

ALAMOSA PARKS & RECREATION

2026 YOUTH COED SOCCER GUIDELINES

U10 (AGES 9-10) & U13 (AGES 11-13)

FIELD OF PLAY

Dimensions: Length = 210 feet x Width = 130 feet

Markings:

- Distinctive lines not more than 5 inches wide
- Field of play divided into two halves by a halfway line
- The center mark is indicated at the midpoint of the halfway line
- A circle with a radius of 24 feet is marked around the center mark
- 4 corner arcs with a 2 foot radius
- Goal area: 18 x 50 feet, centered in front of the goal
- Penalty area: 40 x 80 feet, centered in front of the goal. Within each penalty area, a penalty mark is made 36 feet from the goal line and midway between the goalposts. An arc of a circle with a radius of 12 feet from each penalty mark is drawn outside the penalty area.

Goals: 7 x 21 feet; **THE BALL:** Size 4 (U11) & Size 5 (U14)

NUMBER OF PLAYERS

- A match is played by 2 teams, each consisting of 7/8 players, one of whom is the goalkeeper. Coaches must agree on the number of players. If both coaches desire and agree, playing with fewer players is also acceptable.
- Substitutions are allowed at any stoppage and are unlimited
- Playing Time: each player should play a minimum of 50% of the total game time
- A team may play with seven players, one goalie and six on a field. If a team has less than seven, then they may borrow players from the other team.

PLAYERS EQUIPMENT

The basic equipment of a player consists of the following:

- Reversible jersey is available to purchase from the Rec Center
- Shorts or pants are player provided
- Shin guards are mandatory and are player provided
- Socks should cover the shin guards and are player provided
- Footwear: tennis shoes or soft-cleated soccer shoes (player provided). NOTE: For safety reasons, players wearing either baseball or football shoes will need to remove (cut off) the toe cleat prior to participating.

REFEREES

- Two, Provided by Parks & Rec; game will be played if only one is present
- Parents or coaches should not referee and are expected to respect the referee's decisions
- All rule infractions will be explained to the offending player in a helpful, friendly, and instructive manner

DURATION OF THE GAME

- The game is divided into 2 halves, each 25 minutes long
- Half-time break is 5 minutes

START/RESTART OF PLAY

- The home team will kick-off to start the game. Visitors will choose which goal to defend. The visitors will kick-off to start the second half and the home team will choose which goal to defend.
- Opponent must be 24 feet from the center mark while the kick-off is in progress
- Ball must be passed to another player; no dribbling on kick-off
- Ball MAY travel backward on the first touch

BALL IN AND OUT OF PLAY

The ball is out of play during the following circumstances:

- When it has gone completely over the boundary line on the ground or in the air
- When the game has been halted by an official

The ball is in play at all other times, including:

- When it rebounds off a goalpost, crossbar or corner flag post and remains in the field of play
- When it rebounds off the referee when they are on the field of play

METHOD OF SCORING

- A goal is scored when the entire ball passes over the goal line
- The ball must cross the goal line between the goal posts and under the crossbar

OFF-SIDES

- Off-sides will be enforced.
- A player is in an offside position if they are closer to the goal line than both the ball and the second-to-last defender, but only if they are in the opposition's half of the field.
- If a player is in an offside position when the ball is played to them or touched by a teammate, they may not become actively involved in the play.
- If they do, an offside penalty is called and the other team receives an indirect free kick.

FOULS AND MISCONDUCT

The referee will explain **ALL** infractions to the offending player before restarting play. No cards shown for misconduct; however, referee may send player off the field

- **DIRECT FREE KICK:** is awarded to the opposing team if a player commits any of the following seven offenses in a manner considered by the referee to be careless, reckless or using excessive force:
 - Kicks/attempts to kick an opponent
 - strikes or attempts to strike an opponent
 - trips or attempts to trip an opponent
 - pushes an opponent
 - jumps at an opponent
 - tackles an opponent
 - charges an opponent
- A direct free kick is also awarded to the opposing team if a player commits any of the following three offenses:
 - holds an opponent
 - spits at an opponent
 - handles the ball deliberately (except for the goalkeeper within their own penalty area) or if ball strikes hand in an advantageous way
- A direct free kick is taken from the place where the offense occurred.
- **PENALTY KICK:** is awarded if any of the above ten offenses is committed by a player inside their own penalty area, irrespective of the position of the ball, provided it is in play.
- **INDIRECT FREE KICK:** is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits any of the following four offenses:
 - controls the ball with hands for more than 6 seconds before releasing it from their possession
 - touches the ball with hands after it has been deliberately kicked to them by a teammate
 - touches the ball with hands after they have received it directly from a throw-in taken by a teammate
- An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:
 - plays in a dangerous manner
 - impedes the progress of an opponent
 - prevents the goalkeeper from releasing the ball from their hands
 - commits any other offense for which play is stopped to caution or send off a player
- The indirect free kick is taken from the place where the offense occurred

FREE KICKS

Free kicks are either direct or indirect. For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player.

- **Direct Free Kick:** if a direct free kick is kicked directly into the opponents' goal, a goal is awarded
- **Indirect Free Kick:** a goal can be scored only if the ball subsequently touches another player before it enters the goal. If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.

Position of Free Kick

Free Kick Inside the Penalty Area

- *Direct or indirect free kick for the defending team:*
 - all opponents must be at least 30 feet from the ball
 - all opponents must remain outside the penalty area until the ball is in play
 - the ball is in play when it is kicked directly out of the penalty area
 - a free kick awarded in the goal area may be taken from any point inside that area
- *Indirect free kick for the attacking team:*
 - opponents must be at least 30 feet from the ball until it is in play, unless they are on their own goal line between the goalposts
 - the ball is in play when it is kicked and moves
 - an indirect free kick awarded inside the goal area must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred

Free Kick Outside the Penalty Area

- all opponents must be at least 30 feet from the ball until it is in play
- the ball is in play when it is kicked and moves
- the free kick is taken from the place where the infringement occurred or from the position of the ball when the infringement occurred (according to the infringement)
 - if, when a free kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken
 - if, when a free kick is taken by the defending team from inside its own penalty area, the ball is not kicked directly out of the penalty area, the kick is retaken

Free kick taken by a player other than the goalkeeper

- If, after the ball is in play, the kicker touches the ball again (except with the hands) before it has touched another player, an indirect free kick is awarded to the opposing team, the kick is taken from where the infringement occurred
- If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:
 - a direct free kick is awarded to the opposing team, the kick is taken from where the infringement occurred
 - a penalty kick is awarded if the infringement occurred inside the kicker's penalty area

Free kick taken by the goalkeeper

- If, after the ball is in play, the goalkeeper touches the ball again (except with the hands), before it has touched another player, an indirect free kick is awarded to the opposing team, the kick is taken from where the infringement occurred
- If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:
 - a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred
 - an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred

PENALTY KICKS

A penalty kick is awarded against a team that commits one of the ten offenses for which a direct free kick is awarded, when inside its own penalty area and while the ball is in play. A goal may be scored directly from a penalty kick.

Position of the Ball and the Players

- The ball must be placed on the penalty mark
- The player taking the penalty kick must be properly identified
- The defending goalkeeper must remain on their goal line, facing the kicker, between the goalposts until the ball has been kicked
- The players other than the kicker must be located:
 - inside the field of play
 - outside the penalty area
 - behind the penalty mark

- at least 24 feet from the penalty mark

Procedure

- After the players have taken positions, the referee signals for the penalty kick to be taken
- The player taking the penalty kick must kick the ball forward
- The player must not play the ball again until it has touched another player
- The ball is in play when it is kicked and moves forward.

When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar the ball touches either or both of the goalposts and/or the crossbar and/or the goalkeeper. The referee decides when a penalty kick has been completed.

THROW-INS

- A throw-in is awarded to the opponent of the player who last touched the ball when the whole of the ball crosses the touch line. A goal cannot be scored directly from a throw-in.
- Procedure: At the moment of delivering the ball, the thrower:
 - faces the field of play
 - has part of each foot either on the touch line or on the ground outside the touch line
 - holds the ball with both hands
 - delivers the ball from behind and over the head
 - delivers the ball from the point where it left the field of play
 - both feet must remain on the ground
- All opponents must stand no less than 6 feet from the point at which the throw-in is taken
- The ball is in play when it enters the field of play
- After delivering the ball, the thrower must not touch the ball again until it has touched another player
- An improperly performed throw-in can be retaken once; if thrown improperly again, possession of the ball changes.
- When the ball is directly played to the goalkeeper on the team throwing the ball in, the goalkeeper is not allowed to play the ball with the hands.

GOAL KICKS

- A goal kick is taken by a defending team player when the ball crosses the goal line/end line outside of the goal and when last touched by an attacking team player
- Opponents must remain outside the penalty area until the ball is in play
- The ball is kicked from any point within the goal area by a player of the defending team
- The ball is in play when it is kicked

CORNER KICKS

- The attacking team is awarded a kick-in when the ball passes across the goal line, last touched by a defending team player
- Opponents must be 24 feet away from the ball

SCORE & STANDINGS

- The score will be kept by the referee but not recorded or with no standings. (No tournament play)
- If the game is tied at the end of regulation time, the game will end in a tie. This division is to learn the fundamentals of 7v7 or 8v8.

ADDITIONAL YOUTH SOCCER RECOMMENDATIONS

- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters
- After each game, each team shall line up and shake hands for good sportsmanship.