



2023/2024 CLUB RULES

These Rules apply to Intra-League games. Games with other leagues may have other specific rules.

Check with the home team when playing out of League.

<u>Age Group</u>	<u>Ball</u>	<u>Length of Play</u>	<u>Players on Field</u>
U6	#3	4- 10-Minute Quarters	4 (NO Goalie)
U8	#3	4- 10-Minute Quarters	4 (NO Goalie)
U10	#4	2- 25-Minute Halves	7 (Inc. Goalie)
U12	#4	2- 30-Minute Halves	9 (Inc. Goalie)
U14	#5	2- 35-Minute Halves	11 (Inc. Goalie)
U16-U19	#5	2- 40-Minute Halves	11 (Inc. Goalie)

U6/U8 - 5 minute breaks between quarters

U6 to U12 No heading the ball.

SPECIFIC RULES BY AGE GROUP

U6-U8 4v4 game on 2 fields

- One coach for each team is allowed on the field, may not physically move players about.
- All infringements will result in an indirect-free kick (with 10ft of opponent space given).
- Balls out over touch line will be restarted with throw in from the spot where ball left play. Instead of throw-in, kick-ins and/or dribble-ins are also acceptable
- Goal kicks will be taken 2-3 yds off end-line anywhere along the end line closes to where the ball was retrieved.
- Corner kick will follow normal FIFA rules (with 10ft space given by opponent).
- Goal kicks will be taken anywhere within the Goal Area.
- No offside rule, unless coached or blatant.
- All players get 1 re-throw on illegal throw-ins.

U10 - 7v7 game

- Cannot score a goal on kickoff. – Restart is an indirect kick for other team at midline.
- Goal kicks can be taken from anywhere inside the penalty area. (10yds x 20yds)
- All free kicks are indirect. . Minimum distance for opposing players from a free kick is 8 yards
- Penalty Kicks YES - 10 yds from the mark.
- Goalkeeper cannot punt the ball. When the goalkeeper plays the ball (pass, throw or rolls and on all goal kicks) The ball must touch a player OR the ground on the goalkeeper side of the field before crossing the midline. The restart is an indirect kick for the other team at the midline.
- **Build Out Line** (7v7 game only) is halfway between the halfway line and the top of the penalty area and should be marked. It is used ONLY for 1) Goal Kicks and 2) when the keeper picks up the ball during dynamic play. It is not used for Direct or Indirect Free Kicks originating from within the penalty area for which the ball is in play when it leaves the penalty area.

U12 – 9v9

- Charging the goalkeeper shall not be permitted at any time when he/she is within his/her own goal area.
- Goal kicks shall be taken from any point inside the goal area as per the Laws of the Game.
- (all of the opposing players must be outside the penalty area)
- Direct and indirect free kicks shall be awarded and taken as per the Laws of the Game; all of the opposing players must be outside the goal area and at least eight yards from the ball (U12).
- Penalty kicks shall be awarded and taken as per the Laws of the Game (10 Yds)
- When a Penalty kick is awarded, all opposing players must be outside of the penalty area and at least eight (U12) yards from the penalty mark.

COACHING RULES 2023/2024

COACHES ARE RESPONSIBLE FOR PROMOTING GOOD SPORTSMANSHIP, AND FOR THE BEHAVIOR OF THEIR PLAYERS, ASSISTANTS, PARENTS, AND SPECTATORS!

Cautions and ejections resulting from the conduct of the above will be given to the team coach. (LEAGUE RULE)

THE REFEREE'S JUDGEMENT SHALL NOT BE CHALLENGED! Coaches, Players, Parents and Spectators shall not approach the referee without permission. The referee has absolute authority to eject any player, coach, or spectator from the field vicinity. Threatening or assaulting a licensed referee is a Federal Felony. Complaints and/or comments shall be forwarded to the League Referee Coordinator. (STATE RULE)

EJECTIONS (RED CARD) require the offender to:

Immediately leave the field vicinity and not return;

be automatically suspended for minimum of one league game;

be subject to a disciplinary hearing and additional suspensions. (STATE RULE)

COACHING from the sidelines is permitted by the coach(es) only and provided:

it is limited to directing one's own team on points of strategy and position;

the tone of voice is informative;
no derogatory remarks are made by coaches, players, or spectators;
no disruptive behavior is incited;
no profanity is used. (STATE RULE)

COACHES and players must always remain in the team's bench area. The bench area is that area one yard from the touchline and extending to 10 yards, one way, from the half line. Spectators may not sit off the end line and must sit 10 feet back from the touchline for safety purposes. (LEAGUE RULE)

PLAYER CARDS are required for all players. Official league medical releases for all players must be at all practices and games. (STATE RULE)

ALL PLAYERS must play at least 50% of each game, unless the referee and opposing coach are notified in advance. Penalty is game forfeit. (STATE RULE)

SUBSTITUTIONS are allowed only:

With the referee's approval, at the mid-field line;

Prior to a throw-in,

Prior to a goal kick, by either team.

After a goal, by either team.

After an injury, when the referee stops play, by either team.

At half time or hydration breaks.

When the referee stops play to caution a player, only the cautioned player may be substituted prior to the restart of the game

Intra-League specific game rules 2023/2024

SLIDE TACKLING is not allowed for U12 and younger.

A PLAYER down and kicking at the ball is considered dangerous play and may be carded.

ALL PLAYERS must have shin guards, fully covered by socks. (FIFA RULE)

EYEGASSES must be secured. (LEAGUE RULE)

PLAYERS may **not** play with:

Hard Casts of any kind. (STATE RULE)

Jewelry of any kind. (LEAGUE RULE)

Earrings of any kind, including studs, even if taped. (STATE RULE)

* Medical alert bracelets may be worn but must be taped completely.

A PLAYER who is cautioned must leave the field of play for a minimum of five minutes but may be substituted for if one is available. (LEAGUE RULE)

GUEST PLAYER(S): must be declared prior to the match and you cannot have a guest player from competitive team

REFEREES will conduct a pregame meeting with both coaches prior to start of the match.

NO TOBACCO/ALCOHOL POLICY: It is League policy that the use of tobacco and/or alcohol is not allowed by anyone on or near playing fields during games or practices.

CLIMATE CONDITIONS: Home coach is responsible for notifying the visiting coach. If in doubt, call the other coach.

IF A GAME CANCELS --- ALWAYS NOTIFY THE REF COORDINATOR.