

UNDER 16 RULES OVERVIEW

- Players should be properly registered to the team for which they play and be in financial good standing with the club
- 'Dual-Rostering' of a player onto both a Recreational team and an Academy/Select team is not permitted
- Each player must have a player pass, with attached photo, in order to participate in a game
- Teams play 11v11 (includes GKs) and additional players are substitutes
- The maximum number of players allowed on a team roster is 26
- Club Pass Players - A Recreational player may be rostered to play in a game for a Recreational team (the 'Secondary' team) other than the Recreational team at the same club that he/she is officially registered to (the 'Primary' team). To initiate this 'club pass' process, the coach of the Secondary team should reach out to the relevant Recreational program director at least 72 hours prior to the Secondary team's scheduled kick-off, and obtain written permission for the rostering of the player(s) for the game. Once permission is granted by the Recreational Program Director, the coach of the Secondary team should handwrite the player(s) onto the Secondary team's official game card and present the player's official US Club Soccer player pass to the referee prior to kick-off, along with the approval email listing the player(s) name. Please note that a player may play up an age group, but not down.
- It is suggested to make substitutions every third of each half
- Game Duration: 2x40 minutes
- All players must receive a minimum of 33% playing time
- All rules of soccer in effect
- Coaches are responsible for the conduct of their players, team representatives and spectators.
- Artificial noisemakers are not permitted

UNDER 16 LAWS OF THE GAME

Law #1: The Field of Play

- The field of play must be rectangular and shall be approximately 65 yards by 110 yards
- There shall be 44 yards by 18 yards penalty area, 20 yards by 6 yards goal area, and a 12 yard penalty kick mark
- The goal shall be approximately 24 feet wide and 8 feet high. Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement
- No one (spectators or participants) shall be allowed behind the end lines during the course of a game

Law #2: The Ball

- Players shall use a size 5 ball

Law #3: Number of Players & Substitutions

- A match is played by two teams, each consisting of not more than eleven (11) players, one of whom is the goalkeeper
- Minimum of seven (7) players per side needed to start or continue the game
- Each player must play a minimum of 33% of the total playing time, unless he or she is unable to do so, or at the parent's request
- Substitutions are unlimited and may be made, with the consent of the referee, at any stoppage in play.

- Substitutions are not allowed during the stoppage of play for a player being sent off (red card)

Law #4: Player's Equipment

- Shin guards are mandatory and must be a commercially manufactured product specifically designed for the purpose. Home-made products will not be allowed
- Shin guards should be covered with socks
- For safety reasons, soccer cleats are mandatory
- Hard casts on the hand, wrist, forearm, elbow, upper arm or shoulder are permitted if they are wrapped in minimum ½ inch compression, closed-cell, slow-recovery foam and do not present a danger to the player or other participants. Click [here](#) for an example.
- All players on the same team shall wear the same color uniforms
- Home team should wear dark shirts, while away team should wear light shirts
- For safety, players may not participate with improper equipment
- No jewelry should be worn by players.

Law #5: Referees

- There will one certified referee

Law #6: Assistant Referees

- There will be two assistant referees assigned if the depth of the club's referee pool permits, otherwise a club assistant referee, a coach, or parent may assist the referee if the referee so chooses

Law #7: Duration of the Game

- The center referee will act as the official timekeeper
- The match shall be divided into two (2) equal, forty (40) minute halves
- There shall be a half-time interval of ten (10) minutes

Law #8: The Start of Play

- Each team shall be represented at the field of play by a coach or assistant coach or a parent appointed in his/her place for the duration of the game
- The opponents must be at least ten (10) yards from the center mark while a kick-off is in progress

Law #9: Ball In and Out of Play

- The ball must be wholly over the goal line or touch line whether on the ground or in the air to be declared out of play

Law #10: Method of Scoring

- The ball must be wholly over the goal-line to be declared a goal. A ball sitting on the line is still in play (no goal has been scored)

Law #11: Off-Side

- The off-side rule will be enforced

Law #12: Fouls and Misconduct

- Conform to FIFA

Law #13: Free Kick

- Conform to FIFA, which states that all opponents are at least ten (10) yards from the ball until it is in play

Law #14: Penalty Kick

- Conform to FIFA, which states that the penalty mark is made twelve (12) yards from the goal

Law #15: Throw-In

- Conform to FIFA, which states that opponents must stand at least two (2) yards from the point at which the throw-in is taken

Law #16: Goal Kick

- Conform to FIFA, which states the ball is kicked from any point within the goal area by a player of the defending team

Law #17: Corner Kick

- Conform to FIFA, which states that opponents remain at least ten (10) yards from the ball until it is in play

UNDER 19 BRIEF OVERVIEW