**Ball:**

Size 3. The home team provides game balls.

Number of Players:

The Maximum number of players on the field at the start of the match must be five (5) per team. The minimum number of players will be no less than three (3) per team.

For the sake of good sportsmanship, if one team is short of players, for example, only three (3) players attend the game, then the opposing coach may also play with three (3) but is NOT required to do so.

For co-ed teams, at least one (1) female must always be on the field. If only one female is available at a particular game, she may be subbed in and out to avoid exhaustion. If no females are available for a particular game, this rule does not apply.

**Length of Game:**

The game shall consist of four 10-minute quarters. There will be a 2-minute water break between quarters and a 5-minute break at half-time.

**Equipment:**

Shin guards are MANDATORY. Socks must be worn completely over the shin guards. Tennis shoes or soccer cleats may be worn. No baseball or football cleats; they have a toe cleat in the front that soccer cleats do not have. No jewelry or metal hair clips are permitted. Soft casts may be worn. Hard casts must be bubble-wrapped. The designated home team will wear pennies in case of a jersey color conflict.

**Sidelines:**

All players, water bottles, and spectators shall always remain at least 6 feet from the sidelines during the game. No spectators or coaches will be permitted along the goal lines or behind the goal.

**Coaches:**

No official referees are used. The home team coach will be on the field during the first half. Their responsibility is to enforce the rules of play. The coach will always remain out of the way of play. A parent may be used to help substitute players while the coach is on the field.

The away team coach will keep time for the first half and inform the coach on the field of each quarter.

During the second two quarters, the roles are reversed.

**Substitutions:**

Play must stop during substitutions, and the substituting coach must signal his intention to do so to the opposing coach. There are unlimited substitutions; either team may substitute players at any game stoppage. ***You cannot sub on the fly!***

**Goalies:**

No goalies are permitted. If a player touches the ball with their hand, it is a handball and an indirect free kick for the other team.

**Kick-Off:**

Kick is taken from the center of the field, and the ball may move in any direction. The kicker may not kick the ball again until it has touched another player. A goal may not be scored directly from a kick-off. Defenders must remain 3 yards back until the ball is played. Players must be on their own side of the field during kick-offs. The away team chooses what side of the field they will start on, and the home team takes the kick-off at the start of the game. Each team alternates at the start of each quarter and half. If a goal is scored, the team that was scored on takes the kick-off to resume play.

After the half time break players will switch sides on the field to play in the opposite direction.

**Goal Kick:**

A goal kick is awarded when the ball crosses the goal line and is touched last by the opposing team. The kick is taken from the edge of the penalty box. A player from the same team must then touch the ball before the opposing side touches it. The kicker may not play the ball again until it has touched another player first. Defenders must be at the midfield line until a second offensive player has touched the ball, or it is a live ball if it crosses the midfield line (this is to allow the other team to build out of the back). A goal may be scored from a goal kick.

**Corner Kick:**

A corner kick is awarded when the ball crosses the goal line and is last touched by a defensive player. The kick is taken from the corner nearest to where the ball went out. The kicker may not touch the ball again unless it has touched another player first.

**Direct Free Kick:**

No direct free kicks are given at this age.

**Indirect Free Kick:**

Awarded at the spot of the foul for the following violations:

* Deliberate handball.
* Dangerous play.
* Holding or intentional pushing or tripping.
* Jumping at an opponent.
* Slide Tackling

Defenders must stand 6 yards away. A goal may not be scored from an indirect free kick without a player other than the kicker touching the ball.

**Offside:**

No offsides are called at this age.

**Out of Bounds:**

The ball is out of play when it completely crosses the goal line or sideline - whether on the ground or in the air. The team that puts the ball out loses possession, and the opposing team will take the throw-in. **Throw-ins are encouraged for player development, and one retake is allowed.**

**Defensive Line:**

Teams must not have a player(s) “parked” within 3 yards of the goal line acting as goalies***. All players need to be involved in the game.***

**Slide Tackling:**

No slide tackling is allowed in this age group. The opposing team will receive an indirect free kick if it is done.

**Heading of the Ball:**

No heading of the ball is allowed. The intentional heading of the ball will be called a foul, and an indirect free kick will be given.

**Penalty Kick:**

Penalty kicks are not called at this age.

**Playing Time:**

Each player must play at least 50% of the total playing time. If a player refuses to go on the field, a parent must be notified to avoid parent/coach conflict about the amount of playing time.

**Sportsmanship:**

For the sake of good sportsmanship, if a goal differential exceeds five (5), the team with fewer goals may add a player. If the goal differential exceeds seven (7), the team with fewer goals may add another player to a maximum of six (6). Similarly, the extra players will be withdrawn from the field as the goal differential decreases. If one team is short of players, it is recommended that the team with more players either play down to the team with fewer player numbers or loan players to the other team.

Coaches are responsible for the conduct of their assistant coaches, players, and spectators. No coach, player, or spectator shall yell, belittle, degrade, or threaten the referee, opposing coach, players, or fans. No coaches or fans shall run up and down the sidelines during the game. After the game, players and coaches will line up and shake hands with the opposing team and referees along the centerline.

***The final score is never recorded, and no league standings are kept. The emphasis is on learning the game and having FUN, not winning and losing!***