on the opposing team shall be behind the center line of the field before the goal kick is taken. Goals may not be scored directly from Goal Kicks. In addition, you cannot score a goal against yourself from a goal kick.**

LAW #17: THE CORNER KICK

A corner kick is awarded when the **whole ball** crosses the goal line last touched by a defensive player, and doesn't result in a goal. A player from the attacking team takes the kick from the quarter arc nearest the corner flag post. Also remember:

- (1) opponents **must** remain six (6) yards away from the ball until the ball is kicked. The kicker may not kick the ball a second time until touched by another player.

Players cannot score a goal directly from a corner kick and not against yourself.

IX. MODIFIED LAWS OF THE GAME FOR UNDER 10 PLAYERS

LAW #1: THE FIELD OF PLAY

A. Dimensions

Field will be approximately 50 yards long and 30 yards wide.

B. Markings (all dimensions are approximate)

The field of play is rectangular and defined by two longer lines called **TOUHLINES** drawn parallel to each other and two shorter lines called **GOAL LINES** drawn parallel to each other and perpendicular to the touch lines. The field of play is divided into two equal halves by a **HALFWAY LINE**. A **CENTER MARK** is drawn at the midpoint of the halfway line and a **CENTER CIRCLE** with a six (6) yard radius is drawn around the center mark. **GOALS** seven (7) feet high and seven (7) yards wide are placed on the center of each goal line. A **GOAL AREA** is drawn six (6) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel with the goal line. A **PENALTY AREA** is drawn fourteen (14) yards from each goal post and fourteen (14) yards into the field of play joined by a line drawn parallel with the goal line. A **PENALTY MARK** will be 10 yards from the midpoint between the goalposts. Four (4) **CORNER ARCS** with a one (1) yard radius are drawn inside the field of play. All the lines belong to the areas of which they are boundaries and are not more than five (5) inches wide.

C. Coaches and Players Area

Coaches and players shall be stationed on the same touchline ten (10) yards from each side of the halfway line and at least one (1) yard back from the field.

D. Spectators Area

Spectators may view the match from the touchline opposite the coaches and players provided they stand at least one (1) yard back from the field. Spectators may **not** view the match from behind the goal line.

LAW #2: THE BALL

Under 10 players use a size four (4) soccer ball.

LAW #3: THE NUMBER OF PLAYERS

Under 10 - A match shall be played by two (2) teams, each consisting of seven (7) players, one of whom shall be the goalkeeper. The number of players on the roster will normally not exceed eleven (11) players.

Under 10 Substitutions – A coach may request a substitution at the following circumstances:

- (1) prior to a goal kick by either team;
- (2) prior to a throw-in by your team;
- (3) after a goal by either team;
- (4) at half-time by either team;
- (5) after an injury -- when the referee stops play by either team.

Note: **To substitute you must first ask and receive permission from the referee before a player can come off the field and a substitute can enter the field and become a player.**

C. **Playing Time**: each player shall play a minimum of 50% of the total playing time per match.

D. **The Goals**

The Under 10 program uses 7'x21' aluminum soccer goals

LAW #4: THE PLAYERS' EQUIPMENT

Jersey, shorts, stockings, footwear, and shin-guards are **mandatory**. Tennis shoes are allowed but soccer cleats are recommended.

LAW #5: THE REFEREE

Under 10 – An Under 10 game shall be officiated a United States Soccer Federation (USSF) certified referees. The decisions made by the referee on points of fact connected with the match are final. The referee is encouraged but not required to explain infractions to the offending player(s).

LAW #6: THE ASSISTANT REFEREES

Under 10 – Two Assistant Referees (AR) shall be assigned to each game. If only one AR is available for the game, the referee assigned to the center position can either elect to use a two-man referee system or ask the home team to provide a parent to act as a lineperson. Parent linepeople are to only signal when the ball has gone over the touch line or end line and which direction he/she believe the restart should go. Parent linepeople are not to call off-sides or other infractions/fouls.

LAW #7: THE DURATION OF THE MATCH

Under 10 - An under 10 match is divided into two (2) halves of twenty-five (25) minutes with a five (5) minute half-time.

LAW #8: THE START AND RESTART OF PLAY

To start play, there is a kick-off. This happens at the start of the match, after half-time, and after a goal has been scored. **Preliminaries**: The referee tosses a coin, the visiting team captain makes the call, and the team captain who wins the toss decides which goal his/her team is going to attack. The other team takes the kick-off to start the match. The teams switch sides after half-time and the team that won the coin toss takes the kick-off to start the second half. **Procedure**: (1) all players are in their own half of the field, (2) the opponents of the team taking the kick are outside of the center circle, (3) the ball is stationary on the center mark, (4) the referee gives the signal, (5) the ball is in play when it is kicked and moves forward, and (6) the kicker does not touch the ball a second time until it is touched by another player. **Note: A goal can be scored directly from a kick-off for U10.**

LAW #9: THE BALL IN AND OUT OF PLAY

The ball is out of play when the **whole ball** crosses the whole touchline or goal line or when it has been stopped by the referee (by a whistle). Any ball that strikes the referee, Assistant Referees, goal post, corner post and remains on the proper field of play is in play.

LAW #10: THE METHOD OF SCORING

A goal is scored when the **whole ball** crosses the whole goal line, between the goal posts, and under the cross-bar, provided it has **not** been thrown, carried or intentionally propelled by hand or arm by a player of the attacking team. **Five Goal Differential Rule:** To ensure that all recreational players enjoy their match, a five-goal differential rule will be enforced in recreational play: that is, scores of 0-5, 8-3, 1-6 are acceptable. Scores such as 0-6, 9-3, 1-7 are considered a violation of the five-goal differential rule. Refer to the handout for suggestions on how to keep the score difference down while playing the game at the recreational soccer level.

LAW #11: OFFSIDE

A. **Under 10** - The offside rule is applicable to an Under 10 match. See below for the complete Laws of the Game on offside.

1. A player is in an offside position if he/she is nearer to his/her opponent's goal line than both the ball and the second last opponent, **unless**:
 - (a) a player is in his/her own half of the field of play, or
 - (b) he/she is level with the second last opponent, or
 - (c) he/she is level with the last two (2) opponents.

2. A player shall only be declared offside and penalized for being in an offside position if, at the moment the ball touches or is played by someone on his/her team, he/she is, in the opinion of the referee:
 - (a) interfering with play; or
 - (b) interfering with an opponent; or
 - (c) gaining an advantage by being in that position.

3. A player shall **not** be declared offside by the referee
 - (a) merely by being in an offside position, or
 - (b) if he/she receives the ball directly from a goal kick, a corner kick or a throw-in.

4. If a player is declared offside, the referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the infringement occurred, unless the offense is committed by a player in his/her opponents' goal area, in which case the free kick shall be taken from any point within the goal area.

LAW #12: FOULS AND MISCONDUCT

Under 10 – **Major fouls** will result in the award of a **Direct Free Kick** against the offending team while **Minor fouls** will result in the award of an **Indirect Free Kick**. A direct and indirect free-kick is taken from where the offense occurred with two exceptions: (1) if the foul was committed by the defense in their penalty area, regardless of where the ball was when the foul occurred, a penalty kick is taken by the opposing team from the penalty spot in the penalty area, and (2) if the foul was committed by the offense in their opponent's goal area, the direct or indirect free kick is taken by the defense from anywhere within the goal area.

A. **Major Fouls** - A player commits a **Major foul** when a player plays in a manner considered by the referee to be **Careless, Reckless, or Using Excessive Force and he/she**:

- (1) kicks or attempts to kick an **opponent**;
- (2) trips an **opponent**;
- (3) jumps at an **opponent**;
- (4) charges an **opponent**;
- (5) strikes or attempts to strike an **opponent**;
- (6) pushes an **opponent**;
- (7) when tackling an **opponent**, makes contact with the **opponent** before contact is made with the ball;
- (8) holds an **opponent**;
- (9) spits at an **opponent**;
- (10) handles the ball deliberately, i.e., carries, strikes, or propels the ball with the hand or arm.

B. **Minor Fouls** - **Minor Fouls** are categorized into two groups: (1) those committed by the **Goalkeeper** inside his/her own penalty area, and (2) those committed by any player.

A **Goalkeeper**, inside his/her own penalty area, commits a **Minor Foul** if he/she:

- (1) takes more than 6 seconds while controlling the ball with his/her hands before releasing it;
- (2) touches the ball again with his/her hands after the ball has been released from his/her possession and has not touched another player;
- (3) touches the ball with his/her hands after the ball has been deliberately kicked to him/her by a teammate;
- (4) touches the ball with his/her hands after the ball has been deliberately thrown to him/her (from a throw-in) by a teammate;
- (5) wastes time.

A player commits a **Minor Foul** if he/she:

- (1) plays in a dangerous manner (e.g. high kicking, attempting to kick the ball while held by the goalkeeper, or for under 8 slide tackling);
- (2) impedes the progress of an opponent;

- (3) prevents the goalkeeper from releasing the ball from his/her hands;
- (4) commits any other offense not previously mentioned in LAW #12.

Note 1: **Slide tackling is strictly prohibited** and will be considered “**Dangerous Play**” resulting in the stoppage of play and the award of an indirect free kick against the offending team. A player who continues to slide tackle after being warned several times may be taken out of a match for a chat with the coach on the perils of slide tackling. The substitute, who has been counseled for slide tackling, can enter the field of play as a player provided he/she agrees not to slide tackle.

C. A player is **Cautioned** and shown the **Yellow** card, if he/she commits any of the below seven (7) offenses. A cautioned player **doesn't** have to leave the field of play unless the coach requests that the cautioned player be substituted. A player is cautioned if he/she:

- (1) is guilty of Unsporting Behavior (UB);
- (2) shows Dissent by word or action (DT);
- (3) Persistently Infringes the Laws of the game (PI);
- (4) Delays the Restart of play (DR);
- (5) Fails to Respect the required Distance when play is restarted from a corner kick or free kick (FRD);
- (6) Enters or re-enters the field of play without the referee's permission (E);
- (7) deliberately Leaves the field of play without the referee's permission (L).

D. A player is **Sent Off** and shown the **Red** card, if he/she commits any of the following seven offenses:

- (1) is guilty of Serious Foul Play (SFP);
- (2) is guilty of Violent Conduct (VC);
- (3) Spits at an opponent or any other person (S);
- (4) Denies the opponent an obvious Goal-scoring opportunity by deliberately Handling the ball (not applicable to goalkeeper within his/her penalty area) [DGH];
- (5) 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 (DGF);
- (6) uses offensive, insulting, or Abusive Language (AL);
- (7) receives a second caution in the same match (2CT).

Note: You can't replace the player(s) sent off the field for that match.

LAW #13: FREE KICKS

The two basic kicks awarded by the referee are the:

- (1) **Direct Free Kick** – A goal **can** be scored directly from the kick.
- (2) **Indirect Free Kick** – A goal **can't** be scored until the ball has been played or touched by a second player of either team.

Note: opponents **must** remain six (6) yards away from the ball until the ball is kicked for both under 8 and under 10.

LAW #14: THE PENALTY KICK

Under 10 - Penalty Kicks are awarded for this age group. Major fouls committed by the defending team in their penalty area, irrespective of the position of the ball and while the ball was in play, will result in a penalty kick taken by a player of the team that was fouled.

LAW #15: THE THROW-IN

When the **whole ball** crosses the whole touch line (on the ground or in the air), it shall be thrown in from the point it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. **All opponents must stand no less than two (2) yards from the point at which the throw-in is taken.** A proper throw-in must encompass the following key points:

- (1) both feet **must** be **on** or **behind** the touch line when the throw is made; and
- (2) the ball **must** be thrown by both hands from behind and over the head; and
- (3) both feet **must** be touching the ground as the throw is made.

LAW #16: THE GOAL KICK

A goal kick is awarded when the **whole ball** (after being kicked by the offense) crosses the whole goal line but not within the goal scoring area. The ball can be placed anywhere within the penalty area. **Under 10 can score a goal directly from a goal kick. In addition, you cannot score a goal against yourself from a goal kick.**

LAW #17: THE CORNER KICK

A corner kick is awarded when the **whole ball** crosses the goal line last touched by a defensive player, and doesn't result in a goal. A player from the attacking team takes the kick from the quarter arc nearest the corner flag post. Also remember:

- (2) opponents **must** remain six (6) yards away from the ball until the ball is kicked for both under 8 and under 10.
- (3) the kicker may not kick the ball a second time until touched by another player.

Under 10 can score a goal directly from a corner kick but not against yourself.

A MESSAGE FROM THE PRESIDENT...

This soccer hand guide is specifically created for the under 6, under 8, and under 10 recreational soccer program to provide parents/guardians, coaches, referees, and players the framework for playing the game of soccer in these age groups. This hand guide will not only provide the actual Laws of the Game for each age group but will dictate the expected behaviors of all participants as stated in the respective Code of Conduct for parents/guardians, coaches, referees, and players, which should lead to a more fulfilling and enhancing soccer experience for all involved. The specific areas covered:

- Modified Laws of the Game for under 6, under 8, and under 10.
- Code of Conduct for parents/guardians, coaches, referees, and players.
- Parental/guardians responsibilities.
- Orchard Valley Youth Soccer League Rules/Practices.
- Positive Coaching Alliance principles.

I want you to know that Orchard Valley is committed to providing your child the best soccer program where he/she can take away two goals: (1) enjoy playing the beautiful game of soccer while learning the skills and techniques that will make him/her a better soccer player, and (2) take away from their soccer experience the concepts and ideals of good sportsmanship, teamwork, camaraderie, respect for all, competitiveness and discipline. To this end, we have partnered with Positive Coaching Alliance (PCA) and have adopted the PCA philosophy of the positive “Double Goal Coach” and the three principles of: (1) redefining “winner”, (2) filling the emotional tank, and (3) honoring the game. A Double Goal Coach wants to win but has a secondary more important goal of using the soccer experience to teach their players “life lessons“ and positive character traits that will help them be successful throughout their lives. In order for our youth to develop and implement these traits, it is important for us as parents, coaches, referees, and fans, to consistently demonstrate these traits by our own conduct and attitude.

If you have questions or concerns that are not addressed in this hand guide, contact the appropriate Board Member listed on our website <http://www.ovysl.org>. For even more information about soccer, you can access the District II website at <http://www.cysadistrict2.org/> or the State Office at <http://www.cysanorth.org>.

Finally, as we start the new soccer season, I would like to wish all of you a very enjoyable and safe soccer season. I would like for each of you to bring to the game a renewed outlook to honor the game by respecting the rules, officials, opponents, teammates and self.

For the Good of the Game, Fair Play, Youth, and for Soccer,

Sincerely,
Joel Middleton, President
Orchard Valley Youth Soccer League