

Matching Player Rule

In the event a team is unable to field a full complement of players, the opposing team will play with an equal number of players. The game will be played in such a manner until additional players arrive for the short-sided team.

Sides Of The Fields:

Parents and spectators will be on one side of the field. Players and Coaches will be on the opposite side of the field. Only official team coaches may be on the player/coach side of the field. No one will be allowed to stand behind the goal line. In the event that a field will not accommodate this set up, each team will occupy one half of the field with the center field line being the dividing line. Referees will make the decision if the field will or will not accommodate the player, spectator set up.

Slide Tackling:

Slide tackling only allowed in U14/16. Considered a dangerous play in U8, U10, U12 resulting in an indirect free kick.

Heading:

No heading in U8 or U10. Whenever the ball strikes a player in the head, play is stopped. The proper restart depends upon whether the player deliberately played the ball with his/her head. If deliberate, the proper restart is an indirect free kick to the opposing team. If the play by the head is deemed inadvertent, then the proper restart is a dropped ball.

Heading allowed in U12 and U14/16.

Player Equipment

All players will wear **shin guards**. Socks must completely cover shin guards.

Approved **footwear** is as follows:

Soccer shoes with molded cleats

Soccer shoes with turf soles

Soccer shoes with indoor soles

Tennis shoes

Soccer shoes with "screw-in studs" are not approved

Baseball, football, or universal cleats are prohibited from use" (No toe cleats permitted)

No jewelry or unsafe accessories (metal hair fasteners, swinging beads, etc.) may be worn **unless taped over or otherwise made safe. Regular hair ties, head bands, etc. are permitted.**

Eyeglasses **recommended** to be fastened so as not to come loose and eyeglass hinges **recommended** to be covered.

Jerseys **recommended** to be tucked in.

U8: 4 v 4 standard; 5 v 5 if both coaches agree

1. All laws of the game enforced except offsides.
2. All players receive a second (or third) chance on throw-ins
3. All free kicks are Indirect
4. No penalty kicks
5. Goal kicks and corner kicks are used to restart play when the ball passes over the end line (and is outside the goal).
6. Substitutions may be made at any stoppage of play with the referee's permission. No "on-the-fly" substitutions
7. No goalies will be used. No positioning a player in the goal acting as goalie.
8. Coaches may be on field
9. No heading, no slide tackling
10. Size 3 ball

11. 4 12 minute quarters

U10: 7v7 standard; other numbers if both coaches agree

1. All laws of the game enforced including offside

2. No heading

3. No slide tackling

3. No heading

4. Size 4 ball

5. 2 25-minute halves

6. Build Out Line rule enforced:

Build Out Line

The build out line promotes playing the ball out of the back in a less pressured setting

When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play

Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed)

After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.

If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense

If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

The build out line will also be used to denote where offside offenses can be called

Players cannot be penalized for an offside offense between the halfway line and the build out line

Players can be penalized for an offside offense between the build out line and goal line

U12: 9v9 standard, other numbers if both coaches agree

1. Slide tackling is not permitted
2. Heading permitted
3. All other laws of the game enforced
4. Size 4 ball
5. 2 30-minute halves

U14/16: 11v11 standard, other numbers if both coaches agree

1. Slide tackling is permitted
2. All laws of the game enforced
3. Size 5 ball
4. 2 40-minute halves