



Soccer

Rules and Guidelines

REV. 2.1.16

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U4 - Basic Information

Players on the Field	4 on 4, min three on field to start game
Game Length Time	Four 8-minute quarters
Ball Size	3
Roster Size	8 players max, generally 6-7
Referees	Games are self-refereed No more than 2 coaches per team on the field during a game 1 assistant coach per team allowed on sideline Coaches advised to remain close to sidelines and not stand in the middle of the field or in the goal mouth
Player Substitutions	Unlimited, all players should play minimum half of game
Stoppage Time	Only at quarters (except for injured player); no overtime
Goalies	None
Off-sides	No off-sides Players should be discouraged from “cherry picking” (unfair advantage)
Kick-offs	May not score directly from a kick-off. Ball must touch another player before a goal can be scored Opposing team must stand back more than 2 yards from kicker.
Throw-ins	2 attempts for proper throw-in before possession reverts to opposing team Ball is considered out-of-bounds if it has completely crossed boundary line
Free Kicks	No penalty kicks allowed Only indirect kicks allowed (ball must touch another player before crossing goal line); ball must be at least 10 yards from goal line before kicking Opposing team must stand back more than 2 yards from kicker.
Make-up Games	Games are made up at the discretion of the coaches
General Expectations	Parents, players, and fans encouraged to sit at least 3 feet from the sideline No interference with game play and coach-referee calls should be respected

Game Format and Procedures

The game is played between two opposing teams on a rectangular field. Players may dribble, pass, or shoot the ball with the purpose of ultimately driving the ball into the opposing team’s goal. The team with the most goals at the end of the game wins.

In general play, the goalkeepers are the only players allowed to touch the ball with their hands or arms, while the field players typically use their feet to kick the ball or their torso or head to intercept a ball in midair. Field players may only touch the ball with their hands when taking a throw-in.

For field players, basic equipment includes a team jersey (shirt), shorts, plastic cleats, socks, and shinguards. Goalkeepers must wear clothing that contrasts from that worn by other players and game officials. Players cannot wear or use anything that may be dangerous to themselves or other players, including jewelry and watches. Earrings must be removed in order for players to safely participate in the match.

U6 - Basic Information

Players on the Field	5 on 5, min three on field to start game
Game Length Time	Four 8-minute quarters
Ball Size	3
Roster Size	10 players max, generally 8-9
Referees	Games are self-refereed No more than 2 coaches per team on the field during a game 1 assistant coach per team allowed on sideline Coaches advised to remain close to sidelines and not stand in the middle of the field or in the goal mouth
Player Substitutions	Unlimited, all players should play minimum half of game
Stoppage Time	Only at quarters (except for injured player); no overtime
Goalies	None (last 4 weeks – begin intro to older kids moving up to U8)
Off-sides	No off-sides Players should be discouraged from “cherry picking” (unfair advantage)
Kick-offs	May not score directly from a kick-off Ball must touch another player before a goal can be scored Opposing team must stand back more than 2 yards from kicker.
Throw-ins	2 attempts for proper throw-in before possession reverts to opposing team Ball is considered out-of-bounds if it has completely crossed boundary line
Free Kicks	No penalty kicks allowed Only indirect kicks allowed (ball must touch another player before crossing goal line); ball must be at least 10 yards from goal line before kicking Opposing team must stand back more than 2 yards from kicker.
Make-up Games	Games are made up at the discretion of the coaches
General Expectations	Parents, players, and fans encouraged to sit at least 3 feet from the sideline No interference with game play and coach-referee calls should be respected

Game Format and Procedures

The game is played between two opposing teams on a rectangular field. Players may dribble, pass, or shoot the ball with the purpose of ultimately driving the ball into the opposing team’s goal. The team with the most goals at the end of the game wins.

In general play, the goalkeepers are the only players allowed to touch the ball with their hands or arms, while the field players typically use their feet to kick the ball or their torso or head to intercept a ball in midair. Field players may only touch the ball with their hands when taking a throw-in.

For field players, basic equipment includes a team jersey (shirt), shorts, plastic cleats, socks, and shinguards. Goalkeepers must wear clothing that contrasts from that worn by other players and game officials. Players cannot wear or use anything that may be dangerous to themselves or other players, including jewelry and watches. Earrings must be removed in order for players to safely participate in the match.

U8 Boys/Girls - Basic Information

Players on the Field	6 on 6, min 4 on field to start game (5 players and 1 keeper)
Game Length Time	Four 12-minute quarters
Ball Size	3
Roster Size	8-10 players
Referees	Games are self-refereed No more than 1 coach per team on the field during a game 1 assistant coach per team allowed on sideline Coaches advised to remain close to sidelines and not stand in the middle of the field or in the goal mouth
Player Substitutions	Unlimited, all players should play minimum half of game From the sidelines only after coach-referee is notified Only allowed on kick-offs, goal kicks, injuries, or personal team throw-in
Stoppage Time	Only at quarters (except for injured player); no overtime
Goalies	Yes
Off-sides	No off-sides Players should be discouraged from “cherry picking” (unfair advantage)
Kick-offs	May not score directly from a kick-off or goalie punts Ball must touch another player before a goal can be scored Opposing team must stand outside of center circle
Throw-ins	2 attempts for proper throw-in before possession reverts to opposing team Ball is considered out-of-bounds if it has completely crossed boundary line
Goal Kicks	Ball must travel across the penalty box before any player, offensive or defensive, may touch the ball
Free Kicks	No penalty kicks allowed Only indirect kicks allowed (ball must touch another player before crossing goal line); ball must be at least 10 yards from goal line before kicking Opposing team must stand back min 5 yards from kicker
Make-up Games	Games are made up at the discretion of the coaches
General Expectations	Parents, players, and fans encouraged to sit at least 3 feet from the sideline No interference with game play and coach-referee calls should be respected

Game Format and Procedures

The game is played between two opposing teams on a rectangular field. Players may dribble, pass, or shoot the ball with the purpose of ultimately driving the ball into the opposing team’s goal. The team with the most goals at the end of the game wins.

In general play, the goalkeepers are the only players allowed to touch the ball with their hands or arms, while the field players typically use their feet to kick the ball or their torso or head to intercept a ball in midair. Field players may only touch the ball with their hands when taking a throw-in.

For field players, basic equipment includes a team jersey (shirt), shorts, plastic cleats, socks, and shinguards. Goalkeepers must wear clothing that contrasts from that worn by other players and game officials. Players cannot wear or use anything that may be dangerous to themselves or other players, including jewelry and watches. Earrings must be removed in order for players to safely participate in the match.

U10 Boys/Girls - Basic Information

Players on the Field	7 on 7, min 5 on field to start game (6 players and 1 keeper)
Game Length Time	Two 25-minute halves or Four 12-minute quarters, at discretion of coaches
Ball Size	4
Roster Size	9-11 players
Referees	1 Certified Referee
Player Substitutions	Unlimited, all players should play minimum half of game From the sidelines only after referee is notified Only allowed on kick-offs, goal kicks, injuries, or personal team throw-in
Stoppage Time	None (except for injured player); no overtime allowed
Goalies	Yes
Off-sides	Boys — Yes. U8/10 Girls — No for first four weeks; then Yes for remainder of the season.
Kick-offs	May not score directly from a kick-off or goalie punts Ball must touch another player before a goal can be scored Opposing team must stand outside of center circle
Throw-ins	1 attempt for proper throw-in before possession reverts to opposing team Ball is considered out-of-bounds if it has completely crossed boundary line
Goal Kicks	Ball must travel across the penalty box before any player, offensive or defensive, may touch the ball
Free Kicks	Penalty kicks allowed Indirect kicks (ball must touch another player before crossing goal line); ball must be at least 10 yards from goal line before kicking Opposing team must stand back min 5 yards from kicker
Make-up Games	Games are made up at the discretion of the coaches
General Expectations	Parents, players, and fans encouraged to sit at least 3 feet from the sideline No interference with game play and referee calls should be respected

Game Format and Procedures

or shoot the ball with the purpose of ultimately driving the ball into the opposing team's goal. The team with the most goals at the end of the game wins.

In general play, the goalkeepers are the only players allowed to touch the ball with their hands or arms, while the field players typically use their feet to kick the ball or their torso or head to intercept a ball in midair. Field players may only touch the ball with their hands when taking a throw-in.

For field players, basic equipment includes a team jersey (shirt), shorts, plastic cleats, socks, and shinguards. Goalkeepers must wear clothing that contrasts from that worn by other players and game officials. Players cannot wear or use anything that may be dangerous to themselves or other players, including jewelry and watches. Earrings must be removed in order for players to safely participate in the match.

U12 Boys/Girls - Basic Information

Players on the Field	7 on 7, min 5 on field to start game (6 players and 1 keeper)
Game Length Time	Two 25-minute halves or Four 12-minute quarters, at discretion of coaches
Ball Size	4
Roster Size	9-11 players
Referees	1 Certified Referee
Player Substitutions	Unlimited, all players should play minimum half of game From the sidelines only after referee is notified Only allowed on kick-offs, goal kicks, injuries, or personal team throw-in
Stoppage Time	None (except for injured player); no overtime allowed
Goalies	Yes
Off-sides	Yes
Kick-offs	May not score directly from a kick-off or goalie punts Ball must touch another player before a goal can be scored Opposing team must stand outside of center circle
Throw-ins	1 attempt for proper throw-in before possession reverts to opposing team Ball is considered out-of-bounds if it has completely crossed boundary line
Goal Kicks	Ball must travel across the penalty box before any player, offensive or defensive, may touch the ball
Free Kicks	Penalty kicks allowed (Direct kick inside the box, from designated mark) Indirect kicks allowed (ball must touch another player before crossing goal line); Direct kicks allowed (ball does not have to touch another player before crossing goal line) Opposing team must stand back min 8 yards from kicker
Make-up Games	Games are made up at the discretion of the coaches
General Expectations	Parents, players, and fans encouraged to sit at least 3 feet from the sideline No interference with game play and referee calls should be respected

Game Format and Procedures

The game is played between two opposing teams on a rectangular field. Players may dribble, pass, or shoot the ball with the purpose of ultimately driving the ball into the opposing team's goal. The team with the most goals at the end of the game wins.

In general play, the goalkeepers are the only players allowed to touch the ball with their hands or arms, while the field players typically use their feet to kick the ball or their torso or head to intercept a ball in midair. Field players may only touch the ball with their hands when taking a throw-in.

For field players, basic equipment includes a team jersey (shirt), shorts, plastic cleats, socks, and shinguards. Goalkeepers must wear clothing that contrasts from that worn by other players and game officials. Players cannot wear or use anything that may be dangerous to themselves or other players, including jewelry and watches. Earrings must be removed in order for players to safely participate in the match.

U14 Boys/Girls - Basic Information

Players on the Field	8 on 8, min 5 on field to start game (7 players and 1 keeper)
Game Length Time	Two 25 - minute halves
Ball Size	5
Roster Size	12 players
Referees	1 Certified Referee
Player Substitutions	Unlimited, all players should play minimum half of game From the sidelines only after referee is notified Only allowed on kick-offs, goal kicks, injuries, or personal team throw-in
Stoppage Time	None (except for injured player); no overtime allowed
Goalies	Yes
Off-sides	Yes
Kick-offs	May not score directly from a kick-off or goalie punts Ball must touch another player before a goal can be scored Opposing team must stand outside of center circle
Throw-ins	1 attempt for proper throw-in before possession reverts to opposing team Ball is considered out-of-bounds if it has completely crossed boundary line
Free Kicks	Penalty kicks allowed (Direct kick inside the box, from designated mark) Indirect kicks allowed (ball must touch another player before crossing goal line); Direct kicks allowed (ball does not have to touch another player before crossing goal line) Opposing team must stand back min 8 yards from kicker
Make-up Games	Games are made up at the discretion of the coaches
General Expectations	Parents, players, and fans encouraged to sit at least 3 feet from the sideline No interference with game play and referee calls should be respected

Game Format and Procedures

The game is played between two opposing teams on a rectangular field. Players may dribble, pass, or shoot the ball with the purpose of ultimately driving the ball into the opposing team's goal. The team with the most goals at the end of the game wins.

In general play, the goalkeepers are the only players allowed to touch the ball with their hands or arms, while the field players typically use their feet to kick the ball or their torso or head to intercept a ball in midair. Field players may only touch the ball with their hands when taking a throw-in.

For field players, basic equipment includes a team jersey (shirt), shorts, plastic cleats, socks, and shinguards. Goalkeepers must wear clothing that contrasts from that worn by other players and game officials. Players cannot wear or use anything that may be dangerous to themselves or other players, including jewelry and watches. Earrings must be removed in order for players to safely participate in the match.

CO-ED High School - Basic Information

Players on the Field	11 on 11, minimum 8 to start
Game Length Time	Two 30-minute halves, one 5-minute extra time period, tie breaker shoot out
Ball Size	5
Roster Size	15-20 players
Referees	1 Center Referee (Certified) with 2 Linesmen or 2 Certified Referees
Player Substitutions	From the sideline half field, only after referee is notified Only allowed on kick-offs, goal kicks, injuries, or personal team throw-in
Stoppage Time	No time added for injuries or ball chasing; game can end in a tie
Goalies	Yes
Off-sides	Yes
Kick-offs	May not score directly from a kick-off or goalie punts Ball must touch another player before a goal can be scored Opposing team must stand outside of center circle
Throw-ins	Ball is considered out-of-bounds if it has completely crossed boundary line
Free Kicks	Indirect and Direct Kicks allowed Ball must be at least 10 yards from opponents
Slide Tackles	No slide tackles from any direction on a player with the ball (ref discretion), Keepers can not slide feet first.
Make-up Games	Games are made up at the discretion of the coaches
Yellow Card	Player must sub out with another player if yellow card issued
General Expectations	Parents, players, and fans encouraged to sit at least 3 feet from the sideline No interference with game play and referee calls should be respected

Game Format and Procedures

The game is played between two opposing teams on a rectangular field. Players may dribble, pass, or shoot the ball with the purpose of ultimately driving the ball into the opposing team's goal. The team with the most goals at the end of the game wins.

In general play, the goalkeepers are the only players allowed to touch the ball with their hands or arms, while the field players typically use their feet to kick the ball or their torso or head to intercept a ball in midair. Field players may only touch the ball with their hands when taking a throw-in.

For field players, basic equipment includes a team jersey (shirt), shorts, plastic cleats, socks, and shin guards. Goalkeepers must wear clothing that contrasts from that worn by other players and game officials. Players cannot wear or use anything that may be dangerous to themselves or other players, including jewelry and watches. Earrings must be removed in order for players to safely participate in the match.

Game Format and Procedures

Kick-off

A kick-off is a way of starting or restarting play:

- (a) at the start of the match
- (b) after a goal has been scored
- (c) at the start of the second half
- (d) at the start of each period of extra time, *where applicable*

The procedure includes the following conditions:

- (a) all players must be in their own half of the field
- (b) the opponents of the team taking the kick-off must be at least 10 yards from the ball until it is in play
- (c) the ball is stationary on the center mark until the referee blows the whistle
- (d) the ball is in play when it is kicked and moves forward

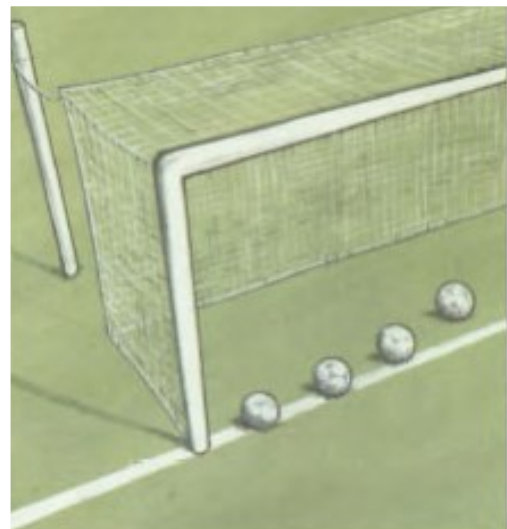
Player Substitutions

To replace a player by a substitute, the following conditions must be observed:

- (a) the referee is informed before any proposed substitution is made
- (b) a substitute only enters the field of play after the player being replaced has left and after receiving a signal from the referee
- (c) a substitute only enters the field of play at the halfway line during a stoppage in the game
- (d) a substitution is completed when a substitute enters the field of play
- (e) substitutions can only happen after a goal, the team subbing has a throw in or goal kick, other team is subbing on their goal kick. No subbing on corner kicks

Goals and Points

A goal is awarded to the attacking team when the ball *completely* crosses the goal line, whether on the ground or in the air, into the defending team's goal. If any part of the ball touches the goal line at rest, a goal is not counted. In the picture to the right, only the last ball would be counted as a goal as it does not touch the goal line. Each goal is worth one point. The pass that leads to a goal is called an "assist." When a team kicks or deflects a ball into its own net, the "own goal" is counted against them and a point is awarded to the opposing team. The team with the most goals, or points, at the end of the match wins.



Game Restarts

When a ball completely crosses one of the boundaries on the field, it is considered “out-of-bounds.”

A ball that crosses a **sideline** requires a....



Throw-in

A type of restart where a player throws the ball:

- (a) from behind the sideline
- (b) behind and over his head
- (c) using both hands
- (d) with both feet on the ground

The throw-in is taken by a player opposite the team that last touched the ball before it went out of bounds across a sideline. If the thrown ball does not enter the field, the throw-in is retaken by the same team. A goal may not be scored on a direct throw-in and all opponents must be at least 3 yards from the thrower.

A ball that crosses a **goal line** requires a....

Corner Kick

If the ball, having last touched a player on the defending team, passes over the end line, a corner kick is awarded to the attacking team. The ball is placed on an arc at the corner flag closest to the side where the ball went out-of-bounds. The flag may not be moved. Opponents must be at least 10 yards from the corner arc until the ball is in play. The ball is considered in play when it is kicked and moves. The kicker may not play the ball a second time until it has touched another player. Goals may be scored directly from corner kicks.



Goal Kick

If the ball, having last touched a player on the attacking team, passes over the end line, a goal kick is awarded to the defending team. The ball may be placed anywhere within the goal box, including on the line, before it is kicked. The kicked ball may not be touched again by anyone on either team until it clears the penalty box. Members of the defending team may be inside the box during the kick; however, the attacking team must stay outside until the ball clears the penalty box.

Fouls and Penalties

Fouls and misconduct are qualified and penalized as follows:

Indirect Free Kick

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

- 1. takes more than 6 seconds while controlling the ball with his hands before releasing it from his possession*
- 2. touches the ball again with his hands after it has been released from his possession and has not touched any other player*
- 3. touches the ball with his hands after it has been deliberately kicked to him by a team-mate*
- 4. touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate*

An indirect free kick is also awarded if any player, in the opinion of the referee:

- 1. attempts a play that the referee considers dangerous to that player or others, such as trying to kick the ball out of the goalie's hands, even if no contact is made*
- 2. impedes the progress of an opponent*
- 3. prevents the goalkeeper from releasing the ball from his hands*
- 4. commits any other offense for which play is stopped to caution or dismiss a player*

An indirect free kick is taken from where the offense occurred. The opposing team must be at least 10 yards from the ball before it is kicked on a regulation-sized field.



Offside Position

A position in the attacking half of the field in which a player is closer to the opposing goal than (a) the ball, as well as (b) the next-to-last defender. A player cannot be declared off-side by the referee if he receives the ball direct from a goal kick, corner kick, or throw-in.

A player in an off-side position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by (a) interfering with play, (b) interfering with an opponent, or (c) gaining an advantage by being in that position.

For any off-side offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

Fouls and Penalties (Continued)

Fouls and misconduct are qualified and penalized as follows:

Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force:

1. *kicks or attempts to kick an opponent*
2. *trips or attempts to trip an opponent*
3. *jumps at an opponent*
4. *charges an opponent*
5. *strikes or attempts to strike an opponent*
6. *pushes an opponent*



A direct free kick is also awarded if a player commits any of the following four offenses:

1. *slide tackles an opponent to gain possession, making contact before touching the ball*
2. *holds an opponent*
3. *spits at an opponent*
4. *handles the ball deliberately (except for the goalkeeper within his own penalty area)*

A direct free kick is taken from where the offense occurred. The opposing team must be at least 10 yards from the ball before it is kicked.

If the referee determines that an act of foul play benefits the fouled team, the foul is considered an **advantage** and the referee will refrain from stopping play.

Penalty Kick

A penalty kick, is awarded if any of the above ten offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play. The direct free kick is taken from the penalty spot, pitting the attacker against the defending keeper.



Drop Ball

A method of restarting a game where the referee drops the ball between one representative player from each team. The ball must hit the ground before it can be touched.

Fouls and Penalties (Continued)

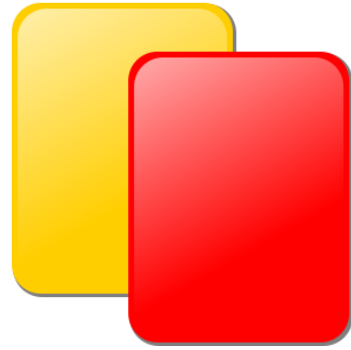
Disciplinary Sanctions

Only a player or substitute or substituted player or coach may be shown the red or yellow card. The referee has the authority to take disciplinary sanctions, from the moment he enters the field of play until he leaves the field of play.

Sending-Off Offenses

A player, substitute or substituted player is sent off and shown the red card if he commits any of the following seven offenses:

1. is guilty of serious foul play
2. is guilty of violent conduct
3. spits at an opponent or any other person
4. denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
5. denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
6. uses offensive, or insulting or abusive language and/or gestures
7. receives a second caution in the same match



A player, substitute or substituted player who has been sent off and shown the red card must leave the vicinity of the field of play and the technical area.

Cautionable Offenses

A player is cautioned and shown the yellow card if he commits any of the following seven offenses:

1. is guilty of unsporting behavior
2. shows dissent by word or action
3. persistently infringes the Laws of the Game
4. delays the restart of play
5. fails to respect the required distance when play is restarted
6. enters or re-enters the field of play without the referee's permission
7. deliberately leaves the field of play without the referee's permission

A player, substitute or substituted player who has been sent off and shown the yellow card must be subbed for another player and can reenter the game on the next opportunity to sub.

