



CLUB DEVELOPMENT LEAGUE

## **9U-12U CDL Central League Rules Modified Format 2021/22**

***Members – Ames / FC united / IA Rush / JUSC / VSA / WDM***

### **CDL Central OVERVIEW**

*The CDL Central is a youth soccer league formed and directed by like-minded soccer clubs with a professional structure.*

### **Season/Game Philosophy**

CDL Central will strive to create a positive and encouraging game environment while implementing progressive and player-centric guidelines which focuses on individual and team development.

### **SEASON FORMAT**

- League Games
- Festival Games
- Match Up Games

### **PLAYER DEVELOPMENT STANDARDS - GAMES**

All players that participate in the 9U-12U divisions of the league must play in at least 10 minutes of both halves of each game. Any coach or club that violates this policy on more than 2 occasions per season will be considered under review and the voting members of the league will determine whether or not they will be allowed to continue to participate in the league.

CDL Central will utilize a “DROP OFF LINE” during games. The “drop off line” will be a specific area on the field where the defending team must “retreat” to when the opposing team is taking a goal kick or when the opposing team’s goalkeeper is in clear possession of the ball (in his/her hands).

1. **9U-10U DROP OFF LINE** -Top of the center circle in the defensive half of the team in possession.
2. This will apply to both goal kicks and when the goalie has the ball in their hands.
3. ***All coaches are responsible for enforcing the drop off line for 9U-10U age groups***

Our league recognizes a need to implement some additional rules to enhance development of the players in the league:

1. No punting from the goalkeeper in the 9U-10U age groups
2. Should a goalkeeper punt or drop kick, play will be stopped and restarted from a goal kick. The team whose goalkeeper punted the ball will be the team that takes the goal kick.
3. The defending team can pressure (IE – Advance past the drop offline) when the ball is released by the goal keeper.
4. The OFFSIDE RULE IS IN EFFECT for 9U-12U age group
5. No Heading for 9U-11U.

**GENERAL MATCH RULES:**

Age Group	Maximum Goal Size (in feet)	Field Width Min.   Max. (in yards)	Field Length Min.   Max. (in yards)
11U & 12U	7' x 21'	45   55	70   80
9U & 10U	6.5' x 18.5'	35   45	55   65

Age Group	Game Length	Ball Size	Number of Players	Max Roster Size
11U & 12U	Two 30' halves	#4	9v9; goalkeepers	16 Players
9U & 10U	Two 25' halves	#4	7v7; goalkeepers	12 Players

- Half time is 5 minutes long.
- Home team choose a side and the visiting team kick offs.
- Substitutions:
  - Substitutions are only allowed on your own throw-in (unless both teams have subs then the substitution can be made for both teams). Goal-kicks and after a goal is scored.
  - Also, if a player is injured then (1) substitution can be made for either team.
- Direct free kicks / Penalty kicks and Indirect Free kicks are used.
- Minimum number of players to start a game is 6 for 7v7 and 7 for 9v9.
- In case of inclement weather – if a game has started the 2nd half the game is considered completed. If the game is stopped in the first half, then the game can be rescheduled.

### **UNIFORMS**

Each jersey should have a visible number. Goalkeepers must wear colors that distinguish them from any other players; numbers for GK jerseys are optional. There is no requirement for home (wearing light color) and away (wearing dark color). As long as the colors between the teams are easy to distinguish.

### **EQUIPMENT**

Wearing age- and size-appropriate shin guards will be enforced by referees, and goalkeepers are encouraged to wear gloves help ensure their safety. Casts are allowed if properly padded, keeping in mind the safety not only of the player wearing the cast, but of the other players. Referees will be the final authority of properly sized guards and properly padded casts. If a Referee points out non-compliance, the player will be given the opportunity to comply before any final decision is made regarding his/her ineligibility to play in the game.

No jewelry except for Medical Alert ID's or Religious items, hard hair pieces, long tied hair bands could be added.

### **GAME DAY REQUIREMENTS:**

1. All Coaches and Players must have a current and valid Coaching Pass / Player Pass issued by US Club Soccer.
2. A picture of a Coaching Pass and/or Player pass will be recognized in the same manner as a "hard" pass.
3. It is not a requirement to "show" players and/or coaches passes prior to the match.

### **COACHING CONDUCT STANDARDS:**

1. CDL Central recognizes the valuable partnership that must take place between coaches and referees. All coaches are expected to treat the referees with respect and in no circumstances will the league tolerate any abusive comments directed toward referees.
2. In addition to the action(s) taken by the referee's during the match, additional penalties for such behavior will fall on the club and the voting members of the league will review club participation and status in the league. Please note that voting members can be removed from the league as well if they violate the afore mentioned policy.
3. All coaches in the league will uphold the highest standards of professionalism. Under no circumstances are coaches allowed to berate an opposing player.

### **ADMINISTRATIVE GUIDELINES:**

1. Clubs who have more than one (1) team in an age group, must divide the players evenly in the age group.
2. Clubs are allowed to use a 10U player, if needed, to fill out a roster to play with a 9U team. Clubs are not allowed to use 11U players to play "down" on either a 10U or 9U team.
3. Clubs are allowed to use a 12U player if needed to fill out a roster to play with an 11U team. Clubs are not allowed to use a 13U player to play "down" in any age group in CDL Central.

4. **\*\*Exceptions to the above guidelines must be approved by the league representatives\*\***
5. At the beginning of each season, the Directors of participating Clubs will proactively meet to discuss specific schedules, team placement, potential rule/guideline adjustments, etc.
6. Directors of participating clubs will continue to meet on a weekly basis throughout each season to ensure consistent oversight, management, and appropriate adjustments needed to be addressed.
7. Clubs are required to meet with parents of 9U-12U teams to discuss proper sideline behavior.

**Points of Emphasis for Competition Dates (PARENTS AND SPECTATORS)**

*As a Parent/Guardian/Coach of a young soccer player it is essential to understand the importance of your conduct during the game. Please be aware of the following:*

1. Encouragement and Positivity will help our teams be successful on the field
2. Please abstain from making comments about the referee's and the decisions they make throughout the game. When parents begin to focus on referees, so do our players. This leads to our players to lose focus on what is important...playing! Ultimately, as a parent or coach, we should not have any negative interactions/comments with the referees, before, during, or after the game.
3. Please refrain from coaching/making coaching points throughout the game to individual players and / or the team. Too much information creates a very difficult environment for players to focus and reach their potential. As well, soccer is a fantastically unique sport as it often has a "number" of "right" answers to many situations. Allowing the players to make decisions on their own and be creative allows for better development.
4. Allowing our players to take decisions based upon the coaches' instructions and information helps the team recognize their strengths and weaknesses.
5. Sit back and enjoy the game! There is no doubt soccer is a very passionate game... Enthusiasm and encouragement are great assets but please continue to be self-aware and willing to "take a step back" when emotions get the best of you. This is, at times, difficult to do. Understanding that we want our players, teams, coaches, and parents to continue to have a passion for the game of soccer will help create a positive and encouraging environment that will allow us all to enjoy the beautiful game!