**CASA Rec Soccer Rules Spring 2023**

**Concussion Initiative:**

If a player is suspected to have a head injury the referee/coach is instructed to stop play.  The player with the suspected head injury may not return to the game unless a Health Care Professional or Certified Athletic Trainer has cleared the player.

The Michigan State Youth Soccer Association has eliminated heading for players U-11 and younger.  This directive is to protect players 10 years old and younger.  Any heading (intentional or not) by these players shall result in an indirect free kick to the opponent.

Heading will not be allowed in any age bracket that has players 10 years old and younger.  Since we are grouping U11 through U14 players together on a team, heading will not be allowed in this age bracket.

**Equipment:**  All players MUST wear shin guards with socks OVER the shin guards.  Shoes with cleats are optional, but if used, must be soccer cleats (no football cleats).  No earrings, jewelry, wristbands, or baseball hats are allowed at any time.  Only prescription glasses (including prescription sunglasses) are allowed.  Players should be properly equipped for practices and games.  Enforce this at practice so it is not an issue at games.

\*\*Coaches are responsible for making sure that players are properly equipped for games.  Referees will be checking equipment before games.  Players who are not properly equipped WILL NOT BE ALLOWED TO PLAY until they correct their equipment.  The referee does not make the rules.  Do not make the referee the bad guy!  Do not try to convince the referee to bend the rules!

**Kick Off:**  Yellow team will kick off to start game (no coin flip).  Alternate teams for kick off each quarter or half.  For U9 and higher, switch sides of field for second half.

**Goalkeepers:**  Goalkeepers are only used for U9 and higher.  For U8 and lower, encourage all players to be involved in attacking.

**Substitutions:**  For U8 and lower, substitutions may be made during any stoppage of play. For U9 and higher, substitutions may be made after goal scored, during goal kicks, at half-time, if play is stopped for an injury, or on throw-ins for the team in possession of the ball (the team not in possession of the ball may substitute on throw-ins if the team in possession is also substituting).  No substitutions on corner kicks.  Players awaiting substitution should wait at the center line.  No limit to number of substitutions.

**Fouls and Misconduct:**  For U8 and lower, all free kicks (and kick off) are indirect free kicks (may not shoot directly into the goal).  For U9 and higher, free kicks may be direct or indirect depending on the offense.

**Offside:**  Offside will only be called for U9 and higher.  Restart:  indirect free kick.

**Penalty Kicks:**  Penalty kicks will only be used for U9 and higher.

**Slide Tackling:**  No slide tackling allowed in rec soccer.  Restart:  indirect free kick.

**Referees:**  Referees will officiate games for U9-10 and U11-14.  Referees will officiate U6-8 if available.  If a referee is not available, the game will be officiated by the coaches.  Only one coach per team is allowed on the field during the game (if there is no referee).  No parents are allowed on the field at any time.  Coaches are not allowed on the field for U9 or higher unless beckoned by the referee (for an injured player).  Stopwatches and whistles are available in the concession stand, if needed.

**Length of game:**  As listed below, unless a shorter time is agreed on by both coaches and the referee is informed before the game.  All quarters/halves will be of equal length.  If a shorter game is desired, consider taking 5 minutes off each half or 2 minutes off each quarter.  Extra time will not be added to games.  Games will not be extended in the event of a tie.

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| Age | Length of Game | Ball Size | Time Between  Periods | Playing Format |
| U11-14 | 2 – 30 minute halves | 4 | 10 minutes | 9v9 (8v8 with GK) |
| U9-10 | 2 – 25 minute halves | 4 | 10 minutes | 7v7 (6v6 with GK) |
| U6-8 | 4 – 10 minute quarters | 3 | 5 minutes | 4v4 (No GK) |
| U4-5 | 4 – 8 minute quarters | 3 | 5 minutes | 3v3 (No GK) |

**Build Out Line:  U9 - U10 Only:**

The build out line is used to promote playing the ball out of the back in an unpressured setting.

When the goalkeeper has the ball, either during play (from an opponent) or from a goal kick, the opposing team must move behind the build out line.

Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball to a teammate (no punting/drop kicks).  The goalkeeper can also choose to play the ball before the opposing team retreats behind the build out line.

If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.

After the ball is put into play by the goalkeeper (as soon as the ball leaves the goalkeeper’s hands), the opposing team may cross the build out line.

The build out line will also be used to denote where offside offenses can be called.  Players can only be penalized for an offside offense between the build out line and the goal line (not between the build out line and the center line).