

**SUPPLEMENTAL RULES FOR  
16u Division  
(Spring 2026 Season)**

Official current US Soccer Laws of the Game will be used (please reference [www.ussoccer.com](http://www.ussoccer.com) or the field supervisor if unfamiliar) with local modifications. The following *exceptions* are introduced to 1) emphasize teamwork, 2) provide a learning environment, and 3) provide an opportunity for all players to participate.

**SEASON INFO**

Teams will play 10 total games, mainly on Saturdays with the occasional weekday game. Each team will have two weekly practices held on the same day and time throughout the season, unless a game takes this time slot. Makeup games may be scheduled at any point during the season, with one additional week available after the final regular-season game. No games will be rescheduled beyond May 21st.

**GAME INFO**

Two 25-minute halves. If the game is suspended due to weather or mechanical failures (lights, sprinklers, etc.), the game will count toward the final standings **IF** the 2<sup>nd</sup> half has started. If the 2<sup>nd</sup> half has not begun, the game will be replayed from the start at a later time.

Any team that is ahead by 7 goals or more at the midway point of the second half will be declared the winner, and the game will end. This is to avoid injuries and unsportsmanlike conduct. Should the teams agree to finish the game, they have the option to do so, but the contracted referees are not obligated to officiate.

Eleven players, including the goalkeeper, seven to start. Game time is forfeit time. Teams may play with a one-person advantage.

**PLAYERS TIME**

Players **must** make an appearance in BOTH halves. It is suggested that all players get an adequate amount of playing time.

**SUBSTITUTION**

All substitutions are coaching decisions, and the substitutions must be at midfield. Substitutions will be made as follows:

**EITHER TEAM MAY SUBSTITUTE:**

- a. On a throw-in  
The team in possession of the ball on a throw-in may substitute any number of players. If the team in possession chooses to substitute, the opposing team may also substitute any number of players.
- b. On a goal kick
- c. When a goal has been scored
- d. When play is stopped, and an injured player is attended to on the field

**EXCEPTION:** During a penalty kick situation;

- a. The only substitution permitted is for an injured player;
- b. A substitute entering the game at this time shall not take a penalty kick.

## OFFSIDE

Offside **WILL BE** in effect.

## TEAM BENCHES

Each team will occupy its own sideline, as the team that is listed first on the schedule will get first choice of sides. At no time will the same teams occupy the same side. Team members, coaches, and parents must remain on the same side as their team for the duration of the game. Spectators sharing the same sideline can be asked to move by YCPR Staff.

Coaches will be allowed to coach from the 18-yard box to the opponent's 18-yard box. **No coaches are permitted outside of this area, including behind either soccer goal.**

**No more than three coaches will be permitted on a sideline or actively coaching at one time.**

## EQUIPMENT

Size of the ball is #5. Detachable, metal, or toe cleats are prohibited; molded soles are recommended; flat shoes (sneakers) are acceptable; **SHIN GUARDS ARE REQUIRED**. Socks must **completely** cover the shin guards.

**Jewelry, watches, rings, or hard or metal pieces in the hair are not allowed during practices or games. Piercings may not be covered and must be removed to participate. Temporary plastic earrings may be allowed if they are not protruding and are flush with the ear.**

**Shorts with pockets or zippers are prohibited. Pockets or zippers may not be covered by any item.**

## AWARDS

The first-place team at the end of the season will receive an award. There will be no post-season tournament.

Standings are maintained by a "total points" system.

1. Three points are awarded for each win.
2. One point is awarded for each tie.
3. No points for losses, nor are there deducted points.

In the case of two-way ties, the results of the head-to-head competition (but not total goals) shall determine the champion and runner-up. In the event of three-way ties (or anything over a three-way tie), the tie will be broken in the following order: head-to-head competition, goals allowed over the course of the season, and goals scored over the course of the season. If the tie exists after exhausting all three methods in order, the teams will be considered co-champions.

## UNSPORTSMANLIKE CONDUCT

All players and coaches will be suspended for a minimum of one (1) game upon notice of their third yellow card in a season issued by the referee. Any player or coach ejected from a game (receiving a red card by a referee) will automatically be suspended for one (1) game for unsportsmanlike conduct and two (2) games for fighting. The suspension will be served during the next scheduled game (s) by his/her team. No notice of the suspension will be required. In the event a player/coach deviates from the suspension, it will constitute a forfeit.

## **HEADERS**

Limited heading in practice for players in 16u. Any player suspected of suffering a head injury must be substituted for evaluation. There are no heading restrictions in games.

## **SLIDE TACKLES**

Slide tackles from behind should be actively discouraged by coaches for all players, regardless of age group. Referees officiating all games are instructed to issue a yellow card to players attempting slide tackles from behind (regardless of whether the player attempting the slide tackle gets the ball first). Please keep in mind that such tackles from behind may also result in an immediate red card, depending on the degree of recklessness and seriousness of the foul.

While slide tackles from the side/front are permitted, referees are nonetheless instructed to consider the safety of the players first. Therefore, even a successful slide tackle that includes excessive physical or reckless contact shall merit either a yellow or red card. Getting the ball first does not equate to a successful slide tackle.

## **RESTARTS IN GOAL BOX (GOAL KICKS, INDIRECT KICKS, PENALTY KICKS)**

The ball is in play when it is kicked and clearly moves by the defending team. The ball will become live, regardless if the ball clears the goal box or not.

## **DROP BALL**

A drop ball will be called when the ball hits the referee, and possession is not regained by the team in possession of the ball when it hits the referee. If possession is regained and that does not result in an immediate attack on the goal, then play will continue. All drop balls will be dropped to the team that had possession when the infraction occurred. Any drop ball called in the penalty area will be dropped to the keeper.