

1. LAWS OF THE GAME

The latest FIFA Laws of the Game shall apply except as amended or modified herein. The Laws of the Game may be obtained from the following website: <http://www.fifa.com>

2. FIELD OF PLAY and THE BALL

Regulation fields complete with goal nets, flags and visible lines are required. Goals must be secured to the ground. Once a game has begun, the referee shall be the sole judge as to whether the field is playable. Specific field dimensions and ball sizes are listed below by age group.

Group	Field Dimensions (yds)	Goal Dimensions (ft)	Ball Size
U8	25 x 45	5 x 10 or 6 x 12	3
U10	40 x 60 or 45 x 70	6 x 18	4
U12	45 x 70	6 1/2 x 21	4

3. PLAYERS

The age of determination shall be July 31st. In the event that a team does not have enough female players capable of taking the field, the team must play one or two players down. The minimum, maximum and number of female players is listed in the table below by age group. **All players are expected to play 50% of the game.**

Group	No. of Players	Minimum No. of Players	Minimum No. of Female Players
U8	7 v 7	5 v 5	1
U10	8 v 8	5 v 5	1
U12	8 v 8	6 v 6	2

4. SUBSTITUTIONS

Substitutions will be allowed as follows with the permission of the referee.

- a. No limit on the number of substitutions or substitute.
- b. A player who has been substituted for may return to the game.
- c. Substitutions can be made only at the following times:
 - 1 Prior to a throw-in in your favor;
 - 2 Prior to a goal kick by either team;
 - 3 After a goal;
 - 4 At half time;
 - 5 After an injury, by either team, when the referee stops play.

5. COACHES

- 1 For U8 teams, two coaches from each team are permitted on the field for the first four games.
- 2 It shall be the responsibility of the home team to change jerseys when there is a conflict of colors.
- 3 It will be the responsibility of each team's coach to maintain control and attitude of his/her team and supporters. If control is not maintained, the referee has the authority to issue warnings, send off coaches or supporters or terminate the game.
- 4 For U10 and U12, both teams and all their respective coaches and management should be together on the same side of the field opposite of spectators.

6. THE DURATION OF THE MATCH and TIMEOUTS

The number of periods and period durations are listed below by age group.

Group	Periods	Breaks	Timeouts
U8	Four 10 minute quarters	3 minutes at quarters 10 minutes at halftime	One 2 minute timeout per half
U10	Two 25 minute halves	10 minute halftime	One 30 second timeout per half
U12	Two 30 minute halves	10 minute halftime	No timeout

7. THE START AND RESTART OF PLAY

Opponents of the team taking a restart (Kick-offs, Free Kicks, Penalty Kicks and Corner Kicks) must be at least, the distance specified in the table below, away from the ball.

Group	Defense Distance to Ball at Restart (yds)
U8	5
U10	8
U12	10

8. FOULS AND MISCONDUCT

- a. Slide tackling is not allowed. The opposing team of a player that performs a slide tackle, legally according to FIFA Laws, will be awarded an indirect free kick where the offense occurred. More severe tackles will be penalized in accordance with the FIFA Laws.
- b. For U8 and U10 matches, penalty kicks will not be awarded. The opposing team of a player who commits a free kick infraction in their own penalty is awarded an indirect free kick. The ball to be placed outside of the penalty area at the referee's discretion.
- c. For U8 players, the following amendments to Laws will apply:
 - 6 A player's first slide tackling offense will result in a verbal warning.
 - 7 Players who incorrectly perform a kick-off restart will be allowed one retry.
 - 8 Offside offenses will not be called.
 - 9 Hand Ball (deliberate handling of the ball) will not be called for minor or incidental contact with the ball.
 - 10 A player who incorrectly performs a throw-in restart will be allowed one retry.

9. LAW DESCRIPTIONS

The following descriptions are intended to be consistent with the FIFA Laws of the Game.

- 1 **Kick-off.** The ball must move forward prior to being touched by another player on the same team. The player performing the kick-off may not touch the ball until another player on the field has touched it.
- 2 **Lines.** The lines on the field are part of the area they mark. For the ball to be considered out of bounds (in touch) the ball must pass completely over the line marking the field. For a goal to be scored the ball must pass completely over the goal line.
- 3 **Out of Bounds (touch line).** If the ball travels outside of the field of play crossing a sideline (touch line) the team that last touched the ball loses possession, the other team is awarded a throw-in.
- 4 **Out of Bounds (goal line).** If the ball travels outside of the field of play crossing the end line (goal line), the last team that touches the ball loses possession. If the last team to touch the ball was the team defending that goal, the result is a corner kick. If the last team to touch the ball is defending the opposite goal then the result is a goal kick.
- 5 **Throw-ins.** The ball must be thrown from above the thrower's head. Both hands must be on the ball and the both of the thrower's feet must remain on the ground. Additionally, part of each foot must be either on the sideline (touch line) or outside the field of play. Opponents must be at least two yards away.
- 6 **Goalkeeper.** The goalkeeper can travel with the ball anywhere inside the penalty area using his or her hands and either throw or kick the ball out of that area. The

goalkeeper cannot travel outside the penalty area, and then dribble the ball inside the area to take possession. The goalkeeper may not use his or her hands if the ball has been deliberately kicked to them by a teammate. Head, chest and knee passes are allowed.

- 7 **Goal Kicks.** A goal kick may be taken from any where in the goal area.
- 8 **Direct Free Kicks.** A direct free kick may be kicked directly into a goal to score.
- 9 **Indirect Free Kicks.** An indirect free kick may not be kicked directly into a goal to score.
- 10 **Penalty Kicks.** A penalty kick is taken from the penalty mark, halfway between the top of the goal area and the top of the penalty area. The goalkeeper is the only defender and must stand on the goal line.
- 11 **Offside Position.** A player is in an offside position if he or she is nearer to his or her opponents' goal line than both the ball and the second last opponent. Typically, a player without the ball is in an offside position if he or she is closer to the goal than all the defenders. Players are only penalized if they are involved in active play, e.g. someone passes them the ball.