



Youth Coed Soccer League Rules

Game Play

Westover Hills Sports is a developmental league. Please make sure to remember it is about the kids. Many times in youth sports coaches and parents will make the game about winning and forget the big picture which is to help improve and build teamwork skills. Three things to focus on are listed below:

1. **Teamwork:** Please focus on working as a team and learning the fundamentals.
2. **Positions:** All players should have the opportunity to play all positions.
3. **Playing Time:** All players should play equal time.

8U, 10U and 13U Soccer

General Rules

- Size 4 soccer ball will be used for game play.
- The game will be played 7v7 including the goalkeeper for 8U, 10U, and 13U divisions (6 on field and 1 goalie).
- The game will consist of two, 20-minute halves with a 3-minute halftime.
- Shin guards are *mandatory* and must be worn under socks. Cleats must be worn during game play- flip flops, crocs, slides, etc. are NOT acceptable footwear.
- The provided Westover Hills jersey must be worn to participate in games, unless otherwise approved by Westover Sports Director. Jerseys must be tucked into shorts.
- No hats, jewelry or metal spiked cleats shall be allowed.
- 8U Division ONLY: One coach from each team will be allowed on the playing field to instruct players, avoiding game obstruction at any time. Any interference may result in a penalty or a coach's removal from the field.
- All players not playing in the game must be on the bench.
- Westover Sports game day devotionals are mandatory.

Game Play

- No high kicks.
- Offside violations will be called.
- Absolutely no slide tackling.
- Players must properly throw in the ball after any out of bounds play.
- Penalty Kicks: All penalty kicks will be taken 12 yards from the goal.
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- No punting allowed by any player at any point during the game, to include the goalie.
- Heading the ball is permissible for 8U and up if done in a safe manner.
- Free Kicks: All free kicks are considered an indirect kick (any two players must touch the ball prior to scoring). The exceptions are penalty kicks or corner kicks.
- Tie games: Games ending in a tie at the end of (regular season) regulation, the team will be awarded *three* penalty kicks. If game remains tied, the sudden death rule will apply. Playoff/Championship games ending in a tie at the end of regulation, the teams will be awarded *five* penalty kicks.

Substitutions

- Substitutions are allowed at any point of the game after the referee has been notified and permission has been granted by the referee.

Goalkeeper

- Goal kicks: The defending team must be outside of the goalie box. The opposing team's players may enter the goalie box after the goalie has put the ball into play and the ball has left the goalie box.
- Goalkeeper possession: The goalie will remain within the goalie box when using hands to receive and maintain possession. The goalie has the option to throw the ball into play or place the ball on the ground to kick into play. However, once the ball is on the ground the ball is considered LIVE. NO punting allowed.
- Goalkeepers must wear an off-colored jersey to identify his/her position. An off-colored pinnie will be acceptable.
- Gloves are required for goalkeepers.

Rules are subject to change at the discretion of Westover Sports.