

CDL Central Rec - Rules of the Game

Registration

All players, team rosters and guest players must be registered with US Club Soccer for the club they are playing for. On game day, coaches must be able to produce a paper or electronic roster that includes each participating player. Guest players must be registered with the club they are representing.

Roster sizes Maximum:

- 09U-10U (7v7) maximum of 12
- 11U, 12U (9v9) maximum of 16
- 13U-19U (11v11) maximum of 22, 18 "game active"
- Small-sided 7v7 @ 13U, 14U, 15U, 16U, 19U maximum of 14

Roster sizes Minimum:

- 09U-10U playing 7v7 minimum of 6
- 11U, 12U playing 9v9 minimum of 7
- 13U-19U playing 11v11 minimum of 9
- 13U-19U playing 7v7 minimum of 6

Team Formation

CDL Central Rec teams may not be formed on the basis of talent evaluation and must be formed randomly.

Recreational Team Formation Rules and Registration Classification

- The team formation process will be random in nature. Every attempt will be made to create teams of true age as numbers and divisions allow
- Criteria for player assignment will NOT include consideration for the ability of the player or the relative strength of the team
- All forms of recruiting, invitations and tryouts are specifically prohibited. Coaches will have no direct input to or involvement with the assignment of players to their teams.
- If a member organization permits teams to remain together from season to season, the player has the option to stay on the team.
- New teams and returning teams that need players are formed by one of the following methods:
 - a. Players are assigned (rostered) to a team by age groups on a territorial basis (neighborhood, schools, precincts, zip codes, etc.)
 - b. Players are assigned (rostered) to a team by a random draw from a single player pool on a territorial basis as stated in (a) above.
- Players' names shall not be identified to the coach until the player is placed on the team. Only the head coach may request his/her child be rostered to the team that he/she is coaching.

It is understood that sometimes clubs must assign an “older” player or two to a younger team, if there is not a team available of their true age.

Number of referees assigned to a match, by age group/form of the game:

- 09U, 10U (playing 7v7) minimum of one referee
- 11U, 12U (playing 9v9) three referees
- 13U, 14U, 15U, 16U, 19U (playing 11v11) three referees
- 13U, 14U, 15U, 16U, 19U (playing 7v7) minimum of one referee

Guest players must be age eligible and developmentally appropriate to the age-group and team as noted below:

- 09U-10U player for 09U-10U games
- 11U-12U player for 11U-12U games
- 11U-14U player for 13U-14U games
- 13U-16U player for 16U games
- 13U-19U player for 19U games

FIFA Laws of the Game except as noted herein

Game length

- 09U-10U (Two 25-minute halves)
- 11U-12U (Two 30-minute halves)
- 13U-14U (Two 35-minute halves)
- 13U-14U Small-sided 7v7 (Two 35-minute halves)
- 15U/16U (Two 40-minute halves)
- 15U/16U Small sided 7v7 (Two 40-minute halves)
- 19U (Two 45-minute halves)
- 19U Small-Sided/High School Small-Sided 7v7 (Two 40-minute halves)

Overtime is not played if the game is tied at the end of regulation time, and the result of the game is recorded as a tie.

Goalkeeper distribution (applies to 9U-10U age-groups only)

Goalkeepers are not allowed to punt or drop-kick, and training should be focused upon throwing and using their feet with the ball on the ground to transition play to the attack.

If a goalkeeper punts or drop-kicks the ball, an indirect free kick will be awarded to the opposing team from the spot of the offense. If the punt or drop-kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

Referees must be flexible when enforcing the 6-second rule and counting the time of possession should only begin when all opponents have moved behind the build-out line.

Goalkeeper is allowed to put the ball into play sooner, but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.

Build-out line (applies to 9U-10U age-groups only):

Goalkeeper possession (hands) and goal kicks as per US Soccer: “the build-out line promotes playing the ball out of the back in a less pressured setting.”

The CDL Central Rec requires that the opponent “drops off” to the build-out line when the goalkeeper has the ball in his or her hands, and on all goal kicks. The defending team may not release from the build-out line until the ball has been played. Referees will be instructed to strictly enforce this rule. This rule is designed to encourage the development of building play out of the back.

- **The build-out line will be the top of the center circle**

Offside per US Soccer mandates, 09U-10U will play with the offside law.

Offside will be called for all age groups 09U-19U.

Small-sided forms of the game

- 09U and 10U age groups will play 7v7 (6 field players plus a goalkeeper) on a modified-sized field with modified goals.
- 11U and 12U age groups will play 9v9 (8 field players plus a goalkeeper) on a modified-sized field with modified goals.
- Small-sided age groups will be supported in 13U, 14U, 16U and 19U as needed and will feature 7v7 (6 field players plus a goalkeeper) on a modified-sized field.

| | 09U and 10U | 11U and 12U | 13U and 14U | 16U | 19U | 13U and 14U small sided 7v7 | 16U and 19U small sided 7v7 |
|---------------------------|-------------|-------------|----------------------------|----------------------------|----------------------------|-----------------------------------|-----------------------------------|
| Field:Length Range | 55-65 | 70-80 | 100-120 | 100-120 | 100-120 | 70-80 | 70-80 |
| Field:Width Range | 35-45 | 45-55 | 55-80 | 55-80 | 55-80 | 45-55 | 45-55 |
| Number of Players | 7v7 | 9v9 | 11v11 | 11v11 | 11v11 | 7v7 | 7v7 |
| Maximum Roster Size | 12 | 16 | 22 max 18 "game active" | 22 max 18 "game active" | 22 max 18 "game active" | 14 | 14 |
| GK | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Playing Time (Minutes) | 2x25 | 2x30 | 2x35 | 2x40 | 2x45 | 2x35 | 2x40 |
| Break Time (Minutes) | 10 | 10 | 15 | 15 | 15 | 10 | 10 |
| Ball Size | 4 | 4 | 5 | 5 | 5 | 5 | 5 |
| Goal Size (Feet) | 6.5x18.5 | 6.5x18.5 | 8x24 | 8x24 | 8x24 | 6.5x18.5 | 6.5x18.5 |
| Offside | Yes | Yes | Yes | Yes | Yes | Yes | Yes |

Substitutions

Substitutions may occur for either team at any stoppage of play, at the direction of the referee. There are no restrictions on the number of substitutions, in keeping with the league rule that players must play a minimum of 50% playing time in each game

If the referee has issued a caution to a player, only the player cautioned may be substituted at that stoppage.

Playing Time

All players must play a minimum of 50% playing time in each game. If a coach is managing a disciplinary situation with a player, the player may receive less than 50% playing time.

Team Uniforms and Player Equipment

Each player of a team is required to wear "like" uniforms within a team (jerseys and socks especially).

Each jersey should have a visible number that is different from the number of every other player on the team. Goalkeepers must wear colors that distinguish them from any other players and game officials; numbers for GK jerseys are optional. There is no requirement for home (wearing light color) and away (wearing dark color) but it is suggested that home wears the lighter color and away wears the darker color. Should a change of jerseys be directed, the home team must change into an alternate jersey color.

Wearing of age- and size-appropriate shin guards will be enforced by referees, and goalkeepers are encouraged to wear gloves to 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.

Heading Restrictions and Limitations

Heading is not permitted in 09U-11U games or at practices.

Penalty for intentional heading – referees have/should be instructed to handle in the following manner

- Outside goal area = indirect free kick, from spot of offense
- Within goal area = indirect free kick, on goal area line parallel to the goal line at point nearest spot of offense
- If not deliberate, play should continue
- Two exceptions when “advantage” should be played
 - o Deliberate, but errant header results in an own goal. Referee allows a goal.
 - o Deliberate, but errant header goes directly to the attacker who “easily” shoots and scores. Referee allows a goal.

12U, 13U, 14U age groups - Heading is allowed in games. Heading is limited at practices to 15-20 headers per player per week.

In the event that an 11U or younger player is participating in a 12U or older match, it is the responsibility of the player and the player’s family to ensure that this player does not head the ball.