



Arlington Soccer Association
PLAYING RULES

TEEN SOCCER
UNDER 15 - 19
AGE GROUPS

Effective Spring 2009
Updated for Fall 2011



ASA PLAYING RULES

TEEN SOCCER u15 – u19

The following rules of play and additional instructions will apply to all games and scrimmages for the Arlington Soccer Association's (ASA) Recreational Soccer League. The Laws of the Game as authorized by the International Federation of Association Football (F.I.F.A.) and the United States Soccer Federation (U.S.S.F.) shall apply in all cases except as follows:

LAW 1 FIELD OF PLAY

- The field of play is rectangular, its length being no more than 120 yards or less than 100 yards and its width not more than 75 yards or less than 55 yards. The length in all cases shall exceed the width. Field size may vary.
- Goals are set in place at the center of each end line. Goals are 8 feet tall and 24 feet wide.
- The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of ten (10) yards is marked around it.
- A Goal Area is marked 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 marked eighteen (18) yards from each goal post and eighteen (18) yards into the field of play, joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. A penalty mark is made twelve (12) yards out from the midpoint between the goalposts. An arc of a circle with a radius of ten (10) yards from each penalty mark is drawn outside the penalty area.

LAW 2 THE BALL

- The Teen Soccer Program (under 15 – under 19 age groups) uses a Size 5 ball.

LAW 3 NUMBER OF PLAYERS

- For games, each team will have eleven (11) players on the field, one (1) which must be designated as a goalkeeper.
- A minimum of seven (7) players must be on the field to start, or play, the game. A team with fewer than seven (7) players will not be allowed to begin, or continue to play, the game; unless approved by the game referee(s).
- Unlimited substitutions are allowed at the following times, with permission of the referee:
 - At the halftime or quarter breaks
 - After a goal is scored
 - When the ball crosses the end line
 - On possession throw-ins. If the team in possession of the throw-in elects to substitute, then both teams may make unlimited substitutions.
 - When a player is injured – for the injured player. If a team substitutes the injured player, the other team may also make one (1) substitution.
- The player going out must be completely off the field before a new player can enter.

LAW 4 PLAYERS' EQUIPMENT

- Shin guards are mandatory for all players. Shinguards must be covered by the sock; or be built into the sock.
- Players of teams participating in Association competition are required to wear matching shirts.
- Proper soccer shoes in conformity with the official lawful standard are the only acceptable soccer shoes. Sneakers may be worn, but no hard-soled street shoes are permitted.
- The "home team" according to the schedule must change its uniform colors if they conflict with the "away team" colors.

LAW 5 REFEREES

- All games are officiated by a three person referee crew, unless otherwise authorized by the Board.
- All Association coaches, players and adult spectators must recognize the referee as the sole authority over the game. As specified under the F.I.F.A. Laws, maintaining respect for the referees is of vital importance to successful youth soccer. Behavior which falls below this standard of respect and interferes with the referee's ability to officiate will not be tolerated. Any incidents will be subject to Association Board review and discipline.
- If the assigned referee fails to appear within ten minutes after scheduled game time, the teams may appoint a substitute referee by mutual agreement. Such appointment of a substitute referee shall be binding for the game. Should the assigned referee appear after a substitute has been assigned, the teams may allow the referee to officiate the game.

LAW 6 ASSISTANT REFEREES

- All games are officiated by a three person referee crew, unless otherwise authorized by the Board.

LAW 7 DURATION OF GAME

- The match is divided into two (2) equal halves of thirty (30) minutes each.
- There is a half-time interval of five (5) minutes.
- Teams will switch ends of the field at half time.

LAW 8 THE START OF PLAY

- The winner of the coin toss gets to choose the goal they wish to attack in the first half. The loser of the toss gets the kick-off. The game begins with the ball being played from the center spot. Opposing players must be at least ten (10) yards away. The player taking the initial kick cannot touch the ball again until another player has touched it. A kick-off must go forward with the initial kick. A player may score directly from a kick-off.

LAW 9 BALL IN AND OUT OF PLAY

- The ball is out of play when it has completely crossed over the sideline or endline; or when the game has been stopped by the game leader.
- A ball going out of play over the side is restarted by a throw-in by the team not playing the ball out of bounds. FIFA rules governing the throw-in are in effect.
- A ball going out of play over the endline is played in either by a goal kick or a corner kick.

LAW 10 METHOD OF SCORING

- The ball must pass completely across goal line between the goal posts and under the crossbar (or the height of the goal posts).

LAW 11 OFFSIDE

- The FIFA offside rule is in effect.

LAW 12 FOULS AND MISCONDUCT

- Conform to FIFA rules

LAW 13 FREE KICKS

- Conform to FIFA rules

LAW 14 THE PENALTY KICK

- A penalty kick is awarded if there is a foul committed by the defending team inside their penalty area.
- The penalty kick is taken from a mark twelve (12) yards out from the endline, in the center of the goal. All players, other than the designated kicker, must be ten (10) yards away from and behind the ball.

LAW 15 THE THROW IN

- A ball going out of play over the side is restarted by a throw-in by the team not playing the ball out of bounds. FIFA rules for throw-in are in effect.

LAW 16 THE GOAL KICK

- The defending team takes a goal kick when the attacking team touched the ball last before it went over the end line. The ball may be kicked from anywhere inside the goal area. Opponents must be outside the penalty area.
- The ball is not in play until it has completely left the penalty area.
- A goal may be scored directly from a goal kick.

LAW 17 THE CORNER KICK

- The attacking team takes corner kicks when the defending team touched the ball last before it went over the end line. Corner kicks are taken from either corner of the field, one (1) yard from the spot where the endline and sideline meet.
- Opponents must be ten (10) yards away from the corner arc until the ball is kicked.
- A goal may be scored directly from a corner kick.

ADDITIONAL INSTRUCTIONS & ASA PHILOSOPHIES

TEEN SOCCER (u15 – u19 AGE GROUPS)

TEAM ROSTER SIZE

- In the Teen Soccer Program (u15 – u19 age groups), the ASA recommends that teams are formed with 18 players. With eleven (11) players on the field, that would provide seven (7) substitutes for each game.
- A player may only play in an ASA sanctioned league game if that player has been registered with the ASA and has been added to the team's official roster.

RUNAWAY GAMES

- There is no mandatory adjustment required for games that become lopsided. However, it is recommended, in the spirit of the game, for the coach of the winning team to make some modifications to allow for a more even contest. The winning team may remove a player or two, remove the stronger players, or play with fewer players in attack to balance the game.

TEAMS AND SPECTATOR SEATING

- The ASA recommends that each team, and their spectators, be separate from each other and respect the other team's area. The team area is defined as:
 - on opposite sides of the field, within 8 yards of the midfield line; or
 - on the same side of the field, but on opposing sides of the midfield line, and under no circumstances extending from midfield past the penalty area.
- All instructions from team coaches must be done from inside the team's area.

SCORE REPORTING

- Coaches will report game scores using the established procedures for the ASA recreational league. This process will be communicated prior to each season.

PROFANITY

- Under no circumstances will any coach use profanity or physically or psychologically abuse any other person.

GOOD OF SOCCER

- Opposing parent/coaches and players should shake hands after each game.
- For the purpose of fostering the good of soccer and of providing full participation for all Arlington Soccer Association players, any player who regularly attends their practice sessions shall play in every scheduled game. The spirit of this rule is that each player should play a substantial amount of each game that they attend.

AREA CLEAN UP

- All teams shall be responsible for maintaining field areas in a clean and neat appearance, disposing of all trash prior to leaving the field.