



Progressive Youth League (PYL)

Playing Rules – Under 7 through Under 10

Except as modified below, playing rules will follow the FIFA rules. See Appendix C for FIFA rules. In general, FIFA rules will be applied except as modified below and for the size of field, timing, and number of players. Under-7 is further modified to improve the flow of the games.

1. FIELD OF PLAY

The following are recommended field and goal sizes.

Age	Width	Length	Goal Size
Under 7	Min 35 yards	Min 60 yards	6 feet x 4 yards
Under 8 & 9	Min 45 yards	Min 75 yards	7 feet x 7 yards
Under 10	Min 65 yards	Min 100 yards	8 feet x 8 yards

2. THE BALL

A. The ball shall be spherical; the outer casing shall be of leather or other approved materials. No material shall be used in its construction, which might prove dangerous to the players.

B. Ball sizes vary as follows:

- 1) Under 7 - Size 3
- 2) Under 8 through 10 - Size 4

C. The game ball is provided by the home team as shown on the schedule.

D. The ball shall not be changed during the game unless authorized by the referee.

E. If the ball bursts or becomes deflated during the course of a match, then the game shall be stopped and restarted by dropping a new ball at the place where the first ball became defective. If this happens during a stoppage of the game (free kick, goal kick, corner kick, penalty kick or throw in), the game shall be restarted accordingly.

F. The coach is responsible for supplying the game ball at each scheduled match.



3. NUMBER OF PLAYERS AND SUBSTITUTION

A. The number of players on the field per team shall be seven (7) for Under 7, nine (9) for Under 8 and 9, and eleven (11) for Under 10. One of the players shall be the goalkeeper.

B. Minimum players needed to play a game shall be as follows:

- 1) Under 7 Minimum of 5
- 2) Under 8 & 9 Minimum of 6
- 3) Under 10 Minimum of 7

C. Substitutions

Substitutions shall be unlimited.

NOTE: The attention of the referee must be gained and his/her permission obtained before substitution can be made at any of the authorized points. This includes changing the goalkeeper. Failure to do so will result in a caution to the players involved and the awarding of an indirect kick to the opposing team.

NOTE: Coaches, spectators, or parents shall not enter the field of play for any reason without permission of the referee.

General: The same substitution rules will apply to playoff and championship games, except during overtimes.

- All substitutes will enter the field at the mid-field.
- Substitutions may be made with the consent of the referee, at the following times:
 - (1.) Either team, at a throw in;
 - (2.) Either team, at a goal kick;
 - (3.) Either team, after a goal is scored;
 - (4.) Either team, at half-time;
 - (5.) Either team, at an injury, when the referee stops play;
 - (6.) When a CAUTION (Yellow Card) is given, that player may be substituted immediately.

Competitive League Playing Time

Playing time will be at the discretion of the coach.



4. PLAYER'S EQUIPMENT

A. Players should wear a unique and easily visible numbered shirt (number must be on the back of the shirt) of the same colors as their teammates. The referee shall make the final decision in allowing or disallowing a player to participate. The final decision on whether there is a color conflict is up to the referee. In the event two teams are to play and the normal jersey of both teams are identical or similar in color such that confusion might arise, the home team shall be instructed by the referee to wear a T-shirt, bib or other contrasting shirt over the jersey so that they are all the same color for that team, whether or not these substitution shirts are numbered. The referee shall make the final decision in approving or disapproving alternate jerseys.

B. Shin guards are mandatory for all players. Socks must be worn over the shin guards and shirts must be tucked in.

C. The goalkeeper will wear colors that distinguish him/her from other players, from the referee **and from all members of the opposing team.**

D. Players shall not wear anything that is dangerous to himself or herself or to another player (for example, jewelry, broken cleats, etc.).

E. A player shall not be permitted to wear anything considered dangerous by the referee. Jewelry considered dangerous to them or other players must be removed. Hard casts and finger splints must be covered with suitable padding. If at any point during the match the referee determines an item to be dangerous, the player may be asked to remove it or sit out the remainder of the game.

F. Players wearing eyeglasses are encouraged to wear an eyeglass retainer strap.

G. Under foul weather conditions, additional garments (knit caps, gloves, and warm-ups) may be worn as long as the team jersey is on the outside.

H. Shoes, tennis shoes, or soccer shoes must be worn by all players. All footwear must be of soft toe and have **no metal studs (screw-ins) or any other exposed metal.**

I. Sponsor's advertisements may be displayed on uniforms. Any sponsor or product must be appropriate for a youth sports organization. The determination of any appropriate sponsor or product is solely at the discretion of the League Director.



J. The Home Team (which is listed first on the playing schedule) shall have its choice of the side of the field and is responsible for providing contrasting numbered jerseys in the event of a conflict of colors.

K. Coaches are responsible for following the league's substitution policy (see Playing Time in the Playing Rules section of this book).

5. REFEREES

A. A referee shall be appointed to officiate in each game.

B. The referee has jurisdiction from the time the referee arrives at the field of play. The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.

C. The referee can stop the game for infringement of the rules and can suspend or terminate the game whenever the referee deems such stoppage necessary, for example, severe weather, interference by spectators and/or coaches.

6. ASSISTANT REFEREES

A. Assistant referees will be supplied for all games. At the referee's request, each team shall supply a team assistant referee in case an assistant referee is not available. The club assistant referee will assist the referee by determining out of bounds.

7. DURATION OF THE GAME

- 1) Under 7 – Two 25 minute halves
- 2) Under 8 & 9 – Two 25 minute halves
- 3) Under 10 – Two 30 minute halves

8. PENALTY KICKS

A. The penalty kick spot for U 8 through U 10 is 10 ½ yards from the goal line.

B. Penalty kicks will not apply in the U 7 league.



9. U 7 Only

A. All kicks will be indirect kicks. Penalty kicks will not be given. Instead an indirect kick will be taken at the place of the foul.

B. Offside will not be called in this league.

C. An infraction occurs on a throw in, a second throw in must be allowed. The referee shall explain the proper method before allowing the player to re-throw. If an infraction occurs on the second throw in, the referee will allow play to continue.

D. Each half is started with a kick-off. Second and fourth quarters are restarted where play in the previous quarter ended.