



***Semper Fit Youth Sports 2025
Soccer Bylaws (10-11) Age Group
Local Rules***

0. DEFINITIONS AND GUIDELINES

MCCS Semper Fit, Youth Sports follows National Alliance for Youth Sports guidelines.

This league follows the National Federation High School rules with some modifications to accommodate MCAS Iwakuni Youth Sports.

The 10-11 years old age group refers to children of the above-specified age, children turning the specified age during the current season or qualified 9 year olds “playing up”. Children at 9 years of age may participate in the program if he/she turns 10 during the soccer season.

1. PLAYERS PARTICIPATION

1.01 This League is open to all youth dependents of active duty, retired military personnel; DoD and Civilian employees, and Japanese Nationals. The eligible participants must fall under the age requirements set forth by MCCS Youth Sports.

1.02 It is the intent of this league to ensure that all players have ample opportunity to play an equal amount of time to commensurate with good discipline and fairness. During the play of games, **each participant will play in at least half of one-half of each game**. This ruling is subject to two exception, based on player injury, or if a player is under disciplinary action. In either case the opposing coach, Youth Sports Staff and parents must be notified prior to the start of the official game time. This effort will be supervised by either, the coaches or Youth Sports Staff.

1.03 A player assigned to a team will not be permitted to play in a game until he/she has attend at least two (2) practice before a game in order to play and is on the official roster.

1.04 Coaches will not allow a player to play or practice with a team unless the coach has a copy of the players Sports Registration form with the signature of the player's parent or legal guardian. Failure to do so invalidates the coaches National Youth Sports Coaches Association (NYSCA) liability insurance. Coaches will be personally liable for any injuries or incidents involving any player for whom they do not have a properly signed Registration Form.

2. PLAYERS EQUIPMENT

2.01 Uniforms (jersey, shorts and socks) will be issued to the participants of each team.

2.02 Every player must wear shin guards.

2.03 The following equipment shall be considered illegal and **will not** be worn by any player:

- a. Knee, head or hip pads containing sole leather, fiber, metal or any dangerous material.
- b. Baseball or football cleats (unless the center toe cleat is removed).
- c. Cast of any type.
- d. Earrings (to include ones made of clear plastic), watches, rings, chains or other jewelry items.
- e. Beaded or jeweled hair fasteners/designs will not be worn.
- f. A knee brace may be worn, but shall be wrapped prior to the start of the game.

The Youth Sports Coordinator or Athletic Director’s interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.



- g. Players wearing prescription glasses **must wear a head strap.**
- h. Hooded t-shirts or sweatshirts.

2.04 Officials will check that all player's have on the proper equipment. Goalkeepers are required to wear goalkeeper gloves.

2.04 The game ball for the 9-10 year olds will be an official size four (4) soccer ball. This league will play with the 7 x 19 foot goal and field boundary line of 50 x 80 yards.

3. PRACTICE

3.01 All teams will be given one 2-hour practices per week. Any practices or scrimmages in addition to those scheduled by Youth Sports must be voluntary and must not exceed the 1-hour limit.

3.02 Players must attend at least two (2) practice before a game in order to play. Players will not be penalized for missing additional practices or scrimmages. If a player does not attend two (2) or more consecutive practices, he or she may not be allowed to participate in the next game. (This will be at the discretion of the coach and Youth Sports Staff).

4. COACHES

4.01 Coaches are responsible for creating opportunities for players to acquire the basic knowledge of soccer skills, to include: sportsmanship; teamwork; discipline; and the value of athletic competition. Coaches are further responsible for the following:

- a. Providing players with quality instruction, matched to the players learning and understanding levels.
- b. Total administration of the team.
- c. Attending the National Youth Sports Coaches Association (NYSCA) training session and become a certified coach.
- d. Be trained in First Aid or attend First Aid training.
- e. Attend Child Abuse and Neglect Detection, Prevention and Recognition Training.
- f. Ensuring that all league rules and bylaws are complied with by players and spectators. Non-compliance of these bylaws will not be tolerated.
- g. The conduct of their team participants and spectators. Any derogatory verbalization from anyone towards opposing players or coaches is not allowed. Such lack of control will result in disciplinary action and/or forfeiture of the game in play.

5. DURATION OF THE GAME

5.01 Game duration for this age group are two 20-minute, running clock* halves, with a 5-minute halftime.

* Clock continues to run unless there is an injury.

5.02 Scores and standings will be kept for this age group. During the regular season overtime will not be played and games may end in a tie. During playoffs, a 5-minute overtime period will be played followed by a shoot out, if needed, to decide a winner. The shoot out will consist of 5 shots per team.

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5.03 Game postponements and game rescheduling are at the discretion of the MCCS Youth Sports Coordinator depending on availability of fields and time permitting. In the case of lightning within 5 miles of the game or practice site, all activities will be terminated immediately. All games are subject to be rescheduled or cancelled.

5.04 In case of a Black Flag heat condition the game will be cancelled or postponed.

6. PLAY OF GAME

6.01 A game will be played by 2 teams, each consisting of not more than 8 players (1 goalkeeper and 7 field players), nor less than 6 players. Both teams will play with the same number of players on the field.

6.02 In order to begin play, a team must have a minimum of 6 players and a responsible coach present.

6.03 Teams may assign a team captain to meet with the official at the start of the game.

6.04 Game will start with a kick-off at the center of the field.

6.05 Teams will change goals at halftime.

6.06 Coaches must allow each player the opportunity to play in every game. Substitutions will be permitted for the following reasons: injury, illness, physical fatigue, *caution, *ejection or if there is an uneven number of players on the team. *Youth sports must be made aware of these situations.

6.07 A coach who has a player arrive after the start of the game but prior to the start of the second half must play him or her for full half of playing time. If the tardy player is placed in the game at the beginning of the half, he/she cannot be replaced unless an injury occurs.

6.08 Every player shall play the equivalent of one half. Coaches are responsible for ensuring all players get ample playing time.

6.09 When the whole ball has passed over the sideline, this warrants change of possession the ball shall be put back into play by a throw in. The thrower will throw the ball in at the point designated by the official. For an improper throw in, the ball shall be given to the other team for throw in.

6.10 After a goal has been scored the ball will be placed in the center of the field.

6.11 SLIDE TACKLING IS NOT ALLOWED.

6.12 HEADING OF THE BALL IS PERMITTED.

6.13 OFFSIDE ARE IN PLAY IN THIS DIVISION

7. CONDUCT

7.01 All participants in this league will observe the highest level of conduct to include: Sportsmanship, team camaraderie and respect to all involved while playing, watching, coaching or officiating. Disrespect to fellow players, coaches or officials is unacceptable conduct and will not be tolerated by Youth Sports. Youth Sports Staff has the option to order any player, coach, official or spectator off the field and out of

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sight and sound of the game for violation of conduct standards. Once the order of removal has been issued, the game will be stopped until complied with. Should the offender refuse to comply with the order the game will be terminated.

7.02 The intentional commission of any of the below offenses will result in the ejection from the game of the player committing the offense.

- a. Kicking or attempting to kick an opponent
- b. Tripping or attempted tripping with leg or body
- c. Slide tackling
- d. Charging an opponent from behind
- e. Striking or attempting to strike an opponent
- f. Holding an opponent
- g. Pushing an opponent with hand or arm
- h. Charging an opponent in a violent manner
- i. Tackling an opponent
- j. Verbal exchanges to opposing players, officials or coaches. (harassment)
- k. Any unsportsmanlike conduct as decided by the acting officials

7.03 Any player or coach being ejected from the game for poor conduct will be asked to leave the "sight and sound" of the field for the rest of the game and for the next game of the season. Playing a disqualified player is not allowed and is a valid ground for forfeiture.

7.04 A player who provokes a fight with another player will automatically be suspended for his or her next regular season game.

8. ALCOHOL & TOBACCO

8.01 The use of any tobacco products by anyone at any Youth Sports Program activity is strictly prohibited.

- a. No alcohol of any sort will be allowed at any Youth Sports event.
- b. No one will be allowed to observe or participate in any Youth Sports Program while under the influence of alcohol.
- c. No glass containers will be allowed at any sporting event.
- d. Smoking is not permitted at the field or near any play or spectator area.

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