

# CVYSL Modified League Rules

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*Capital Valley Youth Soccer League*

*CVYSL Referee Coordinator*

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**SACRAMENTO ★ CALIFORNIA**



## **Modified Laws of the Game adapted from US Soccer, District 6, and CVYSL**

*CVYSL Recreational Soccer will follow the rules and guidelines set forth by D6, Cal North, and US Soccer. The modifications are described below.*

*CVU Select (CCSL) will follow the will follow the rules and guidelines set forth by D6, Cal North, and US Soccer. The modifications are described below.*

*All games will be assigned from a licensed USSF Assignor. Each club is responsible for assigning their own home recreational games. CCSL games will be assigned by the League Referee Coordinator. CVU will be assigned by and Manny Peneda and Arbitro.*

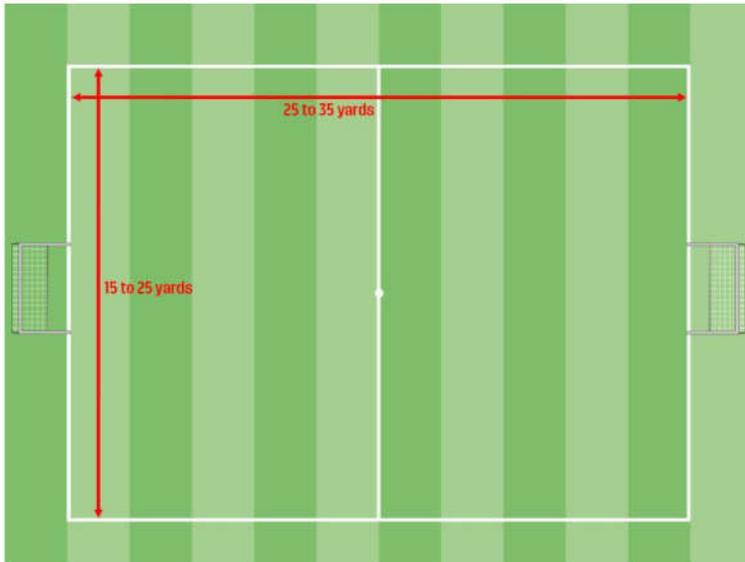
*This handbook is broken down by Age Group and then by the LOTG that apply to each. The Full LOTG can be downloaded from [theifab.com](http://theifab.com) or [foxsoccer.guru](http://foxsoccer.guru)*

# U-6 MODIFICATIONS TO THE LOTG

## 4v4 Standards of Play

### **Law 1: (Field of Play): (Modified)**

- 25-35 yards (length)
- 15-25 yards (width)
- Goals should be no larger than 6 feet wide, Flags will be used.
- Corner flags are not needed
- Parents at least 1.5 yards from touchline



### **Law 2: (Ball):**

- Size 3

### **Law 3: (Players/Substitutions):**

- Maximum on field is 4
- There will be NO goalkeeper
- Minimum on field including goal keeper is 4
- Substitutions:
  - Unlimited.
  - Can occur at any time.
  - A minimum 50% playing time is required per game

### **Law 4 (Equipment):**

- Uniforms that allow the players to distinguish the teams
  - Any player with a bleeding or oozing wound or wearing blood-soaked clothing shall not be allowed to participate until new clothing is put on.
- Shin guards – must be worn

- Players are permitted to wear soccer-style cleats, tennis shoes, or any other form of footwear the referee deems safe for play and appropriate for the conditions of the field. The following types of footwear are explicitly prohibited:
  - Flip-flops or any other style of open-toed shoes
  - Softball/baseball style cleats
  - Any form of metal spikes/studs
- No jewelry, hard casts, or braces with any metal. [However, prescribed glasses, hearing aids, insulin pumps etc. are ok]

#### **Law 5/6: (The Referee and Assistant Referee)**

- One coach from each team will act as referees and will be allowed on the field to help their team and keep the players under control and safe.

#### **Law 7: (Game Length)**

- 4-10 minute quarters with teams switching directions after the half.

#### **Law 8: (Start and Restart of play)**

- All restarts are indirect if used. Dropped balls ok.

#### **Law 9: (The Ball In and Out of Play)**

- Kick offs, indirect free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner

#### **Law 10: (Method of Scoring)**

- Score will NOT be kept

#### **Law 11: (Offside)**

- No offside will be called; however, coaches are discouraged from playing their players in an obvious offside position to gain advantage. Players and coaches may be cautioned by the referee if it appears the players are playing offside to gain an unfair advantage.

#### **Law: 12-14 (Fouls and Misconduct, Free Kick, Penalty Kick)**

Fouls and misconduct are per FIFA Laws of the game, with the following modifications:

- All free kicks are indirect
- Free kicks require the opponent to give the kicker a 10 foot distance
- No penalty kicks
- SLIDE TACKLING is NOT Permitted (IFK after first warning)
- Intentional HEADING is NOT Permitted (IFK after first warning)
- No offside

#### **Law 15: (Throw-in)**

- Throw-ins are per FIFA Laws of the game, with the following modifications:

- Allow re-throws as necessary after explaining the throw-in procedure to the child.
- Kick-ins and/or dribble-ins are also acceptable

**Law 16-17: (Goal Kick and Corner Kick):**

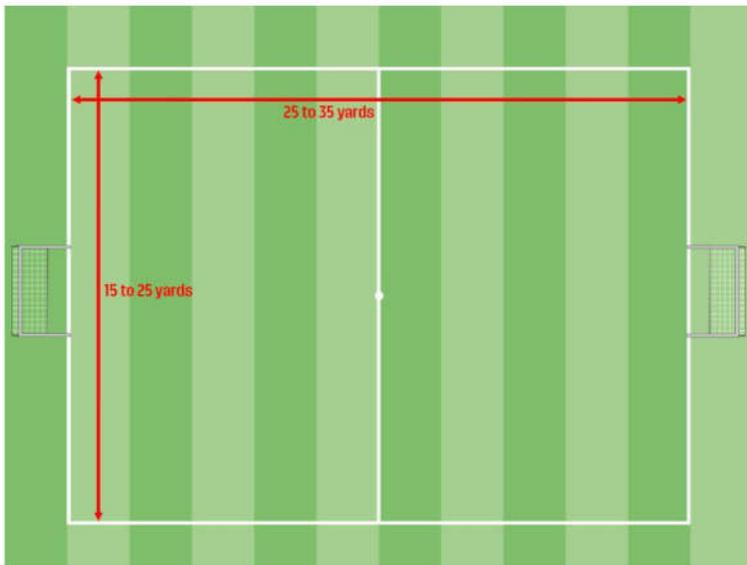
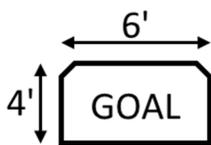
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner.

# U-8 MODIFICATIONS TO THE LOTG

## 4v4 Standards of Play

### Law 1: (Field of Play): (Modified)

- 25-35 yards (length)
- 15-25 yards (width)
- Goals should be no larger than 4 feet (height) x 6 feet (width)
- Corner flags are not needed
- Parents at least 1 yard from touchline
- Teams on opposite sides where possible
- Coaches should be coaching from middle 10 yard area



### Law 2: (Ball):

- Size 3

### Law 3: (Players/Substitutions):

- Maximum on field is 4
- There will be NO goalkeeper
- Minimum on field including goal keeper is 4
- Substitutions:
  - Unlimited.
  - Can occur at any time.

- A minimum 50% playing time is required per game

#### **Law 4 (Equipment):**

- Uniforms that allow referee to distinguish teams and players on the team
  - Any player with a bleeding or oozing wound or wearing blood-soaked clothing shall not be allowed to participate until new clothing is put on.
- Shin guards – must be worn
- Players are permitted to wear soccer-style cleats, tennis shoes, or any other form of footwear the referee deems safe for play and appropriate for the conditions of the field. The following types of footwear are explicitly prohibited:
  - Flip-flops or any other style of open-toed shoes
  - Softball/baseball style cleats
  - Any form of metal spikes/studs
- No jewelry, **hard casts, braces with any metal**. [However, prescribed glasses, hearing aids, insulin pumps etc. are ok]

#### **Law 5/6: (The Referee and Assistant Referee)**

- A single referee may be assigned but is not required. **Referee does NOT need to be licensed.**
- Referee assignments for U8 will come from the club or coaches

#### **Law 7: (Game Length)**

- **4-10 minute quarters** with teams switching directions after the half.

#### **Law 8: (Start and Restart of play)**

- **All restarts are indirect if used. Dropped balls ok.**

#### **Law 9: (The Ball In and Out of Play)**

- Kick offs, indirect free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play

#### **Law 10: (Method of Scoring)**

- Score will **NOT** be kept

#### **Law 11: (Offside)**

- **No offside will be called**; however, coaches are discouraged from playing their players in an obvious offside position to gain advantage. Players and coaches may be cautioned by the referee if it appears the players are playing offside to gain an unfair advantage.

#### **Law: 12-14 (Fouls and Misconduct, Free Kick, Penalty Kick)**

Fouls and misconduct are per FIFA Laws of the game, with the following modifications:

- **All free kicks are indirect**
- Free kicks require the opponent to give the kicker a 10 foot distance

- No penalty kicks
- SLIDE TACKLING is NOT Permitted (IFK after first warning)
- Intentional HEADING is NOT Permitted (IFK after first warning)

**Law 15: (Throw-in)**

- Throw-ins are per FIFA Laws of the game, with the following modifications:
  - Allow **one re-throw** after explaining the throw-in procedure to the child.
  - Kick-ins and/or dribble-ins are also acceptable

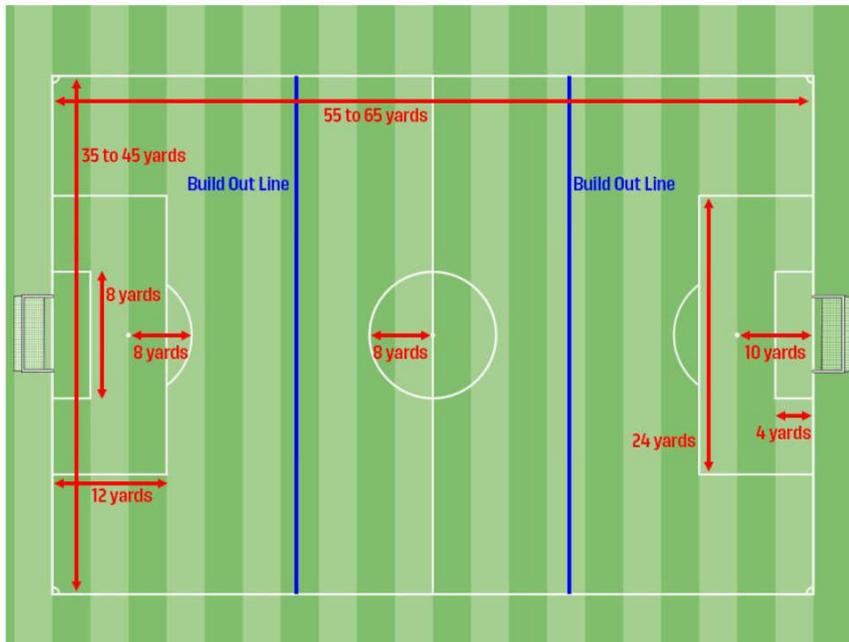
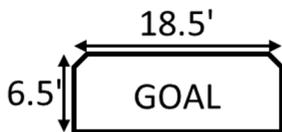
**Law 16-17: (Goal Kick and Corner Kick):**

- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner.

# U-10 MODIFICATIONS TO THE LOTG 7v7 Standards of Play

## Law 1: (Field of Play):

- Field safe
- Goal posts secured
- Corner flags secure and proper height
- 55-65 yards (length)
- 35-45 yards (width)
- Goals should be no larger than 6.5 feet (height) x 18.5 feet (width)
- Teams on opposite sides where possible
- Build out lines should be equidistant between the penalty area line and halfway line



## Law 2: (Ball):

- Size 4

## Law 3: (Players/Substitutions):

- Maximum on field including goal keeper is 7
- Minimum on field including goal keeper is 5
- Substitutions (unlimited):
  - Unlimited and at any stoppage, with the permission of the referee.

i. **Stoppage:** Anytime the referee uses the whistle to stop play, anytime the ball goes out of bound (goal kick, throw-in, corner kicks), and kick-offs

- Substitute players must be standing at the half way line and be ready to be substituted when a stoppage occurs.
- Substituted player must wait for the player to completely leave the field before entering the field of play
- Subbing “from the bench” is not allowed.

#### **Law 4: (Player’s Equipment):**

- Player’s Equipment are per FIFA Laws of the game, with modifications noted in the Addendum “A” below

#### **Law 5/6: (The Referee and Assistant Referee)**

- Only a single referee will be assigned.
- All matches played shall be officiated by one Referee currently certified by the United States Soccer Federation (USSF) at grade 9, or at a higher-grade level. Consistent with CVYSL’s commitment to developing and growing its referee corps, it is acceptable to use younger-age (14-year-old) referees in this setting. Due to the smaller size field and reduced number of players, CVYSL has implemented Cal North’s recommendation to use a single referee in U10 play.

#### **Law 7: (Game Length)**

- 2-25 minute halves with teams switching directions after the half.
- 10 Minute halftime

#### **Law: 8-11 (Start and Restart of play, The Ball in and Out of Play, Method of Scoring, Off-side)**

- Per FIFA Laws of the Game

#### **Law: 12 (Fouls and Misconduct)**

- Per FIFA Laws of the Game, with the following modifications:
  - Intentional HEADING is NOT Permitted (Restart is IFK)
  - SLIDE TACKLING is NOT Permitted (Restart is IFK)

#### **Law 13-17 (Free Kick, Penalty Kick, Throw-in, Goal Kick, Corner Kick)**

- Free Kicks, Penalty Kicks, Throw-ins, Goal Kicks and Corner Kicks are per FIFA Laws of the Game.

## **Build-Out lines**

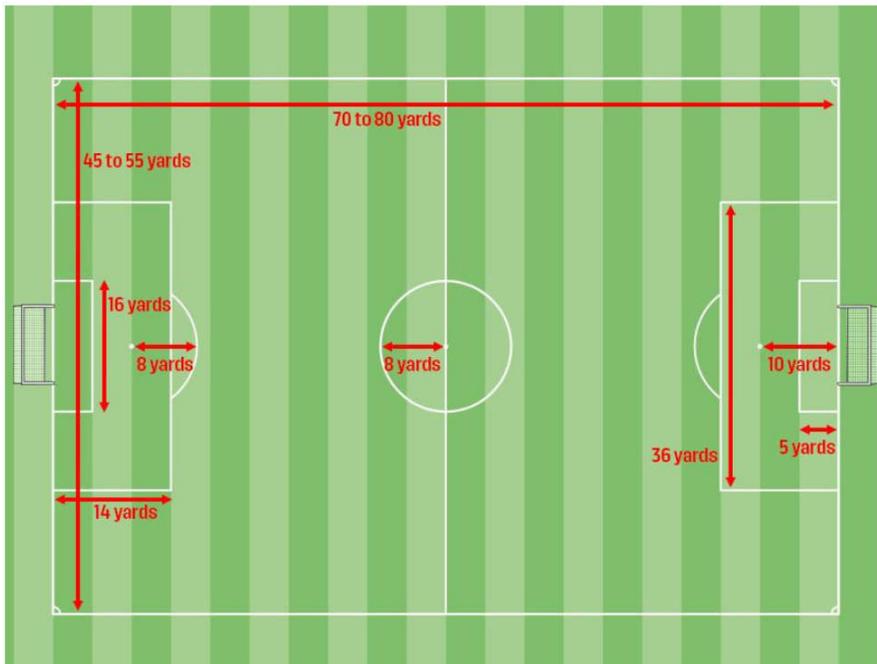
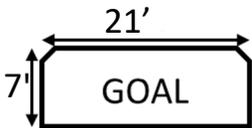
The build out line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play (However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes). Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play. After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. The opposing team must also move behind the build out line during a goal kick until the ball is put into play.

- If a goalkeeper punts or drop kicks the ball:
  - an indirect free kick should 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
- Should the opposing team fail to respect this requirement, the referee shall address the behavior as follows:
  - The first time an opposing player infringes on the goalkeeper, the referee will give a gentle, verbal warning ("remember, you have to leave the area so that the goalkeeper can release the ball"). One such warning will be permitted per team, per game.
  - The second time a player from the same team infringes on the goalkeeper, the referee will award an indirect free kick to the goalkeeper's team, which will be taken from the spot where the infringement occurred.
- Punting, Drop kicking, or throwing the ball over the halfway line is not allowed as this would defeat the purpose of the build out line and reduces the opportunity to play out of the back in an unpressured setting. Should the goalkeeper punt the ball instead of roll it, the referee shall address the behavior as follows:
  - The first time a player punts the ball, the referee will give a gentle, verbal warning ("remember, you can throw the ball, but not kick it"). One such warning will be permitted per team, per game.
  - The second time a player from that same team punts the ball, the referee will award an indirect free kick to the opposing team, which will be taken from the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
- After the ball is put into play, the opposing team can then cross the build out line and play can resume as normal.

# U-12 MODIFICATIONS TO THE LOTG 9v9 Standards of Play

## Law 1: (Field of Play):

- Field safe
- Goal posts secured
- Corner flags secure and proper height
- 70-80 yards (length)
- 45-55 yards (width)
- Goals should be no larger than 7 feet (height) x 21 feet (width)
- Teams on opposite sides where possible



## Law 2: (Ball):

- Size 4

### **Law 3: (Players/Substitutions):**

- Maximum on field including goal keeper is 9
- Minimum on field including goal keeper is 6
- Substitutions (unlimited):
  - Unlimited and at any stoppage, with the permission of the referee.
    - i. **Stoppage:** Anytime the referee uses the whistle to stop play, anytime the ball goes out of bound (goal kick, throw-in, corner kicks), and kick-offs
  - Substitute players must be standing at the half way line and be ready to be substituted when a stoppage occurs.
  - Substituted player must wait for the player to completely leave the field before entering the field of play
  - Subbing “from the bench” is not allowed.

### **Law 4: (Player’s Equipment):**

- Player’s Equipment are per FIFA Laws of the game, with modifications noted in the Addendum “A” below

### **Law 5/6: (The Referee and Assistant Referee)**

- All matches played shall be officiated by one Referee currently certified by the United States Soccer Federation (USSF) at grade 8, or at a higher-grade level. Consistent with CVYSL’s commitment to developing and growing its referee corps, it is acceptable to use younger-age (14-year-old) referees in this setting.
- A three-person system will be used.
- If three are not available, a club linesman will be requested.

### **Law 7: (Game Length)**

- 2-30 minute halves with teams switching directions after the half.
- 10 Minute halftime

### **Law: 8-11 (Start and Restart of play, The Ball In and Out of Play, Method of Scoring, Off-side)**

- Per FIFA Laws of the Game

### **Law: 12 (Fouls and Misconduct)**

- Per FIFA Laws of the game, with the following modifications:
  - Intentional HEADING is NOT Permitted in REC (Restart is IFK)
  - Heading is Allowed in CCSL for anyone over 12 years of age.

### **Law 13-17 (Free Kick, Penalty Kick, Throw-in, Goal Kick, Corner Kick)**

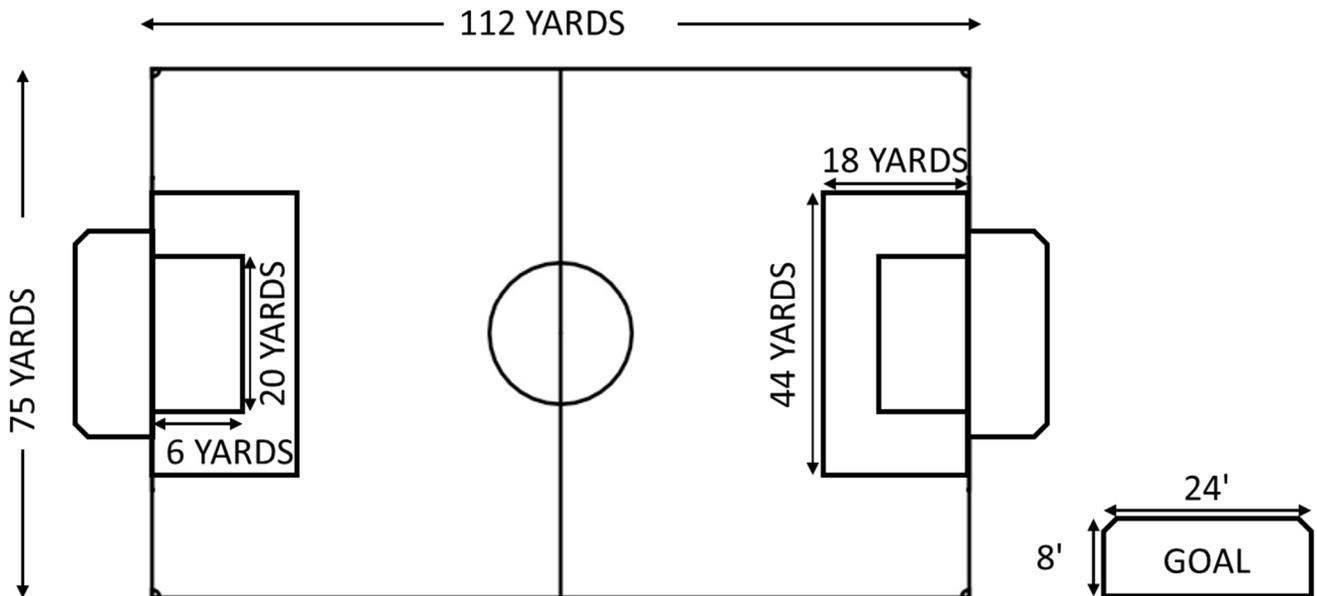
- Per FIFA Laws of the Game.

# U-14-19 MODIFICATIONS TO THE LOTG

## 11v11 Standards of Play

### Law 1: (Field of Play):

- Field safe
- Goal posts secured
- Corner flags secure and proper height
- Goals should be no larger than 8 feet (height) x 24 feet (width)
- Teams on opposite sides where possible



### Law 2: (Ball):

- Size 5

### Law 3: (Players/Substitutions):

- Maximum on field including goal keeper is 11
- Minimum on field including goal keeper is 7
- **Substitutions (unlimited):**
  - Unlimited and at any stoppage, with the permission of the referee.
    - i. **Stoppage:** Anytime the referee uses the whistle to stop play, anytime the ball goes out of bound (goal kick, throw-in, corner kicks), and kick-offs
  - Substitute players must be standing at the half way line and be ready to be substituted when a stoppage occurs.
  - Substituted player must wait for the player to completely leave the field before entering the field of play
  - Subbing "from the bench" is not allowed.

#### **Law 4: (Player's Equipment):**

- Player's Equipment are per FIFA Laws of the game, with modifications noted in the Addendum "A" below

#### **Law 5/6: (The Referee and Assistant Referee)**

- All matches played in CPL shall be officiated by at least one adult Referee currently certified by the United States Soccer Federation (USSF) at grade 8 or at a higher grade level.
- The Center referee will be at least 2 years older than the age group they are officiating.
- A three person system will be used.
- If three are not available, a club linesman will be requested.

#### **Law 7: (Game Length)**

- U14:
  - 2-35 minute halves with teams switching directions after the half.
- U16:
  - 2-40 minute halves with teams switching directions after the half.
- U19:
  - 2-45 minute halves with teams switching directions after the half. (May be shortened if agreed upon by both coaches before the match starts)
- 10 Minute halftime

#### **Law: 8-11 (Start and Restart of play, The Ball In and Out of Play, Method of Scoring, Off-side)**

- Per FIFA Laws of the Game

#### **Law: 12 (Fouls and Misconduct)**

- U14 Recreational:
  - Per FIFA Laws of the game, with the following modifications:
    - Intentional HEADING is NOT Permitted (Restart is IFK)
- U14 CCSL
  - Per FIFA Laws of the game, with the following modifications:
    - Heading is Allowed in CCSL for anyone over 12 years of age.
    - Referees will determine how to keep track of players under 12
- U16-U19
  - Per FIFA Laws of the Game

#### **Law 13-17 (Free Kick, Penalty Kick, Throw-in, Goal Kick, Corner Kick)**

- Per FIFA Laws of the Game.

## Addendum “A” – Law 4 (Players Equipment)

- Teams in uniforms that allow referee to distinguish teams and players on the team, including:
  - Stockings/socks must be of the same color (e.g., a player must wear stockings/socks of a matching color) and should be correctly worn in the pulled-up position covering shin pads or guards.
  - New for 2016-17: Tape or any material applied or worn externally must be the same color as that part of the sock it is applied to or covers
  - The two teams must wear contrasting sock colors. *Note: This is NOT a reason to prohibit the players from playing the game. Gentle encouragement is enough.*
  - Shirts/ jerseys shall be neatly tucked into their shorts.
  - Each field player shall have a unique number on the back of the jersey.
  - The wearing of tracksuit trousers or long tights in a color that coordinates with the team’s colors is permissible in adverse weather.
  - Cyclists’ pants, tights, etc., may be worn under a player’s shorts if they are the same color as the shorts. (Again, same as the socks – encourage, but don’t make it a game-stopper)
  - The wearing of long sleeve base-layer garment, in a color that coordinates with the team’s colors, beneath the uniform jersey, is permissible in adverse weather
  - The referee shall not allow participation of any player with a bleeding or oozing wound or wearing blood-soaked clothing. A wound shall be adequately covered. Use of blood by a player as a means to assault another person shall be punished as serious foul play/violent conduct.
- Shin guards – must be worn
- Players are permitted to wear soccer-style cleats, tennis shoes, or any other form of footwear the referee deems safe for play and appropriate for the conditions of the field. The following types of footwear are explicitly prohibited:
  - Flip-flops or any other style of open-toed shoes
  - Softball/baseball style cleats
  - Any form of metal spikes/studs
- Jewelry and Piercings. All items listed below are not allowed during a game:
  - Ear/tongue/nose piercings
  - Necklaces
  - Gel bracelets
  - Hard plastic headbands
  - Hard casts/braces/splints
  - Hats or caps with a hard bill
- The following items ARE allowed:
  - Soft braces or wraps (if it’s an Ace style bandage, though, double-check that it does *not* have metal clasps; those are *not* OK)
  - Wrist and knee braces with a fiberglass, reinforced spline are OK if it’s covered and padded
  - Any other kind of wrap or brace that has no metal
  - Soft knit caps
  - Ribbons
  - Cloth headbands
  - Religious head covering, such as a turban or a hijab, provided that it is not held on with any hard metal pins or clips

- Any form of jewelry or symbol that the player cannot remove for religious reasons, please ask the player to make a reasonable effort to make it safe, but do *not* ask the player to remove it

## REFEREE CHEAT SHEET -Age-Specific Adjustments New for 2017-18:

	U6	U7	U8	U9	U10	U11	U12	U13-14	U15-16	U17-21
Max Field Size (yds)	25/35 L 15/25 W	25/35 L 15/25 W	25/35 L 15/25 W	55/65 L 35/45 W	55/65 L 35/65 W	70/80 L 45/55 W	70/80 L 45/55 W	112x75	112x75	112x75
Number of Players	4v4	4v4	4v4	7V7	7v7	9v9	9v9	11v11	11v11	11v11
GK	No	No	No	Yes						
Playing Time	4x8	4x10	4x10	2x25	2x25	2x30	2x30	2x35	2x40	2x45
Ball Size	3	3	3	4	4	4	4	5	5	5
Goal Mouth Size (feet)	4x6	4x6	4x6	6.5x18.5	6.5x18.5	6.5x18.5	6.5x18.5	8x24	8x24	8x24
Offside	No	No	No	Yes						
Substitutes	Anytime	Anytime	Anytime	Unlimited / Any Stoppage						
Fouls (type of kick)	Indirect Free Kicks Only	Indirect Free Kicks Only	Indirect Free Kicks Only	Indirect & Direct Free Kicks	Indirect / Direct Free Kicks					
Free Kick clearance	10 ft.	10 ft.	10 ft.	8 yd	8 yd	8 yd	8 yd	10 yd	10 yd	10 yd
Throw-in	1 Re-throw	1 Re-throw	1 Re-throw	Normal						
Penalty Kicks	None	None	None	Yes (mark at 10 yds)	Yes (mark at 12 yds)	Yes (mark at 12 yds)	Yes (mark at 12 yds)			
Penalty Area (yds)	None	None	None	10 x 20	10 x 20	12 x 30	12 x 30	18 x 44	18 x 44	18 x 44
Goal Area (yards)	Optional 3x8	3x8	3x8	4 x 8	4 x 8	5 x 16	5 x 16	6 x 20	6 x 20	6 x 20
Heading	None	None	None	None	None	None	None	REC-None CCSL-Yes	per Laws/Rules	per Laws/Rules
Slide Tackling	NO	NO	NO	NO	NO	YES	YES	YES	YES	YES

## Appendix B: Possible Concussions

### Description

- Concussions are a traumatic brain injury
- Concussions do not always involve a loss of consciousness
- Concussions are not always a blow to the head; it can be a result of the head/neck snapping violently forward or backward
- If you see one or more of these symptoms, advise the coach that you suspect a head injury. Do not use the word concussion; we do not have the medical qualifications to make that assessment.
  - Nausea
  - Vomiting
  - Headache
  - Sensitivity to light or noise
  - Loss of memory
  - Dazed
- The player *may not return to play* until they have been cleared by a medical professional
- Note in your match report that you have a “suspected head injury”; include the player’s number, and the time  
A 24-hour report must be completed by the referee and sent to D6 PAD Chair

For CPL (14 and above), the pass is to be sent to District 6, at the following address:

*District 6 PAD Chair  
4518 Wellesley Way  
Sacramento CA 95861*

The player may return to Cal North and/or US Youth Soccer play only after release from a medical doctor or doctor of osteopathy trained in concussion treatment and management.

### Concussion Initiative

- Per U.S. Soccer’s Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed
- If the player leaves the field of play for additional evaluation, a substitution can be made in that moment
- The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player  
Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game

## Directive from CalNorth on Concussions

New for 2016-17:

*The Concussion Notification Form is to be filled out in duplicate and signed by a team official of the player's team.*

*If a parent/legal guardian of the player is present, have the parent/legal guardian sign and date the Form, and give the parent/legal guardian one copy of the completed Form. If the parent/legal guardian is not present, then the team official is responsible for notifying the parent/legal guardian ASAP by phone or email and then submitting the Form to the parent/legal guardian by email or mail.*

*When the parent/guardian is not present, the team official must make record of how and when the parent/legal guardian was notified. The notification will include a request for the parent/legal guardian to provide confirmation and completion of the Concussion Notification Form whether in writing or electronically.*

*The team official must surrender the player pass to a League representative upon injury. The player pass will not be returned until a Medical Release has been received by CalNorth. League must send copy of Medical Release to Cal North office (11040 Serpentine Lane, Suite 201, Pleasanton, CA 94556).*

*Players may wear their jersey, but must not be in full uniform until the League has received the Medical Release and the pass has been returned to the team official.*