

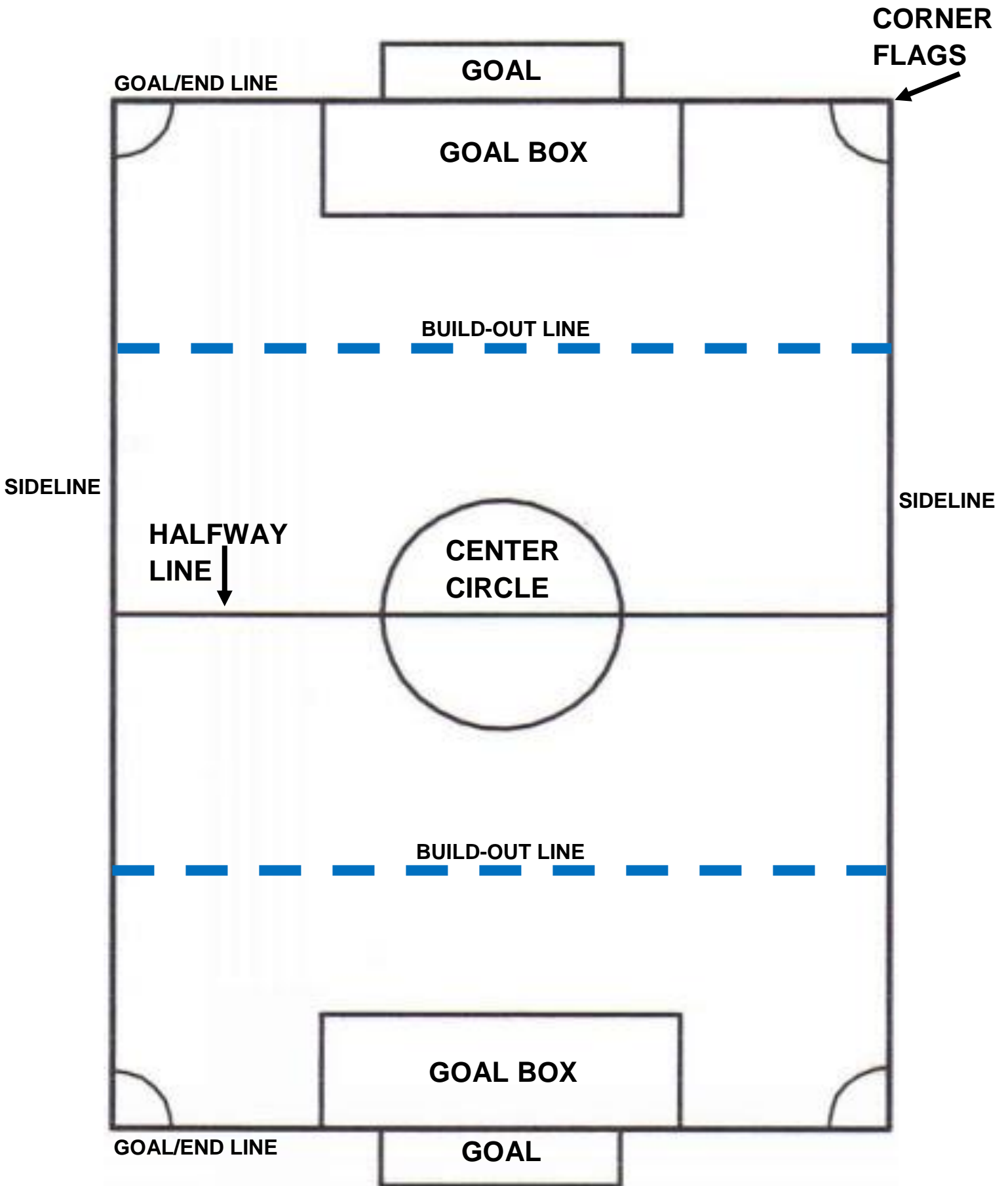


## 5U & 7U Rules

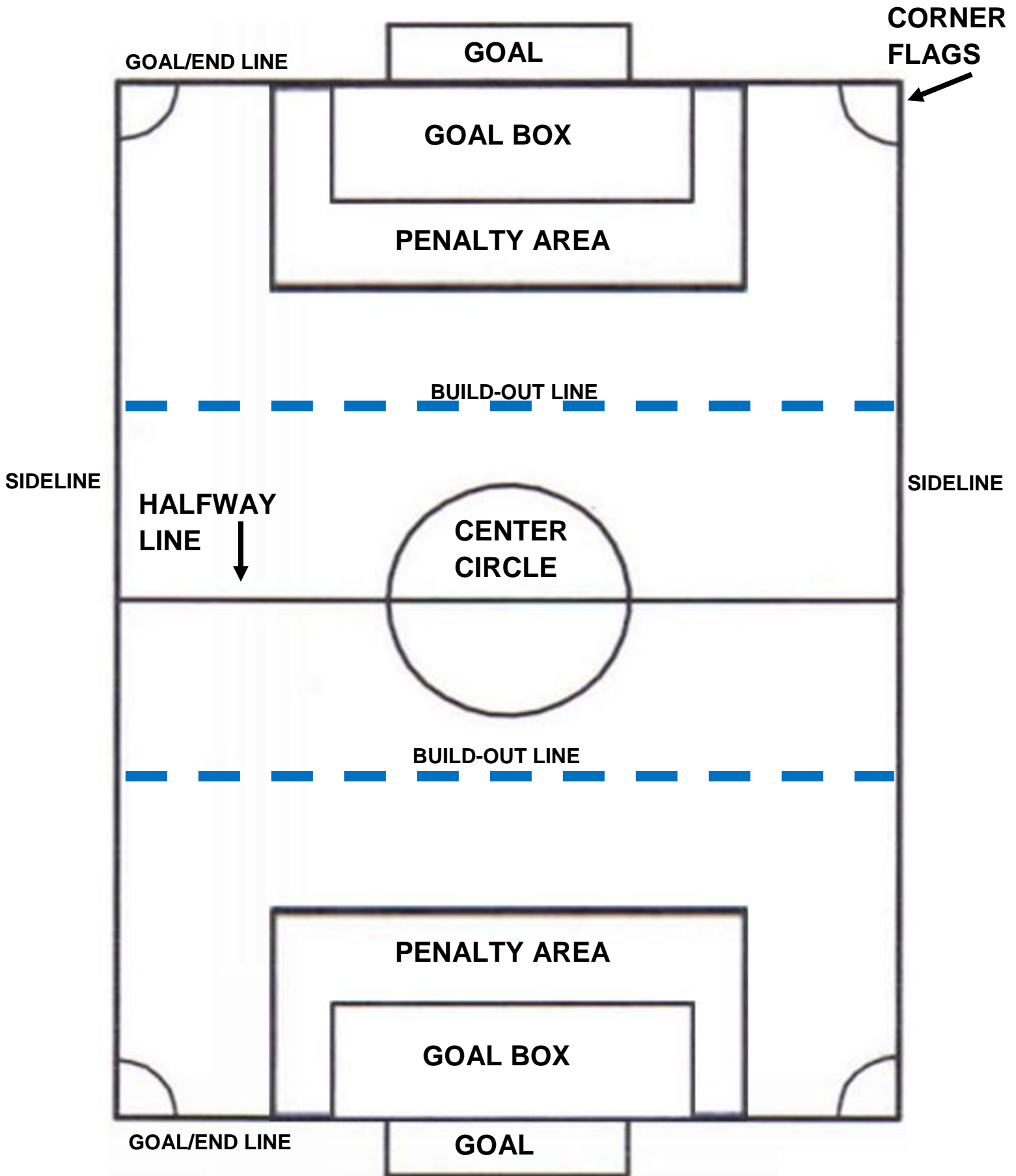
1. 5U will play **4v4** and 7U will be **5v5**
2. All 5U games will start the second half of the game with individual shooting from outside the goal box. Each team will line up on their halves of the field and take one shot on an undefended goal. Players can stand between 3-5 feet in front of the goal. Once all players have taken their shot, the 3rd quarter will begin.
3. 5U will play four 8 minute quarters. 7U will play four 10 min quarters. Both groups are awarded 3 minute halves depending on Referee's discretion and team readiness.
4. Shin guards & closed toe shoes (rubber soled, no metal) are to be worn at all times.
5. No jewelry or wrist attire.
6. **No Goalkeepers.** Teams are not allowed to stand or defend inside of the goal box. If a player touches/blocks a ball in the goal box then the attacking team is awarded an indirect kick outside of the goal box. Players may try to attack the ball before it crosses into the goal box. The only way that a defender can enter the goal box is to stop an attacker who has already dribbled into or is right about to enter into the goal box. Attackers/Offense can enter the box to score. However, you want them to attempt to score just outside of the box. Must be passed the build-out line before scoring.
7. **Last Defenders.** Last defenders are only allowed to stand on or behind the build-out line. They are not allowed to stand on or inside the goal box line.
8. Begin each quarter with a **kick-off** in the center circle. Players may stand wherever they want on their halves of the field. They are not required to stand on the build-out line.
9. **Corner Kicks.** Players can stand anywhere outside of the goal box line during corner kicks. Corner kicks are not thrown in.
10. **Goal kicks.** All players, other than the kicker and 1 additional player, must remain behind the build-out line and will follow build-out line procedures during all goal kicks. The kicker can choose to pass the ball to a teammate behind the build-out line or to the additional player. All other players cannot cross or attack the ball until the defending team has possession of the ball. Corner kicks are not thrown in.
11. **The Build Out Line** will be used to move players behind the dashed line when goal kick is in effect. The opposing team cannot cross the line until the pass-in touches a player of the same team. If the opposing team touches the ball, then the attacking team will restart the kick.
12. No changing sides during game.
13. **Throw-ins.** If an illegal throw-in is performed, the referee/coach will instruct the player on the error and give the player another chance to throw the ball in. If a second illegal throw-in is performed, possession of the ball will be given to the opposing team.
14. Opponents must be at least 2 feet from the point on the touchline where a throw-in is to be taken.

- 15. Handballs.** If a player intentionally uses hands to gain advantage, a foul is called. If not intentional (i.e. covering face to prevent getting hit), continue with play.
- 16. No PK's or direct kicks.** Use indirect kicks only, regardless of the foul and location. Kick cannot be placed inside goal box.
- 17. No offside penalties.**
- 18. Goals can only be scored from the offensive half of the field** and passed the opposing team's build-out line. A goal scored from your own (defensive) half will result in a free kick for the team that shot the ball from where the ball was kicked. An explanation should be given to the player who shot the ball as to why the goal did not count.
- 19.** Goals cannot be scored from any restart in play unless touched by another teammate. All kicks are indirect.
- 20. Own goals do not count.** Opposing team (opposite of team that scored the own goal) is awarded an indirect kick outside of the build-out line.
- 21. No headers.** Any purposeful or accidental headers will be considered a foul and will award the opposing team with an indirect kick. All headers will result in an indirect kick outside of the build-out line or where the header occurred. Offensive and defensive players may stand on but not inside the goal box lines.
- 22. No slide tackling.**
- 23. No aerial or immediate clears out of the back** (no booting the ball). Players must learn to control and dribble the ball, pass to an open teammate, or kick a low ball (below waist) to sideline. On the first warning, the referee will call for immediate pause and explain to player to slow down and dribble. On whistle, the player will pass the ball to a teammate to return to play. After warning, the opposing team will be awarded an indirect kick where the penalty occurred.
- 24.** Substitute (UNLIMITED) at referee's discretion.
- 25.** ALL players must have the equivalent of 2 full quarters of playing time, perform throw-ins (pass-ins), kick-offs, corner kicks, goal kicks, and indirect kicks.
- 26.** ALL players must have equal chances to score goals. If a team has a player who is scoring the majority of the goals, they must should be substituted out or be instructed to pass before they can shoot again.
- 27.** While the mercy rule is not enforced, it is highly encouraged to substitute players on/off field or to different positions in order to encourage play and skill development.

# 5U Soccer Field

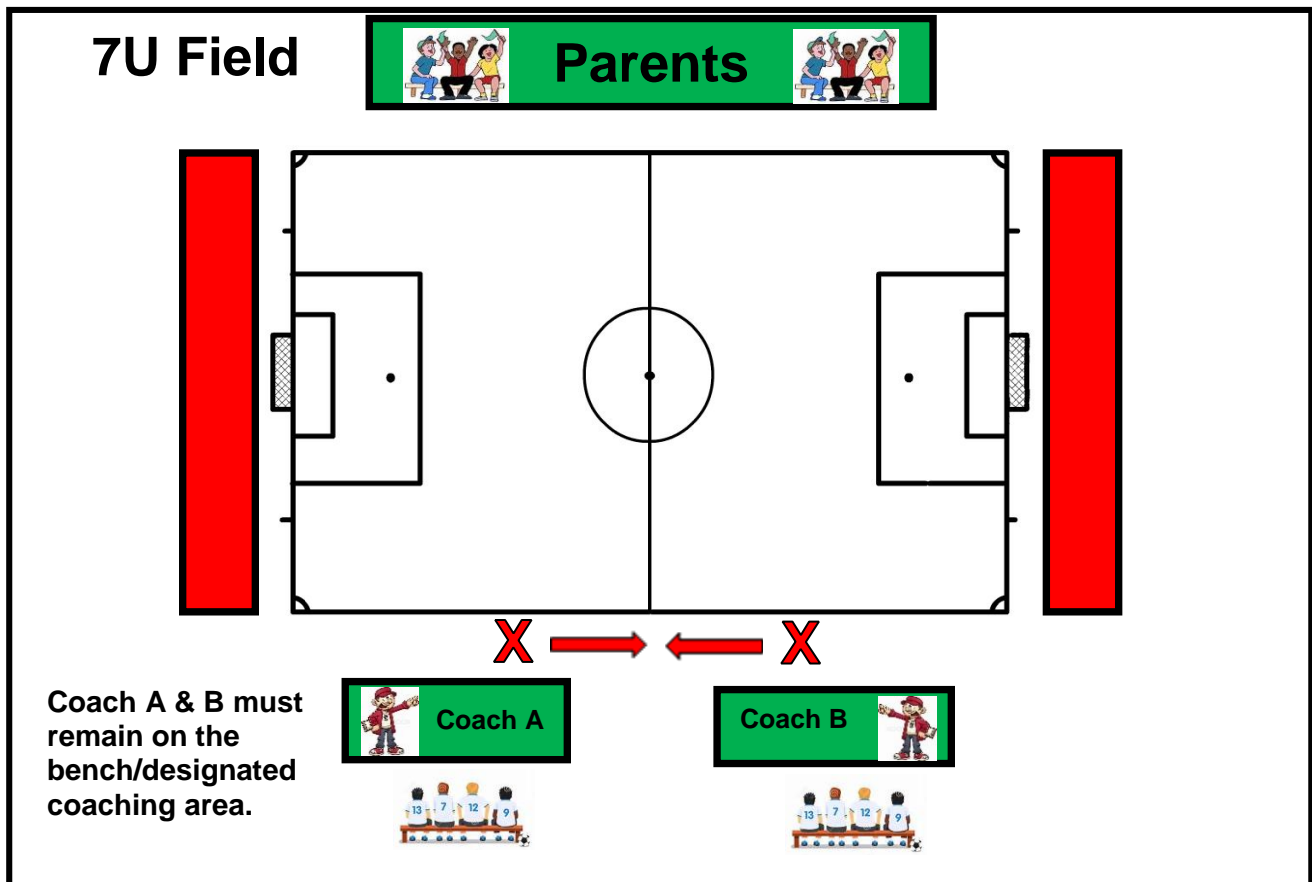
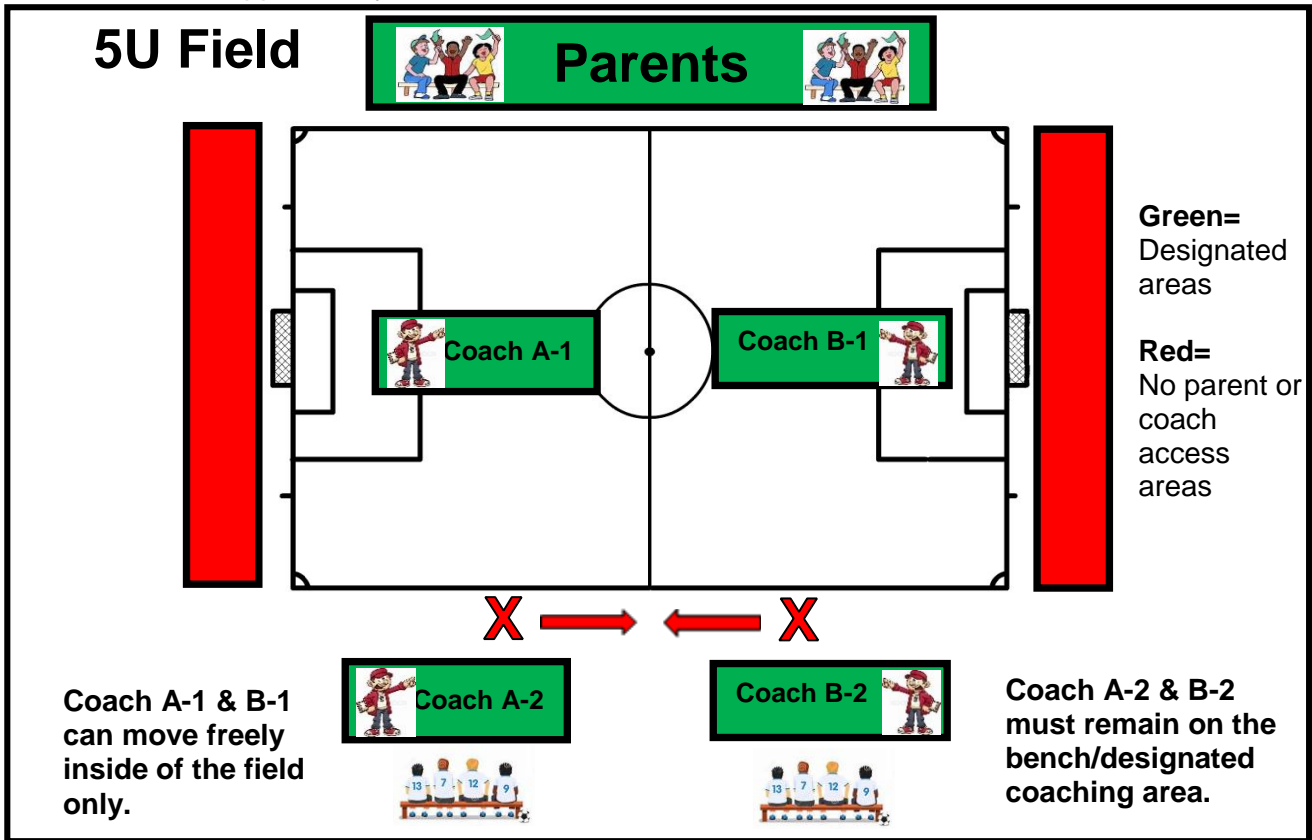


# 7U Soccer Field



# 5U & 7U Assigned Areas on Field

**Note:** Neither coach can cross the halfway line, go behind the goal, stand at the corner, or stand on parents' side. No parents are to be behind goals or behind bench. Parents at the bench must be approved by the coordinator.





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**2023 Soccer Rules**



### 9U Rules

1. Girls and Boys will play 7v7.
2. Shin guards & cleats (rubber soled only) are to be worn at all times. NO metal, football, softball/baseball cleats allowed.
3. Play two 25 minute halves with a 5 minute half-time.
4. **Kick-off:** Beginning of game, restarts after goal has been scored, and after half will be performed at mid-field.
5. **Corner Kicks.** Players can stand anywhere on the field, including the goal box. A player from the attacking team will take the kick.
6. **Goal kicks.** All players, other than the kicker and the goal keeper, must remain behind the build-out line and will follow build-out line procedures during all goal kicks. The kicker can choose to pass the ball to a teammate behind the build-out line or to the additional player. All other players cannot cross or attack the ball until the defending team has possession of the ball.
7. **The Build Out Line**
  - a. **Goal kicks:** (dashed line) will be used to move kids behind line when goal kick is in effect. The opposing team cannot cross the line until the pass-in touches a teammate. If the opposing team touches the ball, then the attacking team will restart the kick. A goal-kick is no longer required to leave the penalty area before a teammate touches the ball, meaning the goal keeper can pass the ball to a teammate in his/her goal box. Opponents cannot attack until 2nd touch is made.
  - b. **Keeper has possession of ball:** When the goalkeeper has the ball in his or her hands during play from the opponent, 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 (**punts and drop kicks are 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.
  - c. The Build out line will also count as the line to assess where offside offenses occur. Players cannot be penalized for an offside offense between halfway line and build out line. Players can be penalized for an offside offense between the build out line and goal line.
8. Swap sides of the field at half time.

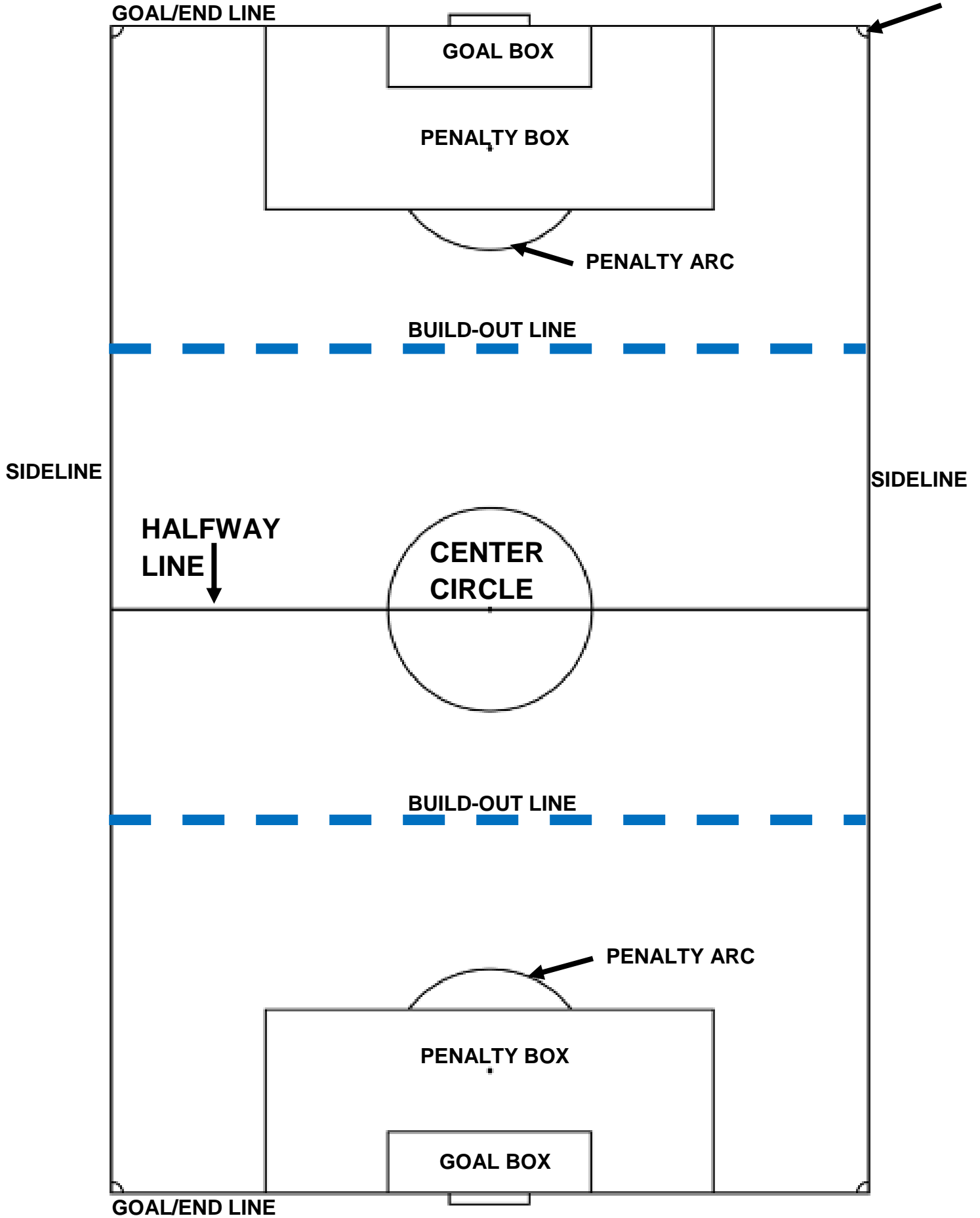
9. **Throw-ins.** During the month of September, if an illegal throw-in is performed, the referee will instruct the player on the error and give player another chance to throw the ball in. If a second illegal throw-in is performed, control of the ball will be given to the opposing team. During the month of October, an illegal throw in will result in control of the ball being given to the opposing team without a second opportunity.
10. Opponents must be at least 2 feet from the point on the touchline where a throw-in is to be taken.
11. **Handballs.** If a player intentionally uses hands to gain advantage call the foul. If not intentional continue with play. Direct kicks are awarded for all intentional hand balls and fouls.
12. Penalty kicks use FIFA Laws/Rules.
  - a. Goalkeepers may now come slightly closer while defending a penalty, only required to have one foot on the goal line instead of required to stand completely on it.
  - b. An attacker who required medical treatment may now be allowed to take a penalty once treatment is concluded.
13. **Free Kicks:**
  - a. During a free-kick – direct or indirect – the attacking team may NOT have a player within one yard of the wall. If they do, the referee can penalize the attacking team with a free-kick in the other direction.
  - b. PK- only allowed if foul committed inside of penalty box area.
  - c. There are no quick free kicks.
14. **Drop Ball:** A drop ball will now be awarded if a ball strikes a referee and falls in possession of the opposition side, or if the ball strikes the referee and ends up in the back of the net. Drop balls can no longer be contested. However, along with that, drop balls can be taken by an attacking team wherever they possessed the ball when play was stopped, meaning an attacking team can continue from the point at which the attack was stopped. Drop balls are only awarded from a referee.
  - a. Any play stopped in the penalty area will be returned to the goalkeeper no matter who possessed the ball at the stoppage.
15. **Offside is in effect.** We will continue to utilize a one-two referee system (depends on availability) and the referee will call clear and obvious offside infractions. Very close potential offside situations will be considered onside unless the referee has a good vantage point to make the call.
16. Goals cannot be scored from kick-off.

17. Goalkeeper cannot score by throwing the ball into the opponents' goal
18. **No headers.** Any purposeful or accidental headers will be considered a foul and will award the opposing team with an indirect kick. All headers will result in an indirect kick outside of the box or where the header occurred. No PK's are awarded. PK's are considered direct kicks and should be reserved for handballs and fouls.
19. No slide tackling.
20. Substitute (UNLIMITED) at referee's discretion. Any substitute must leave the field of play at the nearest sideline point, unless the referee determines they can quickly make his way back to the team's designated touchline area.
21. All fouls will be IAW FIFA Laws/Rules.
22. **Mercy Rule:** If a team has a significant lead, the coach is encouraged to substitute players to avoid the mercy rule. If a team is ahead by 10 points or more after the 1<sup>st</sup> half, a mercy rule will be declared and the game shall end.
23. **Game Forfeiture:** Is declared if a coach or team refuses to start or restart game, and if a team is unable to field two less players than the number indicated to be on the field within 10 minutes after the scheduled starting time.



# 9U Soccer Field

CORNER  
FLAGS





### 11U Rules

1. Girls and Boys will play 9v9.
2. Shin guards & cleats (rubber soled only) are to be worn at all times. NO metal, football, softball/baseball cleats allowed.
3. Play two 30 minute halves with a 5 minute break.
4. **Kick-off:** Beginning of game, restarts after goal has been scored, and after half will be performed at mid-field.
5. A goal-kick is no longer required to leave the penalty area before a teammate touches the ball, meaning the goal keeper can pass the ball to a teammate in his/her goal box. Opponents cannot attack until 2nd touch is made.
6. Punting is permitted.
7. Swap sides of the field at half time.
8. **Throw-ins.** During the month of September, if an illegal throw-in is performed, the referee will instruct the player on the error and give player another chance to throw the ball in. If a second illegal throw-in is performed, control of the ball will be given to the opposing team. During the month of October, an illegal throw in will result in control of the ball being given to the opposing team without a second opportunity.
9. Opponents must be at least 2 feet from the point on the touchline where a throw-in is to be taken.
10. **Handballs.** If a player intentionally uses hands to gain advantage call the foul. If not intentional continue with play. Direct kicks are awarded for all intentional hand balls and fouls.
11. Penalty kicks use FIFA Laws/Rules.
  - a. Goalkeepers may now come slightly closer while defending a penalty, only required to have one foot on the goal line instead of required to stand completely on it.
  - b. An attacker who required medical treatment may now be allowed to take a penalty once treatment is concluded.

## 12. Free Kicks

- a. During a free-kick – direct or indirect – the attacking team may NOT have a player within one yard of the wall. If they do, the referee can penalize the attacking team with a free-kick in the other direction.
- b. Quick free-kicks can now be taken before a referee shows a yellow card, and the referee is allowed to wait before showing his yellow card until the next stoppage in play. However, the rule still stands where a referee distracted by already beginning to display a caution may halt a quick free-kick until he finishes the action. In addition, if the referee was going to show a red card for denying an obvious goal scoring opportunity, the attacking team still may take a quick free-kick, but the punishment automatically reverts from a red card into a yellow as the attacking team is considered to have restarted its course of play.

**13. Drop Ball:** A drop ball will now be awarded if a ball strikes a referee and falls in possession of the opposition side, or if the ball strikes the referee and ends up in the back of the net. Drop balls can no longer be contested. However, along with that, drop balls can be taken by an attacking team wherever they possessed the ball when play was stopped, meaning an attacking team can continue from the point at which the attack was stopped. Drop balls are only awarded from a referee.

- a. Any play stopped in the penalty area will be returned to the goalkeeper no matter who possessed the ball at the stoppage.

**14. Offside is in effect.** We will continue to utilize a one-two referee system (depends on availability) and the referee will call clear and obvious offside infractions. Very close potential offside situations will be considered onside unless the referee has a good vantage point to make the call.

**15.** Goals cannot be scored from kick-off.

**16.** Goalkeeper cannot score by throwing the ball into the opponents' goal

**17. No headers.** Any purposeful or accidental headers will be considered a foul and will award the opposing team with an indirect kick. All headers will result in an indirect kick outside of the box or where the header occurred. No PK's are awarded. PK's are considered direct kicks and should be reserved for handballs and fouls.

**18.** Slide tackling is permitted.

**19.** Substitute (UNLIMITED) at referee's discretion. Any substitute must leave the field of play at the nearest sideline point, unless the referee determines they can quickly make his way back to the team's designated touchline area.

**20.** All fouls will be IAW FIFA Laws/Rules.

- 21. Mercy Rule:** If a team has a significant lead, the coach is encouraged to substitute players to avoid the mercy rule. If a team is ahead by 10 points or more after the 1<sup>st</sup> half, a mercy rule will be declared and the game shall end.
- 22. Game Forfeiture:** Is declared if a coach or team refuses to start or restart game, and if a team is unable to field two less players than the number indicated to be on the field within 10 minutes after the scheduled starting time.



# Foley

PARKS AND RECREATION  
**2023 Soccer Rules**



## 14U Rules

1. Girls and Boys will play 11v11. Registration numbers directly affect game format.
2. Shin guards & cleats (rubber soled only) are to be worn at all times. NO metal, football, softball/baseball cleats allowed.
3. Play two 30 minute halves with 5 minute half.
4. A goal-kick is no longer required to leave the penalty area before a teammate touches the ball, meaning once the goalkeeper touches the ball for the kick, it is immediately considered in play. Opponents must remain outside the penalty area when a goal-kick takes place.
5. Goal Kicks may not go across mid-field without being played by a player on the field other than the player kicking the ball.
6. Goalies are not allowed to punt, kick or throw the ball across mid-field. The ball must touch a player on the field before crossing mid-field line. If the goalie punts, kicks or throws the ball across mid-field without touching a player on the field, an indirect free kick will be awarded to the opposing team from the spot where the ball crosses half-field.
7. If a goalie handles the ball, they have the option to pass the ball to a teammate on the same side of the field or they may take the ball across mid-field themselves. Goalies are not allowed to pass the ball across mid-field without the ball being played by another player on the field.
8. Begin each half with a kick-off at mid-field.
9. Swap sides of the field at half time.
10. Penalty kicks use FIFA Laws/Rules.
11. Goalkeepers may now come slightly closer while defending a penalty, only required to have one foot on the goal line instead of required to stand completely on it.
12. An attacker who required medical treatment may now be allowed to take a penalty once treatment is concluded.

### 13. Free Kicks

- a. During a free-kick – direct or indirect – the attacking team may NOT have a player within one yard of the wall. If they do, the referee can penalize the attacking team with a free-kick in the other direction.
- b. Quick free-kicks can now be taken before a referee shows a yellow card, and the referee is allowed to wait before showing his yellow card until the next stoppage in play. However, the rule still stands where a referee distracted by already beginning to display a caution may halt a quick free-kick until he finishes the action. In addition, if the referee was going to show a red card for denying an obvious goal scoring opportunity, the attacking team still may take a quick free-kick, but the punishment automatically reverts from a red card into a yellow as the attacking team is considered to have restarted its course of play.

**14. Drop Ball:** A drop ball will now be awarded if a ball strikes a referee and falls in possession of the opposition side, or if the ball strikes the referee and ends up in the back of the net. Drop balls can no longer be contested. However, along with that, drop balls can be taken by an attacking team wherever they possessed the ball when play was stopped, meaning an attacking team can continue from the point at which the attack was stopped. Drop balls are only awarded from a referee.

- a. Any play stopped in the penalty area will be returned to the goalkeeper no matter who possessed the ball at the stoppage.

**15. Offside is in effect.** We will continue to utilize a one-two referee system (depends on availability) and the referee will call clear and obvious offside infractions. Very close potential offside situations will be considered onside unless the referee has a good vantage point to make the call.

**16.** Goals cannot be scored from kick-off.

**17.** Goalkeeper cannot score by throwing the ball into the opponents' goal

**18.** Headers are permitted for players 12 and older only. (14U Only)

**19.** Slide tackling is permitted.

**20.** Substitute (UNLIMITED) at referee's discretion. Any substitute must leave the field of play at the nearest sideline point, unless the referee determines they can quickly make his way back to the team's designated touchline area.

**21.** All fouls will be IAW FIFA Laws/Rules.

**22. Mercy Rule:** If a team has a significant lead, the coach is encouraged to substitute players to avoid the mercy rule. If a team is ahead by 10 points or more after the 1<sup>st</sup> half, a mercy rule will be declared and the game shall end.

**23. Game Forfeiture:** Is declared if a coach or team refuses to start or restart game, and if a team is unable to field two less players than the number indicated to be on the field within 10 minutes after the scheduled starting time.

	5U COED	7U COED	9U Boys	9U Girls	11U Boys	11U Girls	14U Boys & Girls
# of Players	4 vs 4	5 vs 5	7 vs 7	7 vs 7	9 vs 9	9 vs 9	11 vs 11
Field Size (yards)	20 X 30	25 X 35	40 X 60	40 X 60	50 X 80	50 X 80	Regulation 120 x 80
Goal Size	4 X 6	4 X 6	6 X 18 or 7 x 21	6 X 18 or 7 x 21	6 X 18 or 7 x 21	6 X 18 or 7 x 21	Regulation 8 x 24
Ball Size	3	3	4	4	4	4	5
Offsides	NO	NO	YES	YES	YES	YES	YES
Headers	NO	NO	NO	NO	NO	NO	YES
Punting	NO	NO	NO	NO	YES	YES	YES
Game Time	4 X 8 minutes (3 min half)	4 X 10 minutes (3 min half)	2 X 25 minutes (5 min half)	2 X 25 minutes (5 min half)	2 X 30 minutes (5 min half)	2 X 30 minutes (5 min half)	2 X 30 minutes (5 min half)
Goal Keeper	NO	NO	YES	YES	YES	YES	YES
Slide Tackling	NO	NO	NO	NO	YES	YES	YES
Referees	1	2 preferred 1 accepted	2 preferred 1 accepted	2 preferred 1 accepted	2	2	2
Penalty/Direct Kicks	NO	NO	YES	YES	YES	YES	YES
Indirect Kicks	YES	YES	YES	YES	YES	YES	YES
Handball Violation	Intentional only	Intentional only	Intentional only	Intentional only	YES	YES	YES
Changing Sides at Half	NO	NO	YES	YES	YES	YES	YES
Coaches on Field	YES 1 only per team	NO	NO	NO	NO	NO	NO