

CENTRAL MARYLAND SOCCER ASSOCIATION
Standard Game Rules – Ages U8 (7v7) through U18
(Revised as of 06/23/2018)

All games are played under FIFA rules with the following CMSA league modifications:

Substitutions

All substitutions must take place at the mid-field area

All players being substituted in must be in that area prior to stoppage of play to be allowed by the referee to enter the game

Substitutions can be done by either team:

1. After a goal has been scored or at half time
2. Any time either team has a goal kick
3. Due to an injury stoppage (on a one for one basis)
4. A team may substitute on their own throw in; the opposing team can only do so if the team in possession substitutes at that time.
5. A team must substitute on a Yellow Card (cautioned play) for its own player; the opposing team may also substitute on a one for one basis.
6. On a double yellow/red card, a team does play short and cannot substitute for their ejected player; there are no substitutions for any red card offense
8. Players cannot participate unless they are listed on the team's current stamped "laminated" CMSA League roster; and have their ID card at the field. If either the roster or any player's ID card is not available at check-in, then the game will become a league sanctioned scrimmage. Please review the policy regarding league sanctioned scrimmage games.

Game Lengths:

U08 thru 10 (07v07) = Two 25 minute halves;

U11 thru 12 (09v09) = Two 25 minute halves;

U13 thru 14 (11v11) = Two 30 minute halves;

U15 thru 18 (11v11) = Two 35 minute halves.

Ball Size

Teams playing 7v7 and 9v9 use a size #4 ball;

Teams playing 11v11 use a size #5 ball;

Minimum Players

Teams' competition 7V7 must have a minimum of 5 players in order to start the games with a minimum of 4 players to finish.

Teams' competing 9V9 must have a minimum of 7 players in order to start the games with a minimum of 6 players to finish.

Teams competing 11v11 must have a minimum of 9 players in order to start the game with a minimum of 7 players to finish.

Games are to start as soon as each team has the minimum amount of players.

Check-In Time Requirements for Team Rosters & Player ID Cards:

- Each Player must have a current valid laminated ID card of the same affiliation which matches the team roster (SAY roster = SAY card; US Club roster = US Club card).
- Teams cannot warm up on the playing field; only on the sideline prior to their game.
- When the referee(s) signal the teams for the check in, the coach and/or manager of each team must present their team's official CMSA "registrar stamped" League Roster to the referee(s) for review. A valid laminated CMSA League roster will have a current CMSA LEAGUE STICKER on the upper right hand corner of the roster with the CMSA's registrar's stamp on it (NO COPIES ALLOWED; IT NEEDS TO BE THE ORIGINAL LAMINATED ROSTER) – if there is no CMSA LEAGUE STICKER than the game will be played as a CMSA League scrimmage game. The team without a valid roster will be assessed with a 3 to 0 loss. If either or both teams do not have a valid CMSA League roster – the game will be played as a CMSA League scrimmage game.
- After the referee(s) review the roster and confirm the status of the game - a CMSA League game versus a CMSA League scrimmage game; if a CMSA League scrimmage game takes place, the referee(s) will still officiate the game and it must be reported to your League Commissioner on that same day.
- After the roster check the team's coach and/or manager are responsible to check their opponent's player's ID card against the official roster with the referee(s) present to oversee the inspection in regards to any protest. If the ID Cards are not checked by the both coaches and/or both managers than there will be no protest allowed. If a player is not listed on the roster but has a player ID card – that player cannot play. If a player is listed on the roster but does not have a player ID card – that player cannot play.
- After check-in is completed, the officials will signal the start of the game.

PLEASE MAKE SURE TO HAVE YOUR PLAYER ID CARDS AND YOUR CMSA LEAGUE ROSTER ARE AVAILABLE PRIOR THE START OF THE GAME

Rosters & ID Cards are to be checked during check in. Any & all late arriving players must present their ID Cards to the Officials before they enter the game. If the opponent wants to question the eligibility of the player it must be addressed with the referee when the player/players enter the game. If the players are not on the teams official League Approved Roster than the game will be declared a League Scrimmage Game & the Coach will be suspended for their next game. This must be reported to your League Commissioner after the game.

Teams should be ready to play at the posted game time. Teams have a 15 minute grace period in which to reach the required number of players needed to participate (see minimum above). Teams without the required number of players after the 15 minute grace period will be assessed a forfeit loss.

Officials are required to check the Team Rosters to verify that the game can be played as a League Approved Game

Coaches/Managers need to check the ID Cards; if not preformed No Protest can be filed. If the officials do not follow or allow the standard ID check to be performed, it is the responsibility of both coaches to report this oversight to their league commissioners that day.

Ejections:

A player or coach who is ejected will receive a minimum one-game suspension to be served the next played league game. Additional penalties may be levied. No appeal may be made from the one-game suspension.

Fields

Programs/Clubs that supply fields must provide those fields complete with goal nets, flags and visible lines. All goals should be properly anchored to the ground.

U8/U9/U10 7v7 Fields should be 35 - 45 yards wide to 55 to 65 yards in length; Goal sizes: 6 ½ by 18 ½.

U11/U12 9v9 Fields should be 45-55 yards wide to 70 to 80 yards in length; Goal sizes: 7 By 21 (recommended, but not mandatory) or 6½ by 18 ½.

U13/U14/U15/U16/U17/U18 11v11 Fields should be 50 to 70 yards wide to 100 to 120 yards in length; Goal sizes: 8 by 24.

Once a game has begun, the referee shall be the sole judge as to whether the field is playable. It is the responsibility of the home field coordinator to provide the field equipment as mentioned above.

Teams & Spectators

The coach, staff and players of both teams are mandated to set up on the same side of the field. The parents, fans and all spectators must be on the opposite side of the field. There is no coaching allowed behind the end line.

All teams are responsible to clean up their side after the game. Coaches, please inspect the area before leaving. Have your players and spectators take home what they have brought to the field if no trash cans are available.

Fields and Facility Use Regulations

All teams participating in any CMSA league; are required to observe the following protocols when playing on an opponent's home field or any neutral site:

- All venues are Smoke Free, Alcohol Free, and Pet Free.
- No grills or cooking is allowed at any of the venues.
- Please park in the designated area; and remember to clean up your sideline at the conclusion of the game.
- All venues must have on-site bathroom facilities and/or spot-a-pots.

Please note that teams that have been assigned games at Genesee Valley will need to review the pdf file that has been posted on the CMSA Facebook page

Protests

Any team protesting their games must email their **LEAGUE COMMISSIONER** within 24 hours of the conclusion of the game. Refer to the policies section for additional information.

Dress Code

- All players must be in matching uniforms (jersey, shorts, compression pants & matching socks)
- All Jerseys must be numbered differently, no duplicates
- All male players are recommended to wear protective cups
- All players must wear correctly sized shin guards covered by their socks
- No jewelry
- No hard casts; Hard plaster casts are considered to pose a danger to both the wearer and other players and are not permitted to be worn. The practice of padding a hard plaster cast does not reduce the element of danger.
Players wearing a soft cast will be permitted to play if the cast does not present a danger to the individual or any other player.
The referee or Supervisor of Officials (if one has been appointed to the match/tournament) will make the final decision as to the acceptability of any cast.
- No hard hair clips, beads or combs
- No metal cleats
- The goalie is allowed to wear a soft brim hat only

Home Team

- If the game is scheduled at your opponents' home field, they are the home team;
- If you are playing another team from within your organization at your home field, you flip a coin;
- If you and your opponent are playing each other at a neutral site, you flip a coin.
- If there is any color conflict; the home team is responsible for changing. If alternate colors are not available, then the visiting team should make the adjustment where possible.

Heading Policy

For Ages 11 and Under: NO HEADING ALLOWED in games or in practices.

- If a player deliberately heads the ball in a game, an indirect free kick will be awarded to the opposing team from the spot of the infringement.
- If the header occurs within the opposing team's goal area, the indirect free kick must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
- If a player is hit by the ball in the head unintentionally, play will stop, and a drop ball will take place at the point of the occurrence.

For Ages 12 and 13: Heading is allowed in games and on a limited basis in practice.

Please note that the enforcement of limiting heading during practices is the responsibility of each affiliated club and/or recreation program; and is not the responsibility or liability of Central Maryland Soccer Association.

For Ages 14 and Above: There is no restriction on heading in games and/or in practices.

Clubs should be aware of circumstances in which individual consideration is needed.

For example: A 10 year old playing at U12 or older should not head the ball at all; and an 11 or 12 year old playing at U14 or older should abide by the heading restrictions in practice.

Referees should enforce these restrictions by age group according to the specified rules. Referees will not be assessing the age of individual players on the field; they will enforce the rules for the age group.

Build-Out Line (7v7 Play)

The US Soccer policy for the use of BUILD OUT LINES for U8/U9/U10 in 7 v7 play is used to promote playing the ball out of the back, in an unpressured setting.

The build-out line shall be placed across the field equidistant between the top of the penalty area and the halfway line.

The opposing team must move back behind the build-out line for a goal kick or when the goalkeeper has possession. At any time, the goalkeeper may pass, throw or roll the ball to a teammate who is behind the build-out line.

The goalkeeper or the player taking the goal kick does not have to wait for the opposing players to move behind the build-out line.

The play from the goalkeeper or from the goal kick must be played to a teammate behind the build-out line. After the ball is put into play, the opposing team can cross the build-out line and play may resume as normal.

The first touch is from the goal kick or the pass from the goalkeeper.

The build-out line shall be used as the line to determine offside.

Players cannot be penalized for an offside offense between the halfway line and the build-out line.

Go to the "FORMS" tab; #18 for a diagram of a field with the Built Out line.