



Milton Youth Soccer Club Inc.

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Rules for Parents and Coaches

General Information

1. Parents and spectators are to be on one side of the pitch and the coach and players are to be on the other side. This will help the referee and coaches with substitutions and providing direction to players. This will be enforced at all ages. The game is about the players not the parents.
2. Milton Youth Soccer Club has a summer rule that if one team is short players but has enough to start, then the other team must play with equal numbers. At no time will one team play with less players than the other team.
3. A game sheet is required to be filled out by each team prior to every game. Some age groups are under the impression that this is not needed. This is a requirement for insurance purposes.

Abuse of Referees

1. The referee is the only paid professional at the game.
2. The referee will make the calls (rightly or wrongly) they do not need your help or assistance
3. Using rude and insulting language towards the referee will not make the referee change their mind about a call.
4. The referees have the power to ask a coach to remove a parent from the soccer pitch and if that does not resolve the issue the game will be abandoned.

Player Requirements

1. Each Player must have the following: Shin pads, Shirt (individually numbered) , Shorts and socks covering the shin pads
2. No player is allowed to play with jewellery. CSA and OSA have made this clear and there are no exceptions to this rule. No jewellery religious or other is allowed.
3. No players will have their shirts tied at the bottom with hair bands

Basic Rules about the games

1. U7
 - a. Coaches are allowed on the pitch to help with directing the play
 - b. There is an encroachment zone (the semi circle) outside of the goal area. No player can score inside this zone. This is for safety of the keepers.
 - c. On a goal kick the other team will fall back to behind the half way line. Once the keeper has kicked the ball and it has been touched by the keepers team or passed half the other team may go after the ball. This will help with some of the keepers who do not have the power to kick the ball out of the encroachment zone.
 - d. the time is 2 20 minute halves
 - e. Kick ins will be used to restart the game when the ball has crossed the touch line.
 - f. There are no penalty kicks at this age all free kicks are indirect and no goal can be scored directly from a free kick
 - g. Pass backs to the keepers are allowed.
 - h. The games will be 5 v 5
 - i. There are no off sides
 - j. Changes can be made on the fly to keep the game going
2. U 8
 - a. The time is 2 20 minute halves
 - b. Kick ins will be used to restart the game when the ball has crossed the touch line
 - c. There are no penalty kicks at this age all free kicks are indirect. No goal can be scored directly from a free kick
 - d. Pass backs to the keeper are allowed
 - e. The games will be 5 v 5
 - f. There are no off sides
 - g. Changes can be made on the fly to keep the game going
3. U 9 & 10
 - a. The time is 2 30 minute halves
 - b. Kick ins will be used to restart the game when the ball has crossed the touch line
 - c. There are penalty kicks which are to be taken at the 6 yard mark.
 - d. Changes are unlimited but must be conducted at stoppage of play
 - e. There are no off sides
 - f. The games will be 7 V 7
4. U 12
 - a. The time is 2 30 minute halves
 - b. Throw ins will be used to restart the game when the ball has crossed the touch line
 - c. There are penalty kicks
 - d. Changes are unlimited but must be conducted at stoppage of play
 - e. There are off sides
 - f. The games will be 9 V 9

5. U 14

- a. The time is 2 40 minute halves
- b. Throw ins will be used to restart the game when the ball has crossed the touch line
- c. Substitutions can be made on the following
 - i. Goals
 - ii. Goal Kicks
 - iii. Own throw ins or piggy back on throw ins
 - iv. Injury substitution
- d. All of the normal FIFA rules apply
- e. There are off sides but you cannot be off side in your own end
- f. There are no off sides for a throw in

6. U 16

- a. The time is 2 40 minute halves
- b. Throw ins will be used to restart the game when the ball has crossed the touch line
- c. Substitutions can be made on the following
 - i. Goals
 - ii. Goal Kicks
 - iii. Own throw ins or piggy back on throw ins
 - iv. Injury substitutions
- d. All of the normal FIFA rules apply
- e. There are off sides but you cannot be off side in your own end
- f. There are no off sides for a throw in