

Simplified Soccer Rules Rev.8 August 2023

Note: When grade levels are combined, the higher age group rules will apply.

General rules and guidelines for all age groups

- **Referees:** Game Referees will be utilized for games for the 2nd /3rd Grade level and up (exception may apply). Game Referees (Refs), not coaches, are in charge of all games. See specifics of the Simplified Soccer Rules on the following pages.
- **Coaching:** Except where specified in detailed rules that follow, coaches should coach from the sidelines or end line by the goals. It is acceptable to have a coach with the team on the sideline as well as station a 2nd coach near the end line of the goal. If opposing teams are stationed on the same side of field coaches should stay on their half of field to coach and not encroach onto the other team's space. This is proper etiquette.
- **Game Coaching Etiquette:** During games where score is clearly lopsided, the coach of the leading team should make every attempt to reduce scoring and refrain from 'running up the score'. Coaches should in this case: encourage additional passing while limiting scoring, rotate best offensive player(s) to defense, or rotation of players to different positions to reduce or eliminate scoring.
- **Playing Time:** Coaches should attempt to get all players an equal amount of playing time if possible. There may be some exceptions if players are tired, injured, or if player does not wish to participate.

Because most players do not want to or feel comfortable playing goalie, and we encourage all players to play the field, time played at the goalie position should not count against the player's playing time. For example: if a team has two goalies, each goalie can play half the game in the goal and the other half on the field. Although the goalie is a participant in the game, the time in the goal is not held against the playing time of the player. (We do encourage teams to have at least two goalies).

We do not require coaches to rotate players through all positions. Some players want experience at multiple positions while other players are not comfortable playing every position. Coaches should make every attempt to ensure players are as comfortable as possible with positions.

- **Goalie/Penalty Box:** In typical soccer rules a large box is drawn in front of the goal area and is referred to as the 'penalty box/area'. This is the large area in front of the goal in which the goalkeeper can touch the ball with the hands. Additionally a smaller box is contained within the penalty box referred to as the goalie box. This is the smaller box in front of the goal in which the goalkeeper places the ball during a goal

kick. For the purposes of the Parish Athletics simplified soccer rules, we typically use only one box in front of the goal which is commonly referred to as the “goalie box”, “penalty box”, or “box” within the rules. This single box serves as the area that the goalie may use the hands and is also the designated marking (line of the box in front of goal) for placing the ball during goal kicks.

- **Conduct:** Coaches and parents should explain to players when conduct on or off the field is inappropriate. Parents and coaches should also be aware of their own behavior. Reference the code of conduct policy. Referees should be shown respect by all coaches, players and parents at all times.
- **Fields and facilities:** All fields used by Parish Athletics (including St Francis, St Mary Magdalene, St. Michaels, etc) are used by multiple sports teams. All fields need to be kept clean and treated appropriately in order for continued use by Parish Athletics. Please pick up your trash and help return equipment to the appropriate areas after games and practices as applicable.
- **Parent Supervision:** Parents are required to be at each practice and game. Part of parental supervision is to watch their other children who are not playing. Efforts should be made to ensure children are not playing in areas of the fields that may disrupt games/practices or entering of school areas. Children should also be supervised when using the bathroom. The athletic equipment trailer is off-limits. The athletic storage area may contain equipment, chemicals, and paint that may be a potentially dangerous area for children.
- **Bathrooms and other facilities:** The bathroom to use during practices and games are as follows:

(St. Francis) portable facilities are located between the field and the school cafeteria. The equipment trailer is off-limits.

(St. Mary Magdalene and St. Michaels) located in the portable facilities near parking lot or field

- **Parking:** Parking is only permitted in the parking lot. No parking or stopping is permitted next to the fields or school. Note that parking is not allowed at the church next to St. Francis. This is strictly enforced by facilities.
- **Athletic Field Entrances:** St. Francis Soccer/Baseball league is one of many activities taking place on the church grounds. To limit disruptions to other activities taking place on the school grounds, people should access the sports fields via the entrance by the Baseball diamond. Please refer to the field layout page on this website for a diagram showing where this entrance is.

-Entry to the St. Mary Magdalene soccer and baseball fields are at the main gate near the Snack Shack.

-Entry to the St. Michaels soccer and baseball fields are at the steps leading from the rear parking lot of the church.

Pre-K Divisions

- 1) **Ball Size:** 3.
- 2) **Player's Equipment**
 - *Shirt:* Team game shirt
 - *Footwear:* Tennis shoes or soft-cleat soccer shoes.
 - *Shin guards:* Required
- 3) **Players on Field**
 - *Number of plays per team on the field at one time:* 4 or 5 (coaches agree before the game; depends on how many kids per team show up).
- 4) **Referees**
 - One coach from each team (**only two coaches on the field at one time**).
- 5) **Duration of practice / game**
 - Practice for 15-35 minutes.
 - Game shall be divided into four 6 to 8 minute periods with a short halftime.
 - Practice/Game must end within an hour of scheduled start time; ex. starts 9 AM and ends 10 AM.
- 6) **Kick-off**
 - Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
 - A goal can not be scored during the initial kick.
- 7) **Ball in/out of play**
 - ***Out of bounds: Coaches do not kick ball back in bounds when it goes out!***
 - *Out of bounds on the side:* Throw in from where the ball went out.
 - *Out of defense's end line, last touched by offense:* Goal kick with defense at half field.
 - *Out of defense's end line, last touched by defense:* corner kick with defense at least 10 yards away from ball during kick.
- 8) **Throw-ins**
 - A second throw-in should be allowed if the first throw was not done correctly and after the coach/referee explains the correct way to throw-in.
 - A correct throw in is as follows: has part of each foot either on the line or on the ground outside the line, uses both hands, delivers the ball from behind and over the head.
- 9) **Goal Kicks**
 - Opponents must stand back at the half field.

- Goal kicks must be made with the ball on the ground (not punted).

10) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball.
- Kicks can not be taken inside the goalie box.

11) Penalty Kicks

- No penalty kicks

12) Slide Tackling and High Kicks

- Slide tackling is not permitted
- High kicks are not permitted

13) Fouls

- All fouls should result with an indirect free kick with the opponents at least 12 yards away.
- Kicks cannot be taken inside the half circle in front of goal.

14) Headers

- **No players are allowed to head the ball directly from the air.**

15) Substituting

- Only sub in/out after an out-of-bound, a goal kick, a score, or pre-determined time frame (every 5 minutes, etc.)

16) No Goalies

- Both offensive and defensive players can not enter the half circle in front of the goal when marked.
- **Do not set a player in front of the goal. Defense must move up and down the field as the ball is moved up and down the field.**
- **Defenders should stay no more than half field from the opposing team and should be outside the goal box until offensive team approaches (nears) the box.**

Kindergarten Division

- 1) **Ball Size:** 3.
- 2) **Player's Equipment**
 - *Shirt:* Team game shirt
 - *Footwear:* Tennis shoes or soft cleat soccer shoes.
 - *Shin guards:* Required
- 3) **Players on Field**
 - *Number of plays per team on the field at one time:* 4 or 5 (coaches agree before the game; depends on how many kids per team show up).
- 4) **Referees**
 - One coach from each team (maximum two coaches on the field at one time).
- 5) **Duration of game**
 - The game shall be divided into four 10 minute periods with a short halftime and at least a 2 minute break between periods.
 - Game must end within an hour of scheduled start time; ex. start 9 AM and ends 10AM.
- 6) **Kick-off**
 - Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
 - A goal can not be scored during the initial kick.
- 7) **Ball in/out of play**
 - ***Out of bounds: Coaches do not kick ball back in bounds when it goes out!***
 - *Out of bounds on the side:* Throw in from where the ball went out.
 - *Out of defense's end line, last touched by offense:* Goal kick with defense at half-field.
 - *Out of defense's end line, last touched by defense:* corner kick with defense at least 10 yards away from ball during kick.
- 8) **Throw-ins**
 - A second throw should be allowed if the first throw-in was not done correctly and after the coach/referee explains the correct way to throw-in.
 - A correct throw in is as follows: has part of each foot either on the line or on the ground outside the line, uses both hands, delivers the ball from behind and over the head.
- 9) **Goal Kicks**
 - Opponents must stand back at half field.

- Goal kicks must be made with the ball on the ground (not punted) from the designated marking as applicable.
- A goal cannot be scored directly from the goal kick.

10) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball.
- Kicks can not be taken inside the half circle in front of goal.

11) Penalty Kicks

- No penalty kicks

12) Slide Tackling and High Kicks

- Slide tackling is not permitted
- High kicks are not permitted

13) Fouls

- All fouls should result with an indirect free kick with the opponents at least 12 yards away.
- Kicks can not be taken inside the half circle in front of goal.

14) Headers

- **No players are allowed to head the ball directly from the air.**

15) No Goalies

- Both offensive and defensive players can not enter the half circle in front of the goal when marked.
- **Do not set a player in front of the goal. Defense must move up and down the field as the ball is moved up and down the field.**
- **Defenders should stay no more than half field from the opposing team and should be outside the goal box until offensive team approaches (nears) the box.**

16) Substituting

- Only sub in/out after an out-of-bound, a goal kick, a score, or pre-determined time frame (every 5 minutes, etc.)

1st Grade Division

1) Ball Size: 3.

2) Player's Equipment

- *Shirt:* Team game shirt
- *Footwear:* Tennis shoes or soft-cleat soccer shoes.
- *Shin guards:* Required

3) Players on Field

- *Number of plays per team on the field at one time:* 5 (includes goalie).

4) Referees

- One parent/coach from each team (two adults on the field at one time).
- If referees are assigned to the game, then coaches have to stay on sideline. A coach can stand behind the goal to help the goalie.

5) Duration of game

- The game shall be divided into four 10 minute periods with a five minute halftime and at least a 2 minute break between periods.
- Game must end within an hour of scheduled start time; ex. start 9 AM and ends 10AM.

6) Kick-off

- Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
- A goal can not be scored during the initial kick.

7) Ball in/out of play

- *Out of bounds on the side:* Throw in from where the ball went out.
- *Out of defense's end line, last touched by offense:* Goal kick with defense at half field during kick.
- *Out of defense's end line, last touched by defense:* corner kick with defense at least 10 yards away from ball during kick.

8) Throw-ins

- Incorrect throw-in results in other team getting the ball after the coach/referee explains the correct way to throw-in.
- A correct throw in is as follows: has part of each foot either on the line or on the ground outside the line, uses both hands, delivers the ball from behind and over the head.

9) Goal Kicks

- Opponents must stand back at half field.
- Goal kicks must be made with the ball on the ground (not punted) from the designated marking as applicable.
- A goal cannot be scored directly from the goal kick.

10) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball. Kicks cannot be taken inside the goalie box.

11) Penalty Kicks

- No penalty kicks

12) Slide Tackling and High Kicks

- Slide tackling is not permitted
- High kicks are not permitted

13) Fouls

- All fouls should result with an indirect free kick with the opponents at least 6 yards away.
- Kicks can not be taken inside the half circle in front of goal.

14) Headers

- **No players are allowed to head the ball directly from the air.**

15) Goalies

- Goalie can kick the ball anywhere on the field, but must be inside the box (penalty area/ goalie box) to touch the ball with their hands.
- Touching ball with hand outside the goal box results in indirect kick from the area where the foul occurred.
- Punting and throws after saves are allowed within goal box.
- Defenders must be 6 yards outside of goal box when goalie punts/throws after a save.
- If a goalie catches the ball on a stopped shot and sets it down to kick it, this becomes a live ball and the opposing team may play the ball.
- If the ball is *out of defense's end line, last touched by offense* a goal kick applies. In this case the ball must be placed down to kick and the ball is not live until kicked.
- Interference with the goaltender is not allowed. Note: On any given play at the goal, if the safety of the goalie is in question the play should be stopped.

16) Substituting

- Only sub in/out after an out-of-bound, a goal kick, a score, or pre-determined time frame (every 5 minutes, etc.)

2nd Grade Division

- 1) **Ball Size:** 4.
- 2) **Player's Equipment**
 - *Shirt:* Team game shirt
 - *Footwear:* Tennis shoes or soft-cleat soccer shoes.
 - *Shin guards:* Required
- 3) **Players on Field**
 - *Number of plays per team on the field at one time:* 6 (includes goalie).
- 4) **Referees**
 - If no referees are assigned to the game, the one coach from each team on the field at one time. A coach can stand behind the goal to help the goalie.
 - If referees are assigned to the game, then coaches have to stay on sideline. A coach can stand behind the goal to help the goalie.
- 5) **Duration of game**
 - The game shall be divided into two 20 minute periods with a five minute halftime.
 - Game may be broken up into 4 quarters to facilitate water breaks and player substitutions
- 6) **Kick-off**
 - Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
 - A goal can not be scored during the initial kick.
- 7) **Ball in/out of play**
 - *Out of bounds on the side:* Throw in from where the ball went out.
 - *Out of defense's end line, last touched by offense:* Goal kick with defense at half field during kick.
 - *Out of defense's end line, last touched by defense:* corner kick with defense at least 10 yards away from ball during kick.
- 8) **Throw-ins**
 - Incorrect throw-in results in other team getting the ball after the coach/referee explains the correct way to throw-in.
 - A correct throw in is as follows: has part of each foot either on the line or on the ground outside the line, uses both hands, delivers the ball from behind and over the head.
- 9) **Goal Kicks**
 - Opponents must stand back at half field.

- Goal kicks must be made with the ball on the ground (not punted) from the designated marking as applicable.
- A goal cannot be scored directly from the goal kick.

10) Corner Kicks

- Opponents must stand 10 yards away from the ball during the kick.
- A goal can be scored from a corner kick.
- Offensive players may not stand within 3 feet of the goalie on the goal line.

11) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball. Kicks cannot be taken inside the goalie box.

12) Penalty Kicks

- No penalty kicks

13) Slide Tackling and High Kicks

- Slide tackling is not permitted
- High kicks are not permitted

14) Fouls

- All fouls should result with an indirect free kick with the opponents at least 6 yards away.

15) Headers

- **No players are allowed to head the ball directly from the air.**
- **If a player deliberately heads the ball from the air the referee will award an indirect free kick to the opposing team.**

16) Goalies

- Goalie can kick the ball anywhere on the field, but must be inside the box (penalty area/ goalie box) to touch the ball with their hands.
- Touching ball with hand outside the goal box results in indirect kick from the area where the foul occurred.
- Punting and throws after saves are allowed within goal box.
- Defenders must be 6 yards outside of goal box when goalie punts/throws after a save.
- If a goalie catches the ball on a stopped shot and sets it down to kick it, this becomes a live ball and the opposing team may play the ball.
- If the ball is *out of defense's end line, last touched by offense* a goal kick applies. In this case the ball must be placed down to kick and the ball is not live until kicked.
- Interference with the goaltender is not allowed. On any given play at the goal, if the Referee feels the safety of the goalie is in jeopardy, the Referee reserves

the right to call a stoppage of play. Players should not stand within 3 feet of the goalie on corner kicks if they are on the goal line.

17) Substituting

- Only sub in/out after an out-of-bound, a goal kick or a score.
- Coaches should inform Ref of intention to substitute so that play can be stopped/resumed appropriately.

18) Off Sides

- Will be called.
- Off Sides applies only if the offensive player is beyond the last defender at the time of the pass from teammate. Based on the judgment of the Ref, a player is not off sides if not involved in the play or did not interfere with play. Off Sides only applies if the player is on the opponents' side of field. Does not apply on throw in, corner kick, or goal kick.

3rd Grade Division

- 1) **Ball Size:** 4.
- 2) **Player's Equipment**
 - *Shirt:* Team game shirt
 - *Footwear:* Tennis shoes or soft-cleat soccer shoes.
 - *Shin guards:* Required
- 3) **Players on Field**
 - *Number of plays per team on the field at one time:* 6 (includes goalie).
- 4) **Referees**
 - If no referees are assigned to the game, the one coach from each team on the field at one time). A coach can stand behind the goal to help the goalie.
 - If referees are assigned to the game then coaches have to stay on sideline. A coach can stand behind the goal to help the goalie.
- 5) **Duration of game**
 - The game shall be divided into two 20 minute periods with a five minute halftime.
 - Game may be broken up into 4 quarters to facilitate water breaks and player substitutions
- 6) **Kick-off**
 - Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
 - A goal can not be scored during the initial kick.
- 7) **Ball in/out of play**
 - *Out of bounds on the side:* Throw in from where the ball went out.
 - *Out of defense's end line, last touched by offense:* Goal kick with defense at half field during kick.
 - *Out of defense's end line, last touched by defense:* corner kick with defense at least 10 yards away from ball during kick.
- 8) **Throw-ins**
 - Incorrect throw-in results in other team getting the ball after the coach/referee explains the correct way to throw-in.
 - A correct throw in is as follows: has part of each foot either on the line or on the ground outside the line, uses both hands, delivers the ball from behind and over the head.
- 9) **Goal Kicks**
 - Opponents must stand back at half field.
 - Goal kicks must be made with the ball on the ground (not punted) from the designated marking as applicable.

- A goal cannot be scored directly from the goal kick.

10) Corner Kicks

- Opponents must stand 10 yards away from the ball during the kick.
- A goal can be scored from a corner kick.
- Offensive players may not stand within 3 feet of the goalie on the goal line.

11) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball. Kicks cannot be taken inside the goalie box.

12) Penalty Kicks

- No penalty kicks

13) Slide Tackling and High Kicks

- Slide tackling is not permitted
- High kicks are not permitted

14) Fouls

- All fouls should result with an indirect free kick with the opponents at least 6 yards away.

15) Headers

- **No players are allowed to head the ball directly from the air.**
- **If a player deliberately heads the ball from the air the referee will award an indirect free kick to the opposing team.**

16) Goalies

- Goalie can kick the ball anywhere on the field, but must be inside the box (penalty area/ goalie box) to touch the ball with their hands.
- Touching ball with hand outside the goal box results in indirect kick from the area where the foul occurred.
- Punting and throws after saves are allowed within goal box.
- Defenders must be 6 yards outside of goal box when goalie punts/throws after a save.
- If a goalie catches the ball on a stopped shot and sets it down to kick it, this becomes a live ball and the opposing team may play the ball.
- If the ball is *out of defense's end line, last touched by offense* a goal kick applies. In this case the ball must be placed down to kick and the ball is not live until kicked.
- Interference with the goaltender is not allowed. On any given play at the goal, if the Referee feels the safety of the goalie is in jeopardy, the Referee reserves the right to call a stoppage of play. Players should not stand within 3 feet of the goalie on corner kicks if they are on the goal line.

17) Substituting

- Only sub in/out after an out-of-bound, a goal kick, a score, or pre-determined time frame (every 5 minutes, etc.)
- Coaches should inform Ref of intention to substitute so that play can be stopped/resumed appropriately.

18) Off Sides

- Will be called.
- Off Sides applies only if the offensive player is beyond the last defender at the time of the pass from teammate. Based on the judgment of the Ref, a player is not off sides if not involved in the play or did not interfere with play. Off Sides only applies if the player is on the opponents' side of field. Does not apply on throw in, corner kick, or goal kick.

4th & 5th Grade Divisions

- 1) **Ball Size:** 4.
- 2) **Player's Equipment**
 - *Shirt:* Team game shirt
 - *Footwear:* Tennis shoes or soft-cleat soccer shoes.
 - *Shin guards:* Required
- 3) **Players on Field**
 - *Number of plays per team on the field at one time:* 7 (includes goalie).
- 4) **Referees**
 - If no referees are assigned to the game, the one coach from each team on the field at one time). A coach can stand behind the goal to help the goalie.
 - If referees are assigned to the game then coaches have to stay on sideline. A coach can stand behind the goal to help the goalie.
- 5) **Duration of game**
 - The game shall be divided into two 20 minute periods with a five minute halftime.
 - Game may be broken up into 4 quarters to facilitate water breaks and player substitutions
- 6) **Kick-off**
 - Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
 - A goal cannot be scored during the initial kick.
- 7) **Ball in/out of play**
 - *Out of bounds on the side:* Throw in from where the ball went out.
 - *Out of defense's end line, last touched by offense:* Goal kick with defense at at half field during kick.
 - *Out of defense's end line, last touched by defense:* corner kick with defense at least 10 yards away from ball during kick.
- 8) **Throw-ins**
 - Incorrect throw-in results in other team getting the ball after the coach/referee explains the correct way to throw-in.
 - A correct throw in is as follows: has part of each foot either on the line or on the ground outside the line, uses both hands, delivers the ball from behind and over the head.
- 9) **Goal Kicks**
 - Opponents must stand back at half field.

- Goal kicks must be made with the ball on the ground (not punted) from the designated marking as applicable.
- A goal cannot be scored directly from the goal kick.

10) Corner Kicks

- Opponents must stand 10 yards away from the ball during the kick.
- A goal can be scored from a corner kick.
- Offensive players may not stand within 3 feet of the goalie on the goal line.

11) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball. Kicks cannot be taken inside the goalie box.

12) Penalty Kicks

- No penalty kicks

13) Slide Tackling and High Kicks

- Slide tackling is not permitted
- High kicks are not permitted

14) Fouls

- All fouls should result with an indirect free kick with the opponents at least 6 yards away.

15) Headers

- **No players are allowed to head the ball directly from the air.**
- **If a player deliberately heads the ball from the air the referee will award an indirect free kick to the opposing team.**

16) Goalies

- Goalie can kick the ball anywhere on the field, but must be inside the box (penalty area/ goalie box) to touch the ball with their hands.
- Touching ball with hand outside the goal box results in indirect kick from the area where the foul occurred.
- Punting and throws after saves are allowed within goal box.
- Defenders must be 6 yards outside of goal box when goalie punts/throws after a save.
- If a goalie catches the ball on a stopped shot and sets it down to kick it, this becomes a live ball and the opposing team may play the ball.
- If the ball is *out of defense's end line, last touched by offense* a goal kick applies. In this case the ball must be placed down to kick and the ball is not live until kicked.
- Interference with the goaltender is not allowed. On any given play at the goal, if the Referee feels the safety of the goalie is in jeopardy, the Referee reserves

the right to call a stoppage of play. Players should not stand within 3 feet of the goalie on corner kicks if they are on the goal line.

17) Substituting

- Only sub in/out after an out-of-bound, a goal kick, a score, or pre-determined time frame (every 5 minutes, etc.)
- Coaches should inform Ref of intention to substitute so that play can be stopped/resumed appropriately.

18) Off Sides

- Will be called.
- Off Sides applies only if the offensive player is beyond the last defender at the time of the pass from teammate. Based on the judgment of the Ref, a player is not off sides if not involved in the play or did not interfere with play. Off Sides only applies if the player is on the opponents' side of field. Does not apply on throw in, corner kick, or goal kick.

19) Tournament Rules – Please refer to page 21.

Middle School Division

1) Ball Size: 5.

11) Player's Equipment

- *Shirt:* Team game shirt
- *Footwear:* Tennis shoes or soft-cleat soccer shoes.
- *Shin guards:* Required

3) Players on Field

- *Number of plays per team on the field at one time:* 7 (includes goalie).

4) Referees

- If no referees are assigned to the game, the one coach from each team on the field at one time). A coach can stand behind the goal to help the goalie.
- If referees are assigned to the game then coaches have to stay on sideline. One coach can stand behind the goal to help goalie.

5) Duration of game

- The game shall be divided into two 20 minute periods with a five minute halftime.
- Game may be broken up into 4 quarters to facilitate water breaks and player substitutions

6) Kick-off

- Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
- A goal can not be scored during the initial kick.

7) Ball in/out of play

- *Out of bounds on the side:* Throw in from where the ball went out.
- *Out of defense's end line, last touched by offense:* Goal kick with defense at half field during kick.
- *Out of defense's end line, last touched by defense:* corner kick with defense at least 10 yards away from ball during kick.

8) Throw-ins

- Incorrect throw-in results in other team getting the ball after the coach/referee explains the correct way to throw-in.
- A correct throw in is as follows: has part of each foot either on the line or on the ground outside the line, uses both hands, delivers the ball from behind and over the head.

9) Goal Kicks

- Opponents must stand back at half field.

- Goal kicks must be made with the ball on the ground (not punted) from the designated marking as applicable.
- A goal can not be scored directly from the goal kick.

10) Corner Kicks

- Opponents must stand 10 yards away from the ball during the kick.
- A goal can be scored from a corner kick.
- Offensive players may not stand within 3 feet of the goalie on the goal line.

11) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball. Kicks cannot be taken inside the goalie box.

12) Penalty Kicks

- No penalty kicks

13) Slide Tackling and High Kicks

- Slide tackling is not permitted
- High kicks are not permitted

14) Fouls

- All fouls should result with an indirect free kick with the opponents at least 6 yards away.

15) Headers

- **No players are allowed to head the ball directly from the air.**
- **If a player deliberately heads the ball from the air the referee will award an indirect free kick to the opposing team.**

16) Goalies

- Goalie can kick the ball anywhere on the field, but must be inside the box (penalty area/ goalie box) to touch the ball with their hands.
- Touching ball with hand outside the goal box results in indirect kick from the area where the foul occurred.
- Punting and throws after saves are allowed within goal box.
- Defenders must be 6 yards outside of goal box when goalie punts/throws after a save.
- If a goalie catches the ball on a stopped shot and sets it down to kick it, this becomes a live ball and the opposing team may play the ball.
- If the ball is *out of defense's end line, last touched by offense* a goal kick applies. In this case the ball must be placed down to kick and the ball is not live until kicked.
- Interference with the goaltender is not allowed. On any given play at the goal, if the Referee feels the safety of the goalie is in jeopardy, the Referee reserves

the right to call a stoppage of play. Players should not stand within 3 feet of the goalie on corner kicks if they are on the goal line.

17) Substituting

- Only sub in/out after an out-of-bound, a goal kick, a score.
- Coaches should inform Ref of intention to substitute so that play can be stopped/resumed appropriately.

18) Off Sides

- Will be called.
- Off Sides applies only if the offensive player is beyond the last defender at the time of the pass from teammate. Based on the judgment of the Ref, a player is not off sides if not involved in the play or did not interfere with play. Off Sides only applies if the player is on the opponents' side of field. Does not apply on throw in, corner kick, or goal kick.

19) Tournament Rules – Please refer to Page 21.

TOURNAMENT RULES

- 1) Referees will keep score and will record the final score.
- 2) Games cannot end in a tie; if a game is still tied after regulation, then an Overtime (OT), and if needed, a Shootout will be used to determine the winner.
- 3) OT will consist of (two) 5 minute periods (start with coin toss/no halftime/not sudden death); teams switch sides after first 5 minute period; if still tied after OT, then the game goes to a Shootout.
- 4) **In OT, substitutions can be made in the same manner as a regular game. However, if in the opinion of the game official the game is being excessively delayed by one team (i.e. ball is intentionally kicked into parking lot to delay the game) additional time may be added to the period. The game referee is the official keeper of time and has final authority on game stoppage.**
- 5) Shootouts- If game is still tied after OT, the game goes to a Shootout. At end of OT, each coach will select the players (including goalie) to take kicks in the Shootout. The number of players will be based on the total number of players on the field for a given division. For example: the Middle School division is 7 v 7, so each team would select 7 players (which includes the goalie) to participate in the Shootout. The players will remain on the field until the completion of the Shootout. Each team will place their selected players in the order they want to take kicks. All players including the goalie will take kicks. Players from each team will alternate taking kicks. If the score is still tied after all players from each team have kicked, then teams start back over using the same order that they originally used to kick until one team makes and the other team misses.
- 6) Both teams will use the same goal (chosen by referee); the field will be marked to show where the ball will be placed. (Ball placed at approximately 20 Feet from the Goal line for 2nd/3rd grade level and at approximately 30 Feet for 4th/5th and Middle School levels.
- 7) **The player chosen as the goalie may not be substituted** for another goalie unless injured or circumstances approved by game official.
- 8) The referee will coordinate the kicks and will determine if kicks are good and will record the result; players cannot kick until the whistle is blow; kicks taken prior to the whistle, will not count.
- 9) Referee will go over the OT and Shootout Rules with coaches before OT.