



## **Recreation Laws of The Game Northern Utah United**

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## Recreational configuration - at a glance

Age	U5/6	U7/8	U9/10	U11/12	U13& Older
<b>Play Structure</b>	4 quarters / 6 min 3 mins between qtrs & 5 min half.	4 quarters / 10 min 3 mins between qtrs & 5 min half.	Two 25 minute Halves & 5 minute half time.	Two 30 minute Halves & 5 minute half time.	Two 25 minute Halves & 5 minute half time.
<b>Ball Size</b>	<b>Size 3</b>	<b>Size 3</b>	<b>Size 4</b>	<b>Size 4</b>	<b>Size 5</b>
<b>Heading</b>	Not Allowed - in games or training	Not Allowed - in games or training	Not Allowed - in games or training	Not Allowed - in games or training	Allowed
<b>Build-Out Line Policy</b>	Not Applicable	Not Applicable	<b>SEE Policy in LAW 1</b>	Not Applicable	Not Applicable
<b>Offsides</b>	No	No	Yes	Yes	No
<b>Goalies</b>	No	No	Yes	Yes	No
<b>Referees</b>	No - Coaches on the Field	1 Center	1 Center / 2 Linesmen	1 Center / 2 Linesmen	1 Center
<b>Players</b>	4v4	4v4	7v7	9v9	4v4 - Co-ed

## Law 1 - The Field of Play

### **Dimensions**

The field of play must be rectangular. The length of the touch line must be greater than the length of the goal line.

Recommended field size: (in yards)

U6	25-35 x 15-25
U8	25-35 x 15-25
U10	55-65 x 35-45
U12	70-80 x 45-55
U13-U19	25-35 x 15-25

### **Field Markings**

All lines belong to the areas of which they are boundaries.

The field of play is divided into two halves by a halfway line.

The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 8 yards is marked around it. (Not needed for U6-U8).

### **The Goal Area**

A goal area is defined at each end of the field as follows in feet:

U6 & U13-U16	Not needed for U6/8, but 3 yard arc in front of the goal is needed for the U13 and older
U8	Not needed
U10	8 yards wide, and 4 yards into the field of play
U12	12 yards wide and 5 yards into the field of play

The shorter lines are drawn, at right angles to the goal line, an equal distance from the center of the goal line and extend into the field of play. They are joined by the longer line drawn parallel with the goal line. The area bonded by these lines and the goal line is the goal area.

### **The Penalty Area**

A penalty area is defined at each end of the field as follows in feet:

U6 & U13 - U16	Not needed
U8	Not needed
U10	24 yards wide and 12 yards into the field of play
U12	36 yards wide and 14 yards into the field of play

The two shorter lines are drawn, at right angles to the goal line, an equal distance from the center of the goal line and extend into the field of play. They are joined by the longer line drawn parallel to the goal line. The area bounded by these lines and the goal line is the penalty area.

Within each penalty area a penalty mark is made 10 yards from the midpoint of the goal line for U10 and 12 yards for u12. An arc of a circle with a radius of 8 yards from each penalty mark is drawn outside the penalty area.

### ***Build-Out Line Policy - U9/10 Only***

- (1) A build-out line shall be established on each side of the field from one sideline to the other at point that is halfway between the top of the penalty area and the midfield line.
- (2) When the goalkeeper has the ball in his/her hands or has a goal kick, all of the players on the opposing team must move to the opposite side of the build-out line away from goal from which the goalkeeper has the ball or the goal kick is being taken.
- (3) Once the opposing team is behind the build-out line, the goal kick may be taken or, in the case where the goalkeeper has the ball in his/her hands, the goalkeeper may distribute the ball with his/her hands or drop the ball to the ground and dribble or pass with the feet, but may not punt or drop kick the ball.
- (4) After the ball leaves the penalty area on a goal kick or is released by the goalkeeper in live play, the opposing team may cross the build-out line and play resumes as normal.
- (5) The goalkeeper may, at his/her discretion, play the ball before or as the opposing team is retreating behind the build-out line.
- (6) An in direct free kick shall be awarded to the team in possession if an opposing player inside the build-out line is preventing the goalkeeper from releasing or trying to play the ball, or an opposing player moves within the build-out line prior to the goalkeeper releasing the ball. This shall not apply if the goalkeeper releases the ball prior to the opposing player moving out side the build-out line.

### ***Flagposts***

A flagpost not less than 5 feet high with a non-pointed top and a flag is posted at each corner. If flagposts are not available low cones may be used.

### ***The Corner Arc***

A quarter circle with a radius of 1 yard is drawn inside the field of play at each corner.

### ***Goals***

Goals must be placed at the center of each goal line. Goals must be anchored securely to the ground. Nets are not mandatory.

## **Law 2 - The Ball**

### ***Qualities and Measurements***

The ball is:

- \*spherical.
- \*made of leather or other suitable material.
- \*\*not more than 28 inches or less than 26 inches in circumference.
- \*\*not more than 16oz. or less than 14oz. in weight.
- \*\*of a pressure of at least 8.5 lbs. but not more than 15.6 lbs. per square inch at sea level.

(\*\*refers to size 5)

### ***Sizes by age***

U6-U8	Size 3
U9-U12	Size 4
U13-U19	Size 5

### ***Replacement of a defective ball***

If the ball becomes deflated during the course of a match:

- \*the match is stopped.
- \*the match is restarted by dropping the replacement ball at the spot where the first ball became deflated.

If the ball becomes deflated during a stoppage in play the match is restarted accordingly.

The ball may not be changed during the match without the authority of the referee.

## **Law 3 - The Number of Players**

### ***Players***

A match is played by two teams, each consisting of not more than the following:

U6 -	4 players - no goalie, players should be encouraged to both score and defend.
U8 -	4 players - no goalie, players should be encouraged to both score and defend.
U9-U10 -	7 players
U11/12	9 players
U13-U16-	4 players - no goalie, with special rules

A match may not start if either team consists of fewer than the following:

U6 & U13-U19	3 players
U8	3 players
U10	6 players
U12	8 players

### ***Substitution Procedure***

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

A substitute only enters the field:

- \*at the halfway line.
- \*during a stoppage in the match.
- \*after receiving a signal from the ref.

The referee must be informed before any proposed substitution is made.

A substitution is complete when a substitute enters the field of play, from that moment, the substitute becomes a player and the player he has replaced ceases to be a player.

All substitutes are subject to the authority and jurisdiction of the referee.

### ***Changing the goalkeeper***

Any of the other players may change places with the goal keeper provided that the referee is informed before the change and the change is made during a stoppage.

### ***Substitutions***

All substitutions are to be made at the quarter or half-time intervals U6-U8.

Substitutions may be made by both teams in the event play is stopped due to an injury.

Free substitutions are allowed in the U9/10 and older age groups during:

- \*a teams possession on a throw in.
- \*either teams goal kick.
- \*after a goal has been scored.
- \*after a caution has been issued.

### ***Infringements/Sanctions***

If a substitute enters the field without the referee's permission:

- \*play is stopped.
- \*the substitute is cautioned, shown the yellow card and required to leave the field of play.
- \*play is restarted with a dropped ball at the place it was located when play was stopped.

If a player changes places with the goalkeeper without the referee's permission:

- \*play continues.
- \*the players concerned are cautioned and shown the yellow card when the ball is next out of play.

For any other infringement of this law:

the players concerned are cautioned and shown the yellow card.

## **Law 4 - The Players Equipment**

### ***Safety***

A player must not use equipment or wear anything which is dangerous or confusing to himself or another player (including any kind of jewelry).

It is allowable for players to wear sweats, hats, gloves, etc. In cold weather, especially at the younger age groups. However, the referee should always insist that jerseys should be visible and worn as the outer layer.

### ***Basic Equipment***

The basic compulsory equipment of a player is:

- \*Reversible Recreational Jersey - Navy for Home games and White for Away games.
- \*shorts - Sweats may be worn in colder weather.
- \*stockings.
- \*shinguards
- \*shoes or cleats *without toe cleats*.

### ***Shinguards:***

- \*are covered entirely by stockings.
- \*are made of a suitable material (rubber, plastic, or similar substances).
- \*provide a reasonable degree of protection.

### ***Goalkeepers***

Each goalkeeper wears colors which distinguish him from the other players and the referees.

What is considered dangerous equipment is at the discretion of the referee.

## **Law 5 - The Referee**

### ***Powers and Duties***

The Referee:

- enforces the Laws of the Game and controls the match with the co-operation of the assistant referees.
- ensures that any ball used meets the requirements of Law 2.
- ensures that the players' equipment meets the requirements of Law 4.
- acts as timekeeper and keeps a record of the match.
- stops, suspends or terminates the match, at his discretion, for any infringements of the Laws.
- stops, suspends or terminates the match because of outside interference of any kind.
- stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play.
- allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured.
- ensures that any player bleeding from a wound leaves the field of play. The player may only return after the referee is satisfied that the bleeding has stopped.
- allows play to continue in the event of advantage, but may penalize the original offense if the advantage is not realized within 3-4 seconds.
- takes disciplinary action against players guilty of cautionable and sending-off offenses. He is not obliged to take this action immediately but must do so when the ball next goes out of play.
- takes action against team officials who fail to conduct themselves in a responsible manner and may at his discretion, expel them from the field of play and its immediate surroundings.
- acts on the advice of assistant referees regarding incidents which he has not seen.
- ensures that no unauthorized persons enter the field of play.
- restarts the match after it has been stopped.
- provides a match report when necessary to the appropriate authorities.

### ***Decisions of the Referee***

The decisions of the referee regarding facts connected with play are final.

The referee may only change a decision on realizing that it is incorrect or, at his discretion, on the advice of an assistant referee, provided that he has not restarted play.

## Law 6 - The Assistant Referee

### ***Duties***

Two assistant referees are appointed whose duties, subject to the decision of the referee, are to indicate:

- when the whole of the ball has passed out of the field of play.
- which side is entitled to a corner kick, goal kick, or throw-in.
- when a player may be penalized for being in an offside position.
- when a substitution is requested.
- when misconduct or any other incident has occurred out of the view of the referee.
- When offenses have been committed whenever the assistants are closer to, or have a better view of, the action than the referee (this includes, in particular circumstances, offenses committed in the penalty area).
- whether, at penalty kicks, the goalkeeper has moved forward before the ball has been kicked and if the ball has crossed the line.

### ***Assistants***

The assistant referees also assist the referee to control the match in accordance with the Laws of the Game. In particular, they may enter the field to accomplish this when needed.

In the event that no assistant referees are assigned to a game, or they do not show up, the procedure for the referee shall be to:

1. use other trained referees if available.
2. use club linesmen (club linesman should only call balls in and out of play, all other decisions are at the discretion of the referee).

U6 -	No referees - Coaches on the field of play
U8 -	1 Center Referee
U9 - U12 -	1 Center Referee and two Assistant Referees (or linesmen)
U13 & older	1 Center Referee

## Law 7 - The Duration of the Match

### ***Periods of Play***

The match must consist of equal time periods, quarters for U6 - U8 and halves for U9/10 and older.

Any agreement to alter the periods of play, (due to insufficient light etc.), should be made before the start of play, meaning that each period should be shortened equally.

Periods by age are as follows:

U6 -	four 6 minute quarters
U8 -	four 10 minute quarters
U10 -	two 25 minute halves
U12 -	two 30 minute halves
U13 & older -	two - 25 minute halves

(If quarters are used at these age groups let the clock run during substitutions).

The allowance for time lost is at the discretion of the referee.

### ***Half Time Interval***

The half time interval for all games shall be 5 minutes.

U6 -U8 shall also have 3 minute intervals between 1<sup>st</sup> and 2<sup>nd</sup> quarters, and between 3<sup>rd</sup> and 4<sup>th</sup> quarters.

### ***Penalty Kick***

Additional time is allowed for a penalty kick to be taken at the end of each half.

## Law 8 - The Start and Restart of Play

### ***Preliminaries***

A coin is tossed and the team which wins the toss decides which goal it will attack in the first half of the match. This team takes the kick off to start the second half of the match.

The other team takes the kick-off to start the match.

In the second half of the match the teams change ends and attack the opposite goal.

### ***Kick-off***

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

- \*at the start of the match.
- \*after a goal has been scored.
- \*at the start of the second half of the match.

A goal may be scored directly from a kick-off.

*In the U9/10 Age group, restarts from a goal kick must comply with the Build-Out Line Policy (see Law1)*

### ***Procedure***

- All players are in their own half of the field.
- The opponents of the kicker are at least 8 yards from the ball until it is in play (5 yards for U6-U8).
- The ball is stationary on the center mark.
- The referee gives a signal.

- The ball is in play when it is kicked and moves forward.
- The kicker does not touch the ball a second time until it is touched by another player.

#### ***Infringements/Sanctions***

If the kicker touches the ball a second time before it has touched another player an indirect free kick is awarded to the opposing team at the spot where the infringement occurred.

For any other infringement of the kick-off procedure the kick is retaken.

#### ***Dropped Ball***

A dropped ball is a way of restarting play when play is stopped due to:

- \*injury.
- \*outside interference.
- \*any reason occurring off the field of play.

#### ***Procedure***

The referee drops the ball at the place where it was located when play was stopped. Play is restarted when the ball hits the ground.

For any infringement the ball is dropped again.

There are no requirements for number of players from either team to participate in a dropped ball.

#### ***Special Circumstances***

A free kick awarded to the defending team in its own goal area may be taken from any point within the goal area.

Any other dropped ball or free kick awarded inside the goal area is placed at the nearest point outside the goal area, with the exception of a penalty kick.

*In the U9/10 Age group, restarts from a goal kick must comply with the Build-Out Line Policy (see Law1)*

## **Law 9 - The Ball In and Out of Play**

#### ***Ball Out of Play***

The ball is out of play when:

- \*it has completely crossed the goal line or touch line whether on the ground or in the air.
- \*play has been stopped by the referee.

#### ***Ball is In Play***

The ball is in play when:

- \*it rebounds from a goalpost, crossbar or corner flag and remains in the field of play.
- \*it rebounds from either the referee or an assistant referee when they are in the field of play.

## **Law 10 - The Method of Scoring**

#### ***Goal Scored***

A goal is scored when the whole of the ball crosses over the goal lined, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

#### ***Winning Team***

The team scoring the greater number of goals during the match is the winner. If both teams score an equal number of goals, or if no goals are scored the match is drawn.

The rules of a particular competition may allow for over-time or the taking of penalty kicks to decide the outcome of a drawn match.

## **Law 11 - Offside**

#### ***Offside Position***

It is not an offense in itself to be in an offside position.

A player is in an offside position if he is nearer to his opponent's goal line than both the ball and the second last opponent.

A player is not in an offside position if:

- \*he is in his own half of the field of play.
- \*he is level with the second last opponent.
- \*he is level with the last two opponents.

#### ***Offense***

A player in an offside 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:

- \*interfering with play.
- \*interfering with an opponent.
- \*gaining an advantage by being in that position.

#### ***No Offense***

There is no offense if a player receives the ball directly from:

- \*a goal kick.
- \*a throw in.
- \*a corner kick.

The penalty for offside is an indirect kick to the opposing team at the spot of occurrence.

## Law 12 - Fouls and Misconduct

### ***Direct Free Kick***

A direct free kick is awarded to the opposing team if a player commits any of the following five 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 or charges an opponent.
4. Strikes or attempts to strike an opponent.
5. Pushes an opponent.

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

1. Tackles an opponent to gain possession of the ball, making contact with the opponent 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, with regard to the special circumstances previously mentioned.

### ***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.

### ***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 six 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 teammate.
4. Wastes time.

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- \*plays in a dangerous manner.
- \*impedes the progress of an opponent.
- \*prevents the goalkeeper from releasing the ball from his hands.
- \*deliberately heads the ball in the field of play
- \*commits any offense not previously mentioned in law 12, for which play is stopped to caution or dismiss a player.

The indirect free kick is taken from where the offense occurred, with regard to the special circumstances previously mentioned.

Additionally -

\*If a player deliberately heads the ball within the penalty area, an indirect free kick is awarded and taken on the penalty area line parallel to the goal line at the nearest point to where the offense occurred. The same applies if the goalkeeper punts the ball in a U9/10 age group match.

\*A player competing in a U9 or U10 match cannot be penalized for an offside offense between the midfield line and the opposing team's build-out line. (See Build-Out Line policy in Law 1)

### ***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 with a corner or free kick.
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.

The following are mandatory cautions if committed by a player or named substitute:

- enters or re-enters the field without the permission of the referee, including after being instructed to leave due to repair of equipment.
- impedes an opponent performing a throw-in.
- any simulating action anywhere on the field, which is intended to deceive the referee, or any use of trickery to circumvent the Laws of the Game.
- changes jerseys with the goalkeeper without the referee's permission.

### ***Sending-Off Offenses***

A player is sent off and shown a 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.
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 penalty kick.
6. Uses offensive, insulting or abusive language or gestures.
7. Receives a second caution in the same match.

A tackle from behind, which endangers the safety of an opponent, must be sanctioned as a serious foul play.

## Law 13 - Free Kicks

### *Types of Free Kicks*

For both direct and indirect free kicks, the ball must be stationary when the kick is taken, and the kicker does not touch the ball a second time until it has touched another player.

#### *The Direct Free Kick*

- If a direct free kick is kicked directly into the opponent's goal, a goal is awarded.
- If a direct free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.

#### *The Indirect Free Kick*

- The referee indicated an indirect free kick by raising his arm above his head until the ball is touched by another player or goes out of play.
- A goal can be scored only if the ball touches another player before it enters the goal.
- If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded.
- If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

#### *Position of Any Free Kick Inside the Penalty Area - Defending Team*

- All opponents shall be 8 yards from ball and outside the penalty area until the ball is in play.
- The ball is in play when it is kicked directly beyond the penalty area.
- A free kick awarded in the goal area is taken from any point inside that area.

#### *Position of Indirect Free Kick Inside the Penalty Area - Attacking Team*

- All opponents shall be at least 8 yards from ball until it is in play, unless they are on their own goal line in between the goal posts.
- The ball is in play when it is kicked and moves.
- An indirect free kick awarded inside the goal area is taken from the nearest point outside the goal area line that is parallel to the goal line where the infringement occurred.

#### *Any Free Kick Outside the Penalty Area*

- All opponents are at least 8 yards from the ball until it is in play.
- The ball is in play when it is kicked and moves.
- The free kick is taken from the place where the infringement occurred.
- All U6-U8 players need only retreat 5 yards before any free kick.

#### *Infringements/Sanctions*

For any infringement, the kick is retaken except when the kicker plays the ball a second time before it touches another player.

In this instance the restart is an indirect free kick awarded to the opposing team unless the player handles the ball deliberately, in which case a direct kick is awarded to the opposing team, (with the exception of the goalkeeper in his own penalty area, in which case it is an indirect free kick to the opposing team).

## Law 14 - The Penalty Kick

### *The Penalty Kick*

A penalty kick is awarded against a team which commits one of the ten offenses for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.

#### *Position of the Ball and the Players*

The ball is placed on the penalty mark.

The player taking the penalty kick is properly identified.

The defending goalkeeper remains on his goal line, facing the kicker, between the goal posts until the ball has been kicked.

The players other than the kicker are located:

- \*inside the field of play.
- \*outside the penalty area.
- \*behind the penalty mark.
- \*at least 8 yards from the penalty mark.

The referee:

- \*does not signal for a penalty kick to be taken until the players have taken up position in accordance with the law.
- \*decides when a penalty kick has been complete.

#### *Procedure*

The player taking the penalty kicks the ball forward.

He does not play the ball a second time until it has touched another player.

The ball is in play when it is kicked and moves forward.

#### *Infringements/Sanctions*

The player or a teammate of the player taking the penalty kick infringes the Laws of the Game:

- If the ball enters the goal the kick is retaken.
- If the ball does not enter the goal the kick is not retaken.
- The goal keeper or a teammate of the goalkeeper infringes the Laws of the Game:
- If the ball enters the goal a goal is awarded.
- If the ball does not enter the goal the kick is retaken.

Players from both teams infringe upon the Laws of the Game:

- The kick is retaken.

If the player taking the kick touches the ball a second time before it touches another player and indirect free kick is awarded the defending team at the spot where the offense took place, unless it is within the defending team's goal area, in which case the kick may be taken anywhere within that goal area.



## Law 15 - The Throw In

### ***A Throw In is Awarded:***

- \*when the whole of the ball passes over the touch line, either in the air or on the ground.
- \*from the point where it crossed the touch line.
- \*to the opponents of the player who last touched the ball.

A goal may not be scored directly from a throw in.

### ***Procedure***

At the moment of delivering the ball, the thrower:

- \*faces the field of play.
- \*has part of each foot either on the touch line or on the ground outside the touch line.
- \*uses both hands.
- \*delivers the ball from behind and over his head.

For infringements of this procedure a throw in is awarded to the opposing team.

If the thrower touches the ball a second time before it has touched another player:

- \*an indirect free kick is awarded to the opposing team.

The ball is in play as soon as it enters the field of play, if the ball does not enter the field of play the throw is retaken.

If an opponent unfairly distracts or impedes the thrower:

- \*he is cautioned for unsporting behavior and shown the yellow card.

## Law 16 - The Goal Kick

### ***A Goal Kick is Awarded:***

when the whole of the ball having last touched an attacking player passes over the goal line either on the ground or in the air and a goal is not scored in accordance with Law 10.

A goal may be scored directly from a goal kick.

### ***Procedure***

The ball is kicked from any point within the goal area by a player of the defending team.

Opponents remain outside the penalty area until the ball is in play - or - for U6/U8 players must remain a minimum of 8 yards away from the kicker, until the ball is in play.

The ball is in play when it leaves the penalty area.

### ***Infringement/Sanctions***

If the ball does not leave the penalty area, or is touched by another player before it is in play:

- \*the kick is retaken

If the kicker touches the ball a second time after it is in play but before it touches another player:

- \*an indirect free kick is awarded to the opposing team.

## Law 17 - The Corner Kick

### ***A Corner Kick is Awarded***

when the whole of the ball having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with law 10.

A goal may be scored directly from a corner kick.

### ***Procedure:***

- \*the ball is placed inside the corner arc at the nearest corner flag post.
- \*the corner flagpost is not moved.
- \*opponents remain at least 8 yards away from the ball until it is in play (5 yards for U-U8).
- \*the ball is in play when it is kicked and moves.
- \*the kicker does not play the ball a second time until it has touched another player.

### ***Infringements/Sanctions***

If the kicker touches the ball a second time before it touches another player an indirect free kick is awarded to the opposing team, to be taken from the spot where the infringement occurred.

## Kicks From the Penalty Mark

### ***Procedure:***

- the referee chooses the goal at which the kicks will be taken.
- the team winning the coin toss must take the first kick.
- subject to the conditions explained below, both teams take five kicks.
- the kicks are taken alternately by the teams.
- if, after both teams have taken five kicks, both have scored the same number of goals, kicks continue to be taken in the same order, until one team has scored a goal more than the other from the same number of kicks.
- a goalkeeper who is injured while kicks are being taken, and unable to continue, may be replaced by a named substitute.
- each kick is taken by a different player and all eligible player must take a kick before any player takes a second kick.
- only players who are on the field at the end of the match, with the above exception, are allowed to participate. Only these players are allowed on the field and they must remain in the center circle except for the kicker and the goalkeepers.
- an eligible player may change places with the goalkeeper at any time.
- if one team has a greater number of players than their opponents at the end of the match, they shall reduce their number of player to that of their opponents.

# Special Rules

## Special Rules U5/6

- 4v4 with no keeper.
- No referees
- Coaches on the Field

### **Main Purpose for having coaches on the field:**

- To help develop the players' understanding of the game.
- To manage the clock
- To point out and stop dangerous play
- To help teach the kids skills!

At this age, we encourage the coaches to allow the player "do-overs". If they are unsuccessful the first throw in the ball, allow them to try again.

Game Day! Have Fun!

\*Before the Game, introduce yourself to the opposing coach. Both coaches should be on the field with the players. Decide which coach will watch the clock and all time.

\*Each coach should ask a parent to help you watch the sidelines on their side of the field, and help you call out of bounds, if necessary.

\*U6 plays quarters, so substitutions should be made at the end of each quarter, except in the case of injury.

Please make sure that your games end on time, so that the next game may start on time.

And most important, encourage every player to rotate at every position, regardless of skill or experience. Also ensure that all players play at least 2 quarters per game.

## U13-U18 Co-ed - Special Rules

- 4v4 with no keeper
- teams of 6 - 8
- *Must have at least one girl on the field at all times.*

### **Substitutions -**

Allowed on any dead ball, regardless of who is in possession.

### **Goal Box -**

Modified Goal box of 3 yard arc from the center of the goal line. There is no ball contact allowed within the modified goal box, however, the player may pass through the goal box. If the ball comes to rest in the goal box, a goal kick is awarded regardless of who touched the ball last.

Any part of the ball or player's body on the line is considered in the goal box and is an extension of such

If a defender touches the ball in the goal box, a goal is awarded to the offensive team.

If an offensive player touches the ball within the goal box a goal kick is awarded to the defensive team. The ball is placed on the goal line in front of the goal.

### **Duration:**

2 -25 minute halves, with a 5 minute half time. OR first team to reach 12 goals. If both teams agree in advance, rules on Substitution, game length, etc. may be modified. **Games must end on time.**

### **Goal scoring:**

A goal may only be scored from a touch (offense or defense) within a team's offensive half of the field. Ball must be completely on the offense half of the field, and cannot be touching the midline.

The offside rule is NOT in effect.

No Slide Tackling.

### **Five Yard Rule:**

In all dead ball situations, including kickoffs, defending players must stand at least five yards away from the ball. If the defensive player's goal area is closer than five yards, the ball shall be placed five yards from the goal area in line with the place of the penalty.

### **Kick-Ins and Corner Kicks:**

All dead ball kicks (kick-ins, free kicks, kick-offs) are indirect with the exception of corner kicks and penalty kicks. Corner Kicks will be taken from the corner.

### **Penalty Kicks:**

Shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by an infraction (the infraction does not automatically result in a red card). It is a direct kick taken from the center of the midfield line with all players behind the mid-field line and the player taking the kick. This is a "deadball" kick.

If a goal is not score, the defense obtains possession with a goal kick.

### **Hand Ball Clarification:**

Deliberate handling of the ball that denies the opposing team a goal or an obvious goal-scoring opportunity will result in the following:

- a penalty kick will be awarded &
- The player committed the foul will be sent off and shown a red card.

### **Cautioned Players (yellow card) & Player Ejections (red card):**

Players that receive 2 yellow cards in one game will automatically be suspended for the remainder of the game. (No Exceptions).

Referees have the right to eject a player from a game for continual disobedience or as a result of an incident that warrants sending off.

If a player receiving a red card is on the field of play, the player will be sent off for the remainder of the game (no exceptions) and the team must play the remainder of the half a player short.

Players receiving a red card must leave the immediate playing area, including the fan and team areas.

Red card suspensions will NOT carry on to the next game.

### **U9/10 - Special Rules**

See Law1 for Break-Out Line Policy!