

## **CYSC 18U Division Rules**

**Equipment:** 18U uses a size 5 ball. Closed toed shoes are required and cleats are optional. Every player must wear shin guards in all games and practices. **NO JEWELRY** (including earrings, necklaces, bracelets, watches, etc).

**Teams:** Modified games 11 v 11 with a goalie. The object is to allow players to touch the ball as often as possible if you need to play with fewer players you can. Practice time should be no more than 45 mins.

**Duration of game:** 15 min quarters. A small break between each quarter with 5-10 min halftime. Teams switch sides of the field after the half. Be sure to sub players frequently at any time the game pauses (throw ins, restarts, goal kicks, corner kicks).

**Playing the game:** Kick offs, free kicks, throw-ins (Both Feet planted, dragging back foot), goal kicks and corner kicks are used to start or restart play. Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner. Opponents should be 10 feet away from the ball on all restarts. No penalty kicks. No offside

Goal Kick: When the opposing team kicks the ball out of bounds on the goal line.

Goalie or defender kicks the ball from the goalie box back into play.

Corner Kick: When the defending team kicks the ball out of bounds on the goal line.

The opposing team kicks the ball in from the corner of the field.

Throw in: Any time the ball is kicked out on the sideline the opposite team throws the ball in to play. Give two chances to make a legal throw in the possession goes to the other team to throw in.

**Officiating:** There may be referees in this division. The coaches can serve as referees and will be on the fields with the players (no parents on the fields). If a referee is provided no coaches on the field. The game should flow with few interruptions. Except for severe fouls (kicking other players, picking up the ball or injuries) the game should continue. This is a learning opportunity for the players. Encourage good sportsmanship with both teams.

**Positions:** There are goalies in this division. We encourage coaches to line up players in defense and offense on kick off. Please try to keep players in their positions right/left and offense/defense. Encourage all players to try all positions. Offsides is taught and enforced in this division.

This age group focuses on playing strategically, working together and learning the game. Rules are guidelines and games can be played to accommodate the players who are there.

Please clean up the field for the next group and encourage only positive comments from players, parents and fans.