



HUMBOLDT YOUTH SOCCER LEAGUE RULES AND GUIDELINES

U6 Age Group

SEASON OF PLAY

- The season is 8 weeks with games starting 9/10/2022
- There will be one 45-60 minute practice per week scheduled by coaches, and one game each Saturday.
- Practice and games take place at Redwood Fields in Cutten.

GAME PLAY

- U6 games are 4 v 4 with **no goalkeeper** and four 6-minute quarters. Teams are to switch directions after the second quarter.
- Shin guards are required and must be worn under socks.
- No jewelry or hard hair clips of any kind can be worn.
- U6 is **non-competitive** and is often the first sport many children play.
- U6 uses a size 3 ball.
- Parents and other spectators must sit on the same side of the field as their team but separate from their player. **Only** league approved adults who have completed the coaching requirements listed on the [HYSL Coaches Corner](#) and have been rostered to the team are allowed to instruct the players and to be in the players' section of the field for games.
- Coaches can also act as referees for this age group. Please respect them! Only one coach from each team is permitted on the field. The second coach must remain on the sidelines.
- **Headers** and **slide-tackling** are **not allowed** during games or practice for this age group.

GUIDELINES

- **Promote sportsmanship!** Remember that this game is about having fun! Unkind words will not be tolerated. We expect our parents and coaches to model good sportsmanship for our players.
- **Arrive on time** for practices and games. Arrive 15 minutes before game time. We are on a tight schedule and need to start all games on time.
- **Be positive and enthusiastic** during games. Cheer on your child and their team. Always praise their efforts, even if the outcomes aren't what you hoped for.
- **Bring a water bottle and wear shin guards and cleats** to all practices and games.
- **Thank your coaches.** They volunteer their time and efforts. Without them, we would have no program!



HUMBOLDT YOUTH SOCCER LEAGUE RULES AND GUIDELINES

U8 Age Group

SEASON OF PLAY

- The season is 8 weeks with games starting 9/10/2022
- Teams are permitted one-two 60-minute practices per week, dependent upon field availability, scheduled by coaches, and one game each Saturday.
- Practice and games take place at Redwood Fields in Cutten.

GAME PLAY

- U8 games are 5v5 including a goalkeeper and four 12 min quarters.
- U8 utilizes a build-out line. Opposing team must be behind the build out line for goal kicks.
- Coaches are not allowed to be on the field during games.
- Shin guards are required and must be worn under socks.
- No jewelry or hard hair clips of any kind can be worn.
- U8 is **non-competitive** and is often the first sport many children play.
- U8 uses a size 3 ball.
- Parents and other spectators must sit on the same side of the field as their team but separate from their player. **Only** league approved adults who have completed the coaching requirements listed on the [HYSL Coaches Corner](#) and have been rostered to the team are allowed to instruct the players and to be in the players' section of the field for games.
- **Headers** and **slide tackling** are **not allowed** during games or practice for this age group.

GUIDELINES

- **Promote sportsmanship!** Remember that this game is about having fun! Unkind words will not be tolerated. We expect our parents and coaches to model good sportsmanship for our players.
- **Always respect the referees**, even if you disagree with their decision!
- **Arrive on time** for practices and games. Arrive 15 minutes before game time. We are on a tight schedule and need to start all games on time.
- **Be positive and enthusiastic** during games. Cheer on your child and their team. Always praise their efforts, even if the outcomes aren't what you hoped for.
- **Bring a water bottle and wear shin guards and cleats** to all practices and games.
- **Thank your coaches.** They volunteer their time and efforts. Without them, we would have no program!



HUMBOLDT YOUTH SOCCER LEAGUE RULES AND GUIDELINES

U10 Age Group

SEASON OF PLAY

- The season is 8 weeks with games starting on 9/10/2022
- Teams are permitted two 60-minute practices per week, dependent upon field availability, scheduled by coaches, and one game each Saturday.
- Practice and games take place at Redwood Fields in Cutten.

GAME PLAY

- U10 games are 7v7 including a goalkeeper and two 25-minute halves.
- U10 utilizes a build-out line. Opposing team must be behind the build out line for goal kicks.
- Shin guards are required and must be worn under socks.
- No jewelry or hard hair clips of any kind can be worn.
- U10 is **non-competitive**.
- U10 uses a size 4 ball.
- Parents and other spectators must sit on the same side of the field but separate from their player. **Only** league approved adults who have completed the coaching requirements listed on the [HYSL Coaches Corner](#) and have been rostered to the team are allowed to instruct the players and to be in the players' section of the field for games.
- **Headers** and **slide-tackling** are **not allowed** during games or practices for this age group.

GUIDELINES

- **Promote sportsmanship!** Remember that this game is about having fun! Unkind words will not be tolerated. We expect our parents and coaches to model good sportsmanship for our players.
- **Always respect the referees**, even if you disagree with their decision!
- **Arrive on time** for practices and games. Arrive 15 minutes before game time. We are on a tight schedule and need to start all games on time.
- **Be positive and enthusiastic** during games. Cheer on your child and their team. Always praise their efforts, even if the outcomes aren't what you hoped for.
- **Bring a water bottle and wear shin guards and cleats** to all practices and games.
- **Thank your coaches.** They are moms and dads that volunteer their time and efforts. Without them, we would have no program!



HUMBOLDT YOUTH SOCCER LEAGUE RULES AND GUIDELINES

U12 Age Group

SEASON OF PLAY

- The season is 8 weeks with games starting 9/10/2022.
- Teams are permitted two 60-minute practices per week scheduled by coaches, and one game each Saturday.
- Practice and games take place at Redwood Fields or Washington School. Check your game schedule for specifics.

GAME PLAY

- U12 games are 9 v 9 including a goalkeeper and two 30-minute halves.
- Shin guards are required and must be worn under socks.
- No jewelry or hard hair clips of any kind can be worn.
- U12 uses a size 4 ball.
- Parents and other spectators must sit on the same side of the field as their team but separate from their player. **Only** league approved adults who have completed the coaching requirements listed on the [HYSL Coaches Corner](#) and have been rostered to the team are allowed to instruct the players and to be in the players' section of the field for games.
- **Headers** and **slide-tackling** are **not allowed** during games or practices for this age group.

GUIDELINES

- **Promote sportsmanship!** Remember that this game is about having fun! Unkind words will not be tolerated. We expect our parents and coaches to model good sportsmanship for our players.
- **Always respect the referees**, even if you disagree with their decision!
- **Arrive on time** for practices and games. Arrive 15 minutes before game time. We are on a tight schedule and need to start all games on time.
- **Be positive and enthusiastic** during games. Cheer on your child and their team. Always praise their efforts, even if the outcomes aren't what you hoped for.
- **Bring a water bottle and wear shin guards and cleats** to all practices and games.
- **Thank your coaches.** They volunteer their time and efforts. Without them, we would have no program!



HUMBOLDT YOUTH SOCCER LEAGUE RULES AND GUIDELINES

U14 Age Group

SEASON OF PLAY

- The season is 8 weeks with games starting 9/11/2022.
- Teams are permitted two 60-minute practices per week scheduled by coaches, and one game each Sunday.
- Practices and games take place at Washington School.

GAME PLAY

- U14 games are 11v11 including a goalkeeper and two 35-minute halves.
- Shin guards are required and must be worn under socks.
- No jewelry or hard hair clips of any kind can be worn.
- U14 uses a size 5 ball.
- Parents and other spectators must sit on the same side of the field as their team but separate from their player. **Only** league approved adults who have completed the coaching requirements listed on the [HYSL Coaches Corner](#) and have been rostered to the team are allowed to instruct the players and to be in the players' side of the field for games.
- **Headers** and **slide-tackling** are **not allowed** during games or practices for this age group.

GUIDELINES

- **Promote sportsmanship!** Remember that this game is about having fun! Unkind words will not be tolerated. We expect our parents and coaches to model good sportsmanship for our players.
- **Always respect the referees**, even if you disagree with their decision!
- **Arrive on time** for practices and games. Arrive 15 minutes before game time. We are on a tight schedule and need to start all games on time.
- **Be positive and enthusiastic** during games. Cheer on your child and their team. Always praise their efforts, even if the outcomes aren't what you hoped for.
- **Bring a water bottle and wear shin guards and cleats** to all practices and games.
- **Thank your coaches.** They volunteer their time and efforts. Without them, we would have no program!