
J. New Ball

At FC Nova we continue to make strides for the development of our players and coaches. "NEW BALL" is a concept designed to allow players more touches on the ball. Limiting the time it takes to restart an out-of-bounds ball is a major concern at the youth levels. We often joke that "we spend more time watching kids chase the ball out-of-bounds than we do watching them play". New Ball is a great way to limit the down time and keep the fun going.

How does it work?

The coach on field refereeing the game must have 2 balls on him at all times, as he patrols the field and sees a ball roll out of bounds AT ANY POINT, he instantly announces "NEW BALL" and plays a ball on the ground to a player. Parents and assistant coaches are asked to retrieve the lost ball and get it back to the coach/ref.

When should a new ball be applied in the game?

Every time the ball rolls out of the field of play, the coach will apply the "NEW BALL". IF the ref deems a foul has occurred on the field of play he can then apply the "NEW BALL" to the player fouled.

Where should the coach play the "NEW BALL"

This is one of the most important aspects of "NEW BALL", the coaches now have full creative control over who gets involved and who doesn't. When we have a game that is going well and all kids are getting lots of touches on the ball, the coach can announce "NEW BALL" and play it where ever they choose. What we believe will be the more general norm; a player may not be as engaged as the others, and find his/herself isolated on the field away from the play, this player is the perfect target to receive the "NEW BALL". The coach should play a ball that is easy to control at the player and let the game continue. If a coach notices the play is predominately one sided, the coach can choose to favor the opposite team on all "NEW BALLS" and serve them to the side of the field that benefits the team under the most pressure.

Is it okay to set a kid up to score a goal?

With "NEW BALL" that isolated kid may be all alone with nobody between him/herself and the goal. There is nothing wrong with playing that player the ball and allowing them the chance to be successful and score a goal (as a matter of fact, it is encouraged). What that action may create is a game that looks more like soccer, kids will begin to spread out as to score goals easier, defensive players may begin to stay with the open player or (mark) him.

When is "NEW BALL" not used?

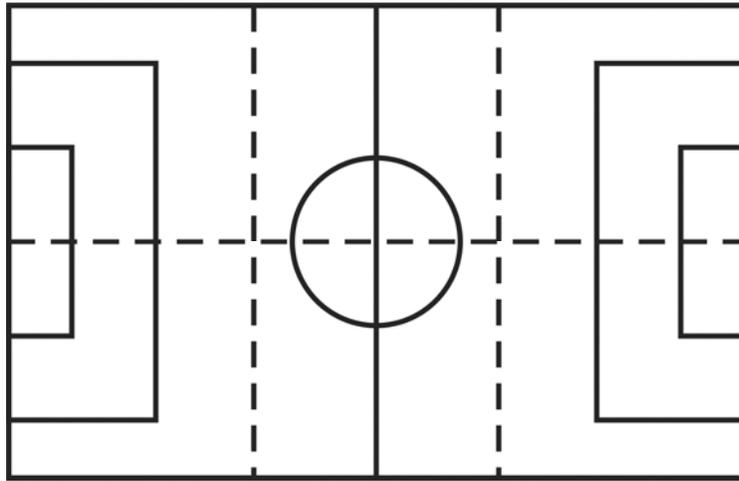
Ideally it is used for every stoppage, but we will begin the game with a "KICK OFF", and if both coaches agree, a "KICK OFF" after every goal.

RECAP of "NEW BALL"

- The coach needs to have 2 balls on him at all times
- The coach announces when a "NEW BALL" is applied
- The coach plays in a "NEW BALL" instead of throw ins, corner kicks, goal kicks, and fouls.
- Coaches can agree to use "KICK OFFS" instead of "NEW BALL" after goals but must be consistent for that entire Half.

We do this to allow the kids more touches on the ball, as a coach it is your job to facilitate the development of ALL individual players, keep the game moving, keep the game fun, and encourage all your players to get more touches every day!!!

K. Build Out Lines (U9/U10, U11/U12)



The build out line promotes playing the ball out of the back in a less pressured setting.

- The two lines should be dashed and should separate the field into thirds.
- During a goal kick or when the goalkeeper has the ball in his or her hands during play, the opposing team must move behind the build out line until the ball is put into play.
- The goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).
- 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 ball is in play when it is touched outside of the penalty area.
- 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.
- The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway spot and the build out line. Players can be penalized for an offside offense between the build out line and goal line.
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line, however, the goalkeeper can put the ball into play sooner but (s)he does so accepting the positioning of the opponents and the consequences of how play resumes.
- To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play. Referees can manage the situation with misconduct if deemed appropriate. Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line.
- Coaches are responsible for addressing these types of issues with their players, and should use the build-out line to teach their teams to build play. Doing so will inevitably lead to mistakes and the opponent will score because of them. Your team may even lose a game because of such a goal. Coaches/clubs should work to educate parents on the benefits of learning to build play, and focus on the development of the players for the future rather than the scores of a game. Contact the State Technical Director with any questions.

L. New Guidelines for Heading

U.S. Soccer Recommendations

1. U11 and Younger

U.S. Soccer recommends that players in U11 programs and younger shall not engage in heading, either in practice or in games. Heading during a game will be considered to be a foul, resulting in an indirect free kick for the opposing team.

2. U12 and U13

U.S. Soccer further recommends for players in U12 and U13 programs, that heading training be limited to a maximum of 30 minutes per week, with no more than 15-20 headers per player per week.

3. All coaches should be instructed to teach and emphasize the importance of proper techniques for heading the ball.

M. Concussion Protocol

All coaches and assistant coaches in FC Nova's Youth League must complete the Heads Up Concussion Training and Test found on the GotSoccer website. To start the test, follow these steps:

1. Using your browser, go to www.gotsport.com.
2. Click on "User Login" in the upper right.
3. Click on "Teams & Team Officials" → Login.
4. Under "Individual Coach", login using your gotsoccer Username and Password.
5. On the menu bar, select "Concussion Center".
6. Look for the following logo:



7. On the "Center for Disease Control (CDC)" section, click on "Go to CoursesPage"
8. You can start the Heads Up test from this page, or view your Heads Up test completion certificate.

Note: Don't take the ImPACT Test Center test by mistake. You must complete the Heads Up Concussion Course in order to be a coach or assistant coach in the FC Nova Youth League.

Z. Laws of the Game

The following rules apply to the FC Nova Youth League.

Note: These rules do **not** apply to Youth League teams participating in the District III or Outback leagues. The District III League and Outback League have their own set of rules.

Law #1 – Field Dimensions

The dimensions of the field are modified for our league, according to the following table:

Age	Field Size	Goal Size	Penalty Box Size	Goal Box Size
U5	20 yds x 30 yds	4' x 6'	(none)	(none)
U6	20 yds x 30 yds	4' x 6'	(none)	(none)
U7	30 yds x 45 yds	6' x 12'	24 yds x 10 yds	12 yds x 4 yds
U8	30 yds x 45 yds	6' x 12'	24 yds x 10 yds	12 yds x 4 yds
U9/U10	40 yds x 70 yds	6' x 18'	34 yds x 14 yds	18 yds x 6 yds
U11/U12	40 yds x 70 yds	6' x 18'	34 yds x 14 yds	18 yds x 6 yds
U13/U14	70 yds x 110 yds	8' x 24'	44 yds x 18 yds	20 yds x 6 yds

Law #2 – Ball Size

The size of the soccer ball is modified for our league, according to the following table:

Age	Ball Size
U5	Size #3
U6	Size #3
U7	Size #3
U8	Size #3
U9/U10	Size #4
U11/U12	Size #4
U13/U14	Size #5

During games, the HOME team provides the game ball.

Law #3 – Number of Players

The number of players is modified for our league, according to the following table:

Age	Number of Players	Maximum Team Size
U5	4 v 4 (no goalie)	8 max
U6	4 v 4 (no goalie)	8 max
U7	5 v 5 (inc. goalie)	10 max
U8	5 v 5 (inc. goalie)	10 max
U9/U10	6 v 6 (inc. goalie) 7 v 7 (inc. goalie)* (see below)	12 max
U11/U12	8 v 8 (inc. goalie) 7 v 7 (inc. goalie)* (see below)	14 max
U13/U14	11 v 11 (inc. goalie)	16 max

* Both coaches may agree to play 7 v 7

Law #4 - Player's equipment

The FC Nova Youth League provides a uniform for each player. This uniform consists of a pair of black shorts, a white jersey and a red jersey. In addition, the player is to provide white socks, shin guards, and appropriate shoes (tennis shoes or soccer cleats).

- Shin guards are MANDATORY.
- Socks must be pulled up over shin guards.
- FC Nova Youth League-issued uniform must be worn.
- Cleats may not be made of metal.
- No baseball cleats because the front cleat stick out.
- No jewelry may be worn. No earrings may be worn, even if they are taped.

Coaches: Please advise players that soccer season is NOT a good time to get your ears pierced.

Note: During games, the **Home Team** wears White jerseys, **Away Team** wears Red jerseys

Law #5 – Referees

The referee's main concern is the safety of the players. The referee enforces all the rules of the game. The referee rules are modified for our league, according to the following table:

Age	Referee Notes
U5	Both head coaches, if desired, can be on the field during games to act as co-referees and to provide guidance on the field.
U6	Both head coaches, if desired, can be on the field during games to act as co-referees and to provide guidance on the field.
U7	Home Team head coach or asst coach referees 1 st half of game Away Team head coach or asst coach referees 2 nd half of game
U8	Home Team head coach or asst coach referees 1 st half of game Away Team head coach or asst coach referees 2 nd half of game
U9/U10	The league provides center referees
U11/U12	The league provides center referees
U13/U14	The league provides center referees

The referees that the youth league provides are usually referees-in-training.

Note: Verbal/Physical abuse of referees is not permitted.

Law #6 – Assistant Referees

The assistant referee rules are modified for our league, according to the following table:

Age	Assistant Referee Notes
U5	Not used
U6	Not used
U7	Not used
U8	Not used
U9/U10	Each team is to supply one assistant referee for the entire game.
U11/U12	Each team is to supply one assistant referee for the entire game.
U13/U14	Each team is to supply one assistant referee for the entire game.

Each team should secure two volunteers to act as assistant referees. Assistant referees should attend the league's Linesperson Training.

Note: Assistant Referees do not change sides at halftime. Assistant referees should not cheer or talk while performing their duties. The same assistant referees should be used for both halves of a game.

Law #7 - Duration of the Game

The duration of the game is modified for our league, according to the following table:

Age	Game Duration
U5	2 x 15 min halves (optionally, coaches can agree to play 20 min halves)
U6	2 x 20 min halves
U7	2 x 20 min halves
U8	2 x 20 min halves
U9/U10	2 x 25 min halves
U11/U12	2 x 25 min halves
U13/U14	2 x 30 min halves

Law #8 - Start of play

The start of play rules are modified for our youth league:

- The two halves will start with a kick-off from the center circle. Home Team (white) kicks off 1st half, Away Team (Red) kicks off 2nd half.
- The kick-off is taken at the center spot.
- The game will be re-started from the center circle after every score.
- The ball has to move forward at kick-off to start the ball in play.
- Each player must be in his or her half of the field.
- Each player on the non-kicking team must be outside the center circle.
- If a referee has to do a drop ball, the play resumes when the ball hits the ground.

In addition to the rules listed above, our league also has age-specific rules for start of play:

Age	Kick-off Rule
U5	Kick-offs will be indirect kicks. This means that you can NOT score directly from a kick-off without someone else touching the ball first.
U6	Kick-offs will be indirect kicks. This means that you can NOT score directly from a kick-off without someone else touching the ball first.
U7	Kick-offs will be indirect kicks. This means that you can NOT score directly from a kick-off without someone else touching the ball first.
U8	Kick-offs will be indirect kicks. This means that you can NOT score directly from a kick-off without someone else touching the ball first.
U9/U10	A goal may be scored directly from the kick-off.
U11/U12	A goal may be scored directly from the kick-off.
U13/U14	A goal may be scored directly from the kick-off.

Law #9 - Ball In And Out Of Play

The ball is out of play when it COMPLETELY goes over the goal line or touch-line. It doesn't matter whether it's in the air or on the ground.

Law #10 - Method of scoring

The ball must COMPLETELY go across the line into the goal.

Law #11 – Offside

One of the most complicated laws of the game. The basic concept is that a player must have at least one defender (not including the goalkeeper) between him and the goal WHEN the ball is played to him. Also, to be offside, the player must be in the opponent's side of the field and looking to gain an advantage.

In our league, the offside rule is modified depending on the age group:

Age	Offside Rule
U5	Offside will not be called.
U6	Offside will not be called.
U7	Discourage "cherry picking"
U8	Discourage "cherry picking"
U9/U10	(See section K. Build Out Lines)
U11/U12	(See section K. Build Out Lines)
U13/U14	The center referee will enforce FIFA Offside rules

Law #12 – Fouls and Misconduct

At the youth level most fouls are due to pushing, holding or tripping, and result in a free kick. Other ones to watch out for are handballs and charging.

- Handball only called if player purposefully uses his/her hand and not when he/she is defending him/herself.

Law #13 – Freekicks

There are two types of freekicks, direct and indirect. At the youth level most free kicks are classified as indirect. This means a goal may not be scored until the ball has been played or touched by a second player on either team.

Age	Freekicks
U5	All freekicks are indirect, which means a goal may not be scored until the ball has been played or touched by a second player of either team. Players should be 4 yards away from the kicker.
U6	All freekicks are indirect, which means a goal may not be scored until the ball has been played or touched by a second player of either team. Players should be 4 yards away from the kicker.
U7	All freekicks are indirect, which means a goal may not be scored until the ball has been played or touched by a second player of either team. Players should be 4 yards away from the kicker.
U8	All freekicks are indirect, which means a goal may not be scored until the ball has been played or touched by a second player of either team. Players should be 4 yards away from the kicker.
U9/U10	The center referee will determine if a freekick is direct or indirect, according to FIFA rules. Players should be 8 yards away from the kicker.
U11/U12	The center referee will determine if a freekick is direct or indirect, according to FIFA rules. Players should be 8 yards away from the kicker.
U12/U13	The center referee will determine if a freekick is direct or indirect, according to FIFA rules. Players should be 10 yards away from the kicker.

Law #14 - Penalty Kick

If a player commits a foul in their own penalty area, a Penalty kick will be awarded. The penalty kick rules for our league depend on age group:

Age	Penalty Kicks
U5	There will be no penalty kicks.
U6	There will be no penalty kicks.
U7	Penalty kicks will be taken from the top center of the penalty box.
U8	Penalty kicks will be taken from the top center of the penalty box.
U9/U10	Penalty kicks will be taken from the spot indicated by the center referee, 10 yards from the goal.
U11/U12	Penalty kicks will be taken from the spot indicated by the center referee, 10 yards from the goal.
U13/U14	Penalty kicks will be taken from the spot indicated by the center referee, 12 yards from the goal.

All players shall remain outside the penalty box, with the exception of the defending goalie and kicker, until the ball is kicked. The kicker may not kick the ball again until it is touched by another player on either team.

Law #15 - Throw In

The Throw In rule has been modified for different age groups in our league. Balls over the sidelines will be restarted by the other team as follows:

Age	Throw In Rule
U5	New Ball. When the ball goes out of bounds, the coach/referee will throw a new ball into play. (See Section J. New Ball)
U6	New Ball. When the ball goes out of bounds, the coach/referee will throw a new ball into play. (See Section J. New Ball)
U7	Kick in. Ball is placed on the line where it went out of bounds. Other players stand at least 3-4 coach steps away from the ball. Player kicks the ball back into play, and cannot touch the ball again until someone else touches it. Goals may not be scored on kick in until touched by another player.
U8 U9/U10 U11/U12 U13/U14	Throw In. Goals may not be scored on throw in until touched by another player.

The thing to teach your players is both feet have to be on the ground, must have two hands on the ball, and the throw must come from behind the players head. The penalty for a bad throw in is that the opposing team gets the ball.

Law #16 - Goal Kick

A goal kick is granted when the attacking team kicks the ball over the goal line. The kicker may not touch the ball again until it has left the penalty area and has been touched by another player on either team.

Age	Goal Kick Location
U5	New Ball. When the ball goes out of bounds, the coach/referee will throw a new ball into play. (See section J. New Ball)
U6	New Ball. When the ball goes out of bounds, the coach/referee will throw a new ball into play. (See section J. New Ball)
U7	The ball is placed on one of the corners of the goal box (the smaller of the two boxes in front of the goal). Defending players should remain outside the Penalty Box and not touch the ball until it is out of the Penalty Box.
U8 U9/U10 U11/U12	The ball is placed on one of the corners of the goal box (the smaller of the two boxes in front of the goal). (See section K. Build Out Lines for instructions regarding opponent positioning.)
U13/U14	The ball is placed on one of the corners of the goal box (the smaller of the two boxes in front of the goal). Defending players should remain outside the Penalty Box and not touch the ball until it is out of the Penalty Box.

Law #17 - Corner Kick

A corner kick is awarded when the defending team kicks the ball over their own goal line. A goal may be scored directly from a corner kick. Corner kicks are taken from the corner flag.

U5s and U6s will NOT use corner kicks. New Ball will be used instead (See Section **J. New Ball**).

Substitutions

Substitutions may occur at the following times:

Age	Substitution Rule
U5	Substitutions may occur at any time (on the fly)
U6	Substitutions may occur at any time (on the fly)
U7	At any stoppage (prior to a kick off, throw-in, goal kick or after an injury)
U8	At any stoppage (prior to a kick off, throw-in, goal kick or after an injury)
U9/U10 U11/U12 U13/U14	<ul style="list-style-type: none">• After a goal• Before a goal kicks• Before throw-ins on your possession• Before throw-ins on opposing possession if the team in possession is subbing• at the referee's discretion ie: in the event of injury• at halftime No substitutions before a corner kick. Observe proper substitution protocol.

Protocol: When substituting players prior to a throw in with a league-supplied referee, players should not enter the field until the center referee signals them to do so, and not until other players have left the field.

AA. Other League Rules

Playing Time:

Every attempt should be made to give each player on your team **equal** playing time. At the minimum, each player should play at least 50% of each game, unless the player does not want to play or is sick/injured.

Note 1: Weaker players need more playing time than stronger players, not less.

Note 2: Do not use playing time during games as a punishment.

Sportsmanship:

- Opposing coaches are to shake hands prior to kick-off.
- Players are to shake hands after the game.
- Teams should not exceed a 6 point goal differential. **No Exceptions!**

Coach/Asst Coach T-shirts

During games, coaches and asst coaches will wear red staff T-shirts. T-shirts may be worn under an open jacket, as long as the shirt is visible. Coaches/Assistant Coaches that are NOT wearing their red staff T-shirts should sit on the spectator side of the field.

NO CASTS OR SPLINTS, PADDED OR OTHERWISE, WITH OR WITHOUT A DOCTOR'S NOTE, AT ANY TIME!!! THIS ISSUE IS NOT NEGOTIABLE.

BB. Game Day Instructions

- **Home team wears WHITE. Away team wears RED**
- **Home team** provides the game ball.
- **Home team** selects which goal they will defend 1st half. Teams change sides at halftime.
- **Home team** kicks off 1st half, **Away team** kicks off 2nd half.
- **Goal Differential:** Under no circumstances shall a team defeat another team by more than 6 goals.
- **IMPORTANT !!!** Teams scheduled for the first time slot are responsible for moving goals and corner flags onto the field. Teams scheduled for the final time slot are responsible for moving goals completely off the field onto the gravel parking lot. Corner Flags should be placed in the trash can by the concession stand.
- All Players and Coaches sit on one side of the field.
Parents/Spectators sit on the other side of the field.

(see field map on next page of this document)

CC. Field Map

