

Coach Guide to League rules

Important notes for all:

CSL has the responsibility to provide a registered Referee for each game. In the case this will not be possible, the game will be cancelled and possibly re-scheduled (if coaches and Director of Referees agree), and the Director of Referees will inform the coaches at least 24h in advance.

U5 and U6

(one registered referee when assigned - no assistant referee)

- ❖ Four 8-minute quarters
 - 2-minute break between quarters one and two, and between three and four
 - 5-minute half-time break
 - Only switch side at half-time
- ❖ Number of players in each team: 3
 - Minimum players in each team: 3
 - No goalkeeper
- ❖ Players' equipment : tennis shoes or soft-cleat shoes - Shin guards mandatory
- ❖ Size ball : 3
- ❖ Start of play : kick off
 - Opponents 2-yards from ball
 - Goal can be scored directly
 - No second touch by the player
- ❖ Kick-ins where ball went out of balance on the touchline or the goal line
 - Opponents 2-yards from ball
 - Goal cannot be scored directly
 - No second touch by the player
- ❖ Goal kicks
 - Opponents 4-yards from ball
 - Ball can be placed anywhere in the goal area
 - No second touch by the player
- ❖ Corner kicks
 - Opponents 4-yards from ball
 - No second touch by the player
- ❖ Direct kicks only
 - Opponents 2-yards from ball
 - No second touch by the player
- ❖ No penalty kicks
- ❖ No offside
- ❖ Fouls and misconduct
 - No caution or send off shall be issued to players
 - Referee must explain all infractions to the offending player
- ❖ Substitutions: shall be signaled by coach to referee. When:
 - Ball out of balance
 - Injuries
 - Quarters

U7 and U8

(one registered referee when assigned - no assistant referee)

- ❖ Four 12-minute quarters
 - 2-minute break between quarters one and two, and between three and four
 - 5-minute half-time break
 - Only switch side at half-time
- ❖ Number of players in each team: 4
 - Minimum players in each team: 4
 - No goalkeeper
- ❖ Players' equipment : tennis shoes or soft-cleat shoes - Shin guards mandatory
- ❖ Size ball : 3
- ❖ Start of play : kick off
 - Opponents 4-yards from ball
 - Goal can be scored directly
 - No second touch by the player
- ❖ Throw-ins where ball went out of balance on the touchline or the goal line
 - Opponents 2-yards from ball
 - Player must be given a second chance on improper throw in after referee explains how
 - Goal cannot be scored directly
 - No second touch by the player
- ❖ Goal kicks
 - Opponents 4-yards from ball
 - Ball can be placed anywhere in the goal area
 - No second touch by the player
- ❖ Corner kicks
 - Opponents 4-yards from ball
 - No second touch by the player
- ❖ Direct kicks only
 - Opponents 4-yards from ball
 - No second touch by the player
- ❖ No penalty kicks
- ❖ No offside
- ❖ Fouls and misconduct
 - No caution or send off shall be issued to players
 - Referee must explain all infractions to the offending player
- ❖ Substitutions: shall be signaled by coach to referee . When
 - Ball out of balance
 - Injuries
 - Quarters

U10

(one registered referee when assigned - no assistant referee)

- ❖ Two 25-minute halves
 - 5-minute half-time break
 - Switch side at half-time
- ❖ Number of players in each team: 6
 - Minimum players in each team: 5
 - Goalkeeper included
- ❖ Players' equipment : tennis shoes or soft-
cleat shoes - Shin guards mandatory
- ❖ Size ball : 4
- ❖ Start of play : kick off
 - Opponents 8-yards from ball
 - Goal can be scored directly
 - No second touch by the player
- ❖ Throw-ins where ball went out of balance on
the touchline
 - Goal cannot be scored directly
 - No second touch by the player
- ❖ Goal kicks
 - Opponents outside the penalty
area
 - Ball can be placed anywhere in the
goal area
 - Ball must leave the penalty area
when kicked
 - No second touch by the player
- ❖ Corner kicks
 - Opponents 8-yards from ball
 - No second touch by the player
- ❖ Direct and indirect kicks
 - Opponents 8-yards from ball
 - No second touch by the player
- ❖ Penalty kicks
 - Everyone (except the goalkeeper
and the kicker) outside the penalty
area and behind the ball
- ❖ No offside
- ❖ Fouls and misconduct
 - No caution or send off shall be
issued to players
- ❖ Substitutions: shall be signaled by coach to
referee. When:
 - Ball out of balance
 - Injuries
 - Halves

U12-U14

(one registered referee - two assistant referees when
assigned)

- ❖ Two 30-minute halves
 - 5-minute half-time break
 - Switch side at half-time
- ❖ Number of players in each team: 8
 - Minimum players in each team: 6
 - Goalkeeper included
- ❖ Players' equipment : tennis shoes or soft-
cleat shoes - Shin guards mandatory
- ❖ Size ball : 4
- ❖ Start of play : kick off
 - Opponents 10-yards from ball
 - Goal can be scored directly
 - No second touch by the player
- ❖ Throw-ins where ball went out of balance on
the touchline
 - Goal cannot be scored directly
 - No second touch by the player
- ❖ Goal kicks
 - Opponents outside the penalty
area
 - Ball can be placed anywhere in the
goal area
 - Ball must leave the penalty area
when kicked
 - No second touch by the player
- ❖ Corner kicks
 - Opponents 10-yards from ball
 - No second touch by the player
- ❖ Direct and indirect kicks
 - Opponents 10-yards from ball
 - No second touch by the player
- ❖ Penalty kicks
 - Everyone (except the goalkeeper
and the kicker) outside the penalty
area and behind the ball
- ❖ Offside
- ❖ Fouls and misconduct
 - No caution or send off could be
issued to players
- ❖ Substitutions: shall be signaled by coach to
referee. When
 - Ball out of balance
 - Injuries
 - Quarters

Important notes for all:

Parents and coaches should stay off the field, unless directed by the referee.

Any issues related to the application of the rules of the game shall be reported to the CSL Director of Referees (or any CSL Board Member).

There will be no tolerance against any comments towards referees, especially young referees.