



## FORMAT & RULES

### 1<sup>st</sup> and 2<sup>nd</sup> Grade Rules — BOYS & GIRLS

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#### FORMAT:

- Team Size – 7v7 (1 goalie and 6 outfield players)
- Ball Size – 3
- Goal Size – 12ft x 6ft
- Match duration – 2 x 25min halves

#### RULES:

- No headers (unintentional use of the head – play on)
- No offside
- No slide tackles
- Substitutions
  - unlimited subs are permitted
  - subs must be made during a SUITABLE pause in play (*if made during play ref will award a free kick at center line*)
  - players must substitute from the center line
  - players being substituted should be off the field (or close to being off the field) BEFORE new players come in
- NO goal kicks – goalies should throw the ball from inside penalty area (instead of goal kicks)
- All free kicks are INDIRECT including penalties – opponents must be at least 3yds from ball
- NO DIRECT penalty kicks – ref will identify placement of penalty spot; opponents must be at least 3yrds from spot of ball
- Corner kicks – opposing players (defending team) must be at least 5yds from corner kick
- Back passes to goal keepers can be picked up by the goalie without incurring a penalty
- Shin guards are required (worn under socks)
- Cleats are required (no baseball or football cleats)
- No jewelry (earrings must be removed or covered)
- All players must wear a team shirt with a number on the back
- Coaches can be on the field during play as needed, but NOT in the opponent's penalty box
- EXTRA PLAYER – A team may add an extra player to the field if the goal deficit is 4 or more. They must remove that extra player should the deficit drop below 4 goals
- CAUTIONS – referees do not carry yellow or red cards. Warnings may be given by the referee to the player and coach. It is the expectation that coaches listen and work with referees for the good of the kids playing.

## 3<sup>rd</sup> and 4<sup>th</sup> Grade Rules — BOYS & GIRLS

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### FORMAT:

- Team Size – 9v9 (1 goalie and 8 outfield players)
- Ball Size – 4
- Goal Size – 12ft x 6ft
- Match duration – 2 x 25min halves

### RULES:

- No headers (for unintentional use of the head – play on)
- No offside
- No slide tackles
- Substitutions:
  - unlimited subs are permitted
  - subs must be made during a SUITABLE pause in play (*if made during play ref will award a free kick at center line*)
  - players must substitute from the center line
  - players being substituted should be off the field (or close to being off the field) BEFORE new players come in
- Goal kicks are taken from designated goal kick spots – opposing players must be at least 1yard away from the penalty area line
- All free kicks are INDIRECT (including penalties) – opponents must be at least 5yds from ball
- IN-DIRECT penalty kicks – ref will place the ball on penalty box line in line with center of goal; opponents may be inside the penalty area but must be 3yds back (three LARGE steps)
- Corner kicks – opposing players (defending team) must be at least 5yds from corner kick
- Back passes to goal keepers MUST NOT be handled by the goalie – goalies must use their feet to clear the ball from a back pass; an indirect free will be given at the location where the ball was picked up
- Shin guards are required (worn under socks)
- Cleats are required (no baseball or football cleats)
- No jewelry (earrings must be removed or covered)
- All players must wear a team shirt with a number on the back
- Coaches MUST NOT be on the field at any time during active play; referees will signal to coaches to come on the field if they are needed for injuries etc.
- EXTRA PLAYER – A team may add an extra player to the field if the goal deficit is 4 or more. They must remove that extra player should the deficit drop below 4 goals
- CAUTIONS – referees do not carry yellow or red cards. Warnings may be given by the referee to the player and coach. It is the expectation that coaches listen and work with referees for the good of the kids playing.

## 5<sup>th</sup> and 6<sup>th</sup> Grade Rules — BOYS & GIRLS

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### FORMAT:

- Team Size:
  - GIRLS 9v9 (1 goalie and 8 outfield players)
  - BOYS 10v10 (1 goalie and 9 outfield players)
- Ball Size – 4
- Goal Size – 24ft x 8ft
- Match duration – 2 x 30min halves

### RULES:

- No headers (unintentional use of the head – play on)
- No slide tackles
- Offside is played – assistant ref’s decisions are FINAL (we do not have VAR)
- Substitutions:
  - unlimited subs are permitted
  - subs must be made during a SUITABLE pause in play (*if made during play ref will award a free kick at center line*)
  - players must substitute from the center line
  - players being substituted should be off the field (or close to being off the field) BEFORE new players come in
- Goal kicks are taken from designated goal kick spots – opposing players must be at least 1 yard away from the penalty area line
- All free kicks are INDIRECT except penalties – opponents must be at least 5yds from ball
- DIRECT penalty kicks – ref will identify placement of penalty spot; opponents must be outside the penalty area; goalies must be on the line at the time of the kick
- Corner kicks – opposing players (defending team) must be at least 5yds from corner kick
- Back passes to goal keepers MUST NOT be handled by the goalie – goalies must use their feet to clear the ball from a back pass; an indirect free will be given at the location where the ball was picked up
- Shin guards are required (worn under socks)
- Cleats are required (no baseball or football cleats)
- No jewelry (earrings must be removed or covered)
- All players must wear a team shirt with a number on the back
- Coaches MUST NOT be on the field at any time during active play; referees will signal to coaches to come on the field if they are needed for injuries etc.
- EXTRA PLAYER – A team may add an extra player to the field if the goal deficit is 4 or more. They must remove that extra player should the deficit drop below 4 goals
- CAUTIONS – referees do not carry yellow or red cards. Warnings may be given by the referee to the player and coach. It is the expectation that coaches listen and work with referees for the good of the kids playing.