



Beechview Athletic Association Soccer Rules and Regulations

Revised 7/16/2004

Purpose: The purpose of the Beechview Athletic Association’s Soccer Program is to provide the children of the Beechview Community the opportunity to experience the game of soccer as a sport both recreationally and competitively.

Length of Games, Number of Players, Overtime Periods, and Ball Specifications

Age Group	Game Length	Overtime Periods	Ball Size	Number of Players
(Under 13 – Under 19 are unaffected by rule changes)				
Under 12	2 30 minute halves	2 10 minute halves Golden goal	#4	No more than 11, 8 strongly recommended
Under 11	2 30 minute halves	2 20 minute halves Golden goal	#4	No more than 11, 8 strongly recommended
Under 10	2 25 minute halves	NONE	#4	No more than 7, 6 Strongly recommended
Under 8	4 12 minute quarters	NONE	#3	No more than 5, 4 Strongly recommended
Under 6	4 8 minute quarters	NONE	#3	No more than 4, 3 Strongly recommended

U-6 Curriculum

Coaching Emphasis is on individual play and fun. Coaches of U-6 children should ensure that their players enjoy their soccer experience and are eager to come back. In addition, they should help the children to be “ball oriented” (i.e. active in moving towards the ball at all times, etc.) and assist them to become competent playing 1 vs. 1. **There should be NO LINES, NO LAPS and NO LECTURES.**

Soccer Knowledge: Not using hands (during the game), ball in and out of play, and direction of attack.

Team Positions: NONE – Shape can be addressed, i.e., “Magic Triangle”. The kids can be set up in a triangle to start the game and at other natural breaks in the game (kick offs, goal kicks, etc.). During the game, **children must be allowed to run around freely.** UNDER NO CIRCUMSTANCES, SHOULD CHILDREN BE MADE TO STAND IN POSITION, STAND ON A LINE, OR STAY IN A CERTAIN AREA.

Technical Emphasis: The following techniques should be covered indirectly through the use of developmentally appropriate GAMES (NO DRILLS):

1. Running with the Ball
2. Changing direction while running with the ball
3. Kicking the ball (with multiple surfaces)

Tactical Emphasis: Players should be aware of the direction they are attacking. In addition, coaches should develop players to be ball oriented (i.e. always moving towards the ball, always wanting to be involved in the action).

Practice Schedule: One “45 minute” practice per week.

Recommended Activities: One player, one ball activities (Tag games, with/without the ball, target kicking games, maze races [No dribbling around cones set up in a straight line], 1 vs. 1 games and small sided scrimmages).

Coaching License: “Y” Primer or State Youth License recommended

Law I – The Field:

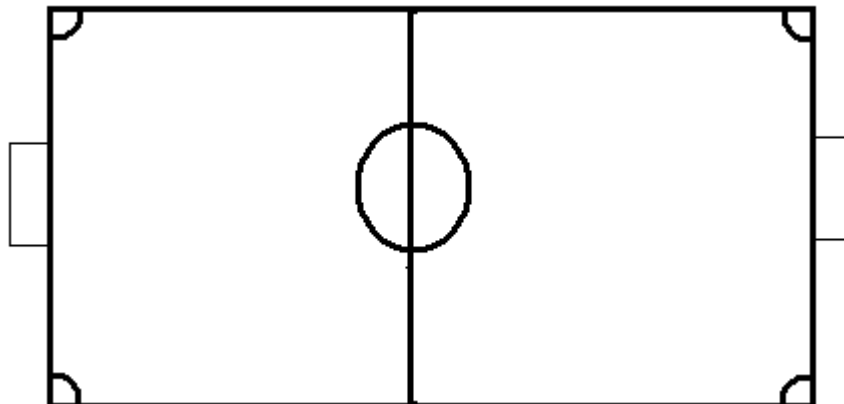
A. Dimensions: The field of play shall be rectangular, it’s length not more than 30 yards, nor less than 20 yards. It’s width not more than 20 yards nor less than 15 yards. The length in all cases shall exceed the width.

US Youth Soccer Recommendation: Length 25 yards Width 20 Yards

B. Markings: Distinctive lines of not more than 5 inches wide. (See Diagram)
A halfway line (“mid field” line) shall be marked across the field.
A center circle with a three (3) yard radius.
Four Corner Arcs with a two (2) foot radius.
Goal Area: none.

C. Goals: The size of hockey goal or 4 feet X 6 feet.

Under 6 Field Markings Diagram



Law II – The Ball: Size three (3).

Law III – Number of Players:

- A. Maximum number of players on the field at any one time is three (3).
- B. Maximum number of players on the roster should not exceed six (6). (If playing “Dual field” method, roster size may be larger.
- C. There are NO GOALKEEPERS.
- D. Substitutions: Allowed anytime the ball is out of play – with the permission of the referee or game official.
- E. Playing time shall be equal. Each player must play a minimum of 50% of the game.
- F. Teams and games may be co-ed.

Law IV – Players Equipment: (Conform to FIFA with the following exceptions)

- A. Footwear – Tennis Shoes or soft cleated soccer shoes.
- B. Shinguards are MANDATORY.
- C. All uniform shirts must be tucked into the shorts.
- D. All clothing worn under the shirt or shorts should be of the same color (in the case of upper body clothing, no hoods outside of the shirt).

Law V – The Referee: Rather than require a Certified Referee, an OFFICIAL (Game Manager, Coordinator, Observer, Parent/Coach) will be used. Their job is to keep the playing environment FUN, SAFE and focused on the child. Duties are the same as a Referee under the FIFA Laws of The Game: keep time, enforce the rules, stop and restart play. When you stop play for a foul or other reason, take the time to explain to the players WHY! This is their first experience with soccer, and the best time to educate all on the Laws of The Game.

Law VI – Assistant Referee: Not used in the small sided game.

Law VII – Duration of the Game:

- A. The game shall be divided into four (4) equal eight (8) minute quarters.
- B. There shall be two (2) minute breaks between quarters one and two and another two (2) minute break between quarters three and four.
- C. There shall be a half time break of five (5) minutes.

Law VIII – The Start of Play: Conform to FIFA, with the following exception:

A. Opponent must be three (3) yards from the center mark while the “kick off” is in progress.

Law IX – Ball in and out of Play: Conform to FIFA. Ball must be completely across the line to be out of play.

Law X – Method of Scoring: Conform to FIFA. The ball must completely cross the goal line between the goal posts and beneath the crossbar to count as a goal.

Law XI – Off Side: There is no off side in small sided games.

Law XII – Fouls and Misconduct: Conform to FIFA with the following exception:

A. No cautions or ejections shall be issued to players except by and independent neutral referee.

Law XIII – Free Kicks: Conform to FIFA with the following exceptions:

A. All free kicks with be indirect.

B. Opponents must be three (3) yards away.

Law XIV – Penalty Kick: There are no Penalty Kicks in small sided games.

Law XV – Throw In: Replaced by a Kick in. Awarded when the ball completely crosses the touchline.

A. Kick in is considered as an indirect free kick with the opponent three (3) yards away from the ball.

Law XVI – Goal Kick: If the team attempting to score a goal, kicks the ball over the goal line outside the goal posts, the opposing team puts the ball back into play with a goal kick. The goal kick should be taken within 2 – 3 yards of the goal and opposing players must be 5 – 6 yards away.

Law XVII – Corner Kick: If the team defending the goal last touches the ball before it crosses the goal line, the attacking tem puts it into play with an indirect kick.

A. Ball is placed inside the corner arc nearest the side of the goal that the ball when out on.

Us Youth Soccer Recommendations:

- Opposing parents/coaches and players should shake hands after each game.
- Participation awards for ALL – No trophies or awards just for the best team.
- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters.
- No alcoholic beverages will be consumed or allowed near the playing area.

U-8 Curriculum

Coaching Emphasis is on individual play “Some” Passing and Fun. Coaches of U-8 children should continue to emphasize fun and encourage their U7 / U8 players to be ball oriented. (i.e. active in moving towards the ball at all times, etc.) 1 vs. 1’s continue to be important. However, older/more insightful children should be gradually encouraged to move away from the “swarm” around the ball and to recognize moments to pass. **There should be NO LINES, NO LAPS and NO LECTURES.**

Soccer Knowledge: What constitutes a foul, what we do when we lose the ball.

Team Positions: Shape can be addressed, i.e., “Magic Diamond” (one back player, two wide players and one forward). The children can be set up in a diamond to start the game and at other natural breaks in the game (kick offs, goal kicks, etc.). During the game, **children must be allowed to run around freely.** UNDER NO CIRCUMSTANCES, SHOULD CHILDREN BE MADE TO STAND IN POSITION, STAND ON A LINE, OR STAY IN A CERTAIN AREA.

Technical Emphasis: The following techniques should be covered with children (mostly indirectly) through the use of developmentally appropriate GAMES (NO DRILLS):

1. Dribbling and Running with the Ball
2. Short passing (with multiple surfaces)
3. Shooting the ball (with multiple surfaces with emphasis on striking the ball with the “laces”)

In addition, the following techniques can be addressed indirectly through games:

1. Turning with the ball
2. Receiving the ball
3. Shielding the ball

Tactical Emphasis: Several areas can be covered with U7 / U8 players gradually by the recreational coach.

1. Players need continual reinforcement to be ball orientated. (i.e. always able and willing to move towards the ball).
2. Once most players are ball orientated, coaches can also focus on those players (it is very rare that it will be all players) who show a willingness to break out of the “swarm” around the ball. As coaches see this happen, they need to encourage it and help teammates recognize a moment to pass. Coaches need to be very careful not to force children, who are not ready developmentally to “spread out”, to stop being ball orientated.
3. Encouragement and indulging of players that run with the ball and/or dribbles past defenders to move the ball forward.
4. Everybody attacks together and everybody defends together. If players are ball orientated this should happen naturally.
5. When the team is not in possession of the ball, what do the players do.... Work to get the ball back (this is not a green light to run defending clinics, but coaches need to clarify the

difference between attack and defense with their players).

Practice Schedule: One “1 hour” practice per week.

Recommended Activities: Tag games, with (and without) the ball, gate games, maze games, target games, 1 vs. 1 games, 2 vs. 2 games and small sided scrimmages.

Coaching License: “Y” Primer or State Youth License recommended

Law I – The Field:

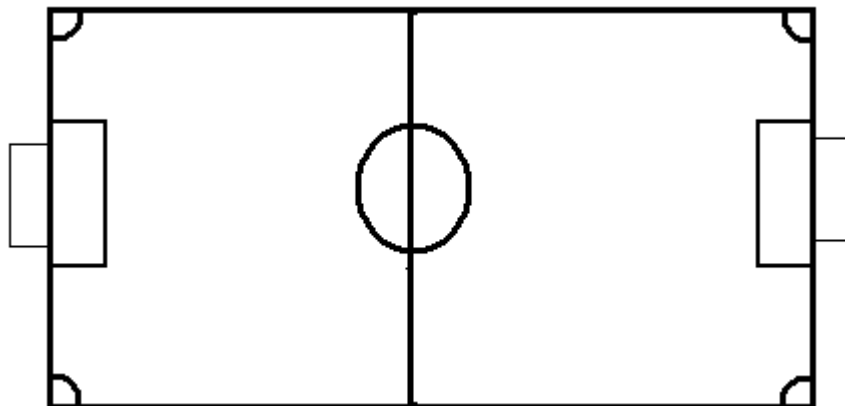
A. Dimensions: The field of play shall be rectangular, it’s length not more than 50 yards, nor less than 40 yards. It’s with not more than 30 yards nor less than 20 yards. The length in all cases shall exceed the width.

US Youth Soccer Recommendation: Length 50 yards Width 30 Yards

B. Markings: Distinctive lines of not more than 5 inches wide. (See Diagram)
A halfway line (“mid field” line) shall be marked across the field.
A center circle with a five (5) yard radius.
Four Corner Arcs with a two (2) foot radius.
Goal Area: Three (3) yards from each goal post and three (3) yards into the field of play joined by a line drawn parallel with the goal line.

C. Goals: The size of hockey goal or 6 feet X 12 feet.

Under 8 Field Markings Diagram



Law II – The Ball: Size three (3).

Law III – Number of Players:

- A. Maximum number of players on the field at any one time is four (4).
- B. Maximum number of players on the roster should not exceed seven (7). (If playing “Dual field” method, up to a twelve (12) player roster size may be used.
- C. There are NO GOALKEEPERS.
- D. Substitutions: Allowed anytime the ball is out of play – with the permission of the referee or game official.
- E. Playing time shall be equal. Each player must play a minimum of 50% of the game.
- F. Teams and games may be co-ed.

Law IV – Players Equipment: (Conform to FIFA with the following exceptions)

- A. Footwear – Tennis Shoes or soft cleated soccer shoes.
- B. Shinguards are MANDATORY.
- C. All uniform shirts must be tucked into the shorts.
- D. All clothing worn under the shirt or shorts should be of the same color (in the case of upper body clothing, no hoods outside of the shirt).

Law V – The Referee: Rather than require a Certified Referee, an OFFICIAL (Game Manager, Coordinator, Observer, Parent/Coach) will be used. Their job is to keep the playing environment FUN, SAFE and focused on the child. Duties are the same as a Referee under the FIFA Laws of The Game: keep time, enforce the rules, stop and restart play. When you stop play for a foul or other reason, take the time to explain to the players WHY! This is their first experience with soccer, and the best time to educate all on the Laws of The Game.

Law VI – Assistant Referee: Not used in the small sided game.

Law VII – Duration of the Game:

- A. The game shall be divided into four (4) equal ten (10) minute quarters.
- B. There shall be two (2) minute breaks between quarters one and two and another two (2) minute break between quarters three and four.
- C. There shall be a half time break of five (5) minutes.

Law VIII – The Start of Play: Conform to FIFA, with the following exception:

- A. Opponent must be five (5) yards from the center mark while the “kick off” is in progress.

Law IX – Ball in and out of Play: Conform to FIFA. Ball must be completely across the line to be out of play.

Law X – Method of Scoring: Conform to FIFA. The ball must completely cross the goal line between the goal posts and beneath the crossbar to count as a goal.

Law XI – Off Side: There is no off side in small sided games.

Law XII – Fouls and Misconduct: Conform to FIFA with the following exception:

- A. All fouls shall result in an indirect free kick with opponent five (5) yards away.
- B. The referee/coach/parent must explain ALL infractions to the offending player.

Law XIII – Free Kicks: Conform to FIFA with the following exceptions:

- A. All free kicks with be indirect.
- B. Opponents must be five (5) yards away.

Law XIV – Penalty Kick: There are no Penalty Kicks in small sided games.

Law XV – Throw In: Replaced by a Kick in. Awarded when the ball completely crosses the touchline.

- A. Kick in is considered as an indirect free kick with the opponent five (5) yards away from the ball.

Law XVI – Goal Kick: If the team attempting to score a goal, kicks the ball over the goal line outside the goal posts, the opposing team puts the ball back into play with a goal kick. The goal kick should be taken by placing the ball anywhere on the line in front of the goal that runs parallel to the goal line.

Law XVII – Corner Kick: If the team defending the goal last touches the ball before it crosses the goal line, the attacking tem puts it into play with an indirect kick.

- A. Opponents must be five (5) yards away from the ball.
- B. Corner Kicks are Indirect Free Kicks.
- C. Ball is placed inside the corner arc nearest the side of the goal that the ball when out on.

Us Youth Soccer Recommendations:

- Opposing parents/coaches and players should shake hands after each game.
- Participation awards for ALL – No trophies or awards just for the best team.
- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters.
- No alcoholic beverages will be consumed or allowed near the playing area.

U-10 Curriculum

Coaching Emphasis is on individual technical development, small group decision making and Fun. Because of the cognitive and psychomotor abilities of U9 / U10 children, coaches should focus on teaching their players the key fundamental soccer techniques (see list below). Special emphasis should be placed on developing players who are **willing and** able to go 1 vs. 1. Coaches should not sacrifice their players' technical development in order to win games, regardless of what the parents want. Players' decision making can be enhanced through small group play in small sided games. **There should be NO LINES, NO LAPS and NO LECTURES** to ensure soccer remains fun.

NOTE: US Youth Soccer currently requires that team U10 and younger play with not more than eight players on each side. State associations and leagues may adopt any format that does not exceed 8 vs 8. Additional modification may be made if smaller formats are used. These modifications could include smaller goals and smaller field dimensions. *Beginning September 1, 2003, the US Youth Soccer Official Game format for U10's will be 6 vs. 6.*

Soccer Knowledge: Spreading out to create length and width when we have the ball, the laws of the game (that is, those laws that impact how players play) except **OFFSIDE** (which need not be implemented in U10 recreational soccer), the "moves" used by professional players and greater awareness of professional teams/players through watching "pro" games.

Team Positions: Players can be exposed to and asked to play a position. However, coaches must remember that positions are "fluid" not fixed and that developmentally, many children will still have a difficult time playing a position. Coaches must make allowances for these children, enable them to roam and adjust their team accordingly. Rotate those players into the goal keeper position that are willing to play goal.

Technical Emphasis: The following techniques should be covered with children through the use of developmentally appropriate games (especially match conditioned games). Drills are to be avoided by inexperienced coaches (drills focusing on intricate individual technique can be used for short periods by a **qualified, experienced soccer coach**). The techniques to be covered in the order of importance is:

1. Dribbling the ball (coaches should place special emphasis on developing the skills needed to go 1 vs. 1 and beat defenders).
2. Running with the ball to attack space.
3. Turning with the ball to elude a defender or change direction.
4. Shooting (nurtures an aggressive attitude towards shooting and covers multiple shooting skills while stressing the volley and driven techniques).
5. Passing (with the inside and outside of the foot).
6. Receiving the ball (wedge and cushioning techniques to minimize the number of touches needed to control the ball).
7. Heading (to be introduced in “user friendly” manner).
8. Shielding the ball for possession.

Tactical Emphasis: Below are some tactical considerations for the U10 coach. Coaches must remember that our players’ technical development is vastly more important than tactics at this age. However, coaches can help players make better use of their greater technical prowess by making superior decision. Team tactics can be addressed one practice out of every ten.

1. 1 vs. 1 or individual attacking tactics. Players must first be coached to be aggressive to take on defenders 1 vs. 1. In addition, they need to learn the techniques used to beat defenders 1 vs. 1. Players should be taught an array of 1 vs. 1 moves (ball feints, body feints, fakes, turns, etc.). Only then can we guide players to apply them effectively by learning how, when and where to beat defenders. Players need help becoming more comfortable when playing with their back to the opponent’s goal.
2. Creativity. Players need to be encouraged to improvise and to take risks in solving technical problems. Coaches and players need to remember the difference between creative decisions (good unique ideas.... That might not always work out) and bad decisions (making the same mistake twice).
3. Vision. Players should be encouraged to “get their heads up”, to “see the field” and to scan for options before receiving the ball, so they already know upon controlling the ball what their next action will be.
4. Play quickly but with purpose. Coaches are compelled to discourage “kick ball”. Players should not be allowed nor encourage to kick, “send” or “dump” the ball aimlessly down the field. However, our players have to be encouraged to play (think, execute, etc.) quickly.
5. Small group play. Focus upon support play. Do players move or stand still when not in possession? Do they move into open spaces at the right time? Players should be encourage to “find” new positions to help their team mates, rather than be told when and where to move.
6. Individual defending. Do players try to recover the ball after losing possession? Encourage players to defend actively with caution, rather than “over pursue” the ball. Do not use a sweeper, since this will hinder individual defending development.

7. Team play. Does the team attack and defend together as a large group? Does the team transition quickly (on their own) from attack to defense after losing the ball and from defense to attack after winning the ball?

Practice Schedule: Two “1 hour” practice per week. Practices should not last more than 70 minutes. Players can be encouraged to attend a third “skills” practice if it is offered by the club.

Recommended Activities: Tag games with the ball, small group activities, and small sided match conditioned games and small sided scrimmages.

Coaching License: “Y” Primer or State Youth License recommended. (Travel coaches to have an “E” License by the start of the U10 spring season).

Law I – The Field:

- A. Dimensions:** The field of play shall be rectangular, it’s length not more than 80 yards, nor less than 70 yards. It’s with not more than 50 yards nor less than 40 yards. The length in all cases shall exceed the width.

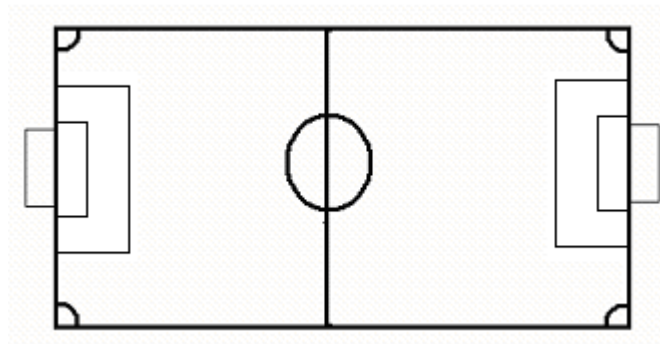
US Youth Soccer Recommendation:

8 vs. 8	<i>Length 70 yards</i>	<i>Width 50 yards</i>
7 vs. 7	<i>Length 60 yards</i>	<i>Width 40 yards</i>
6 vs. 6	<i>Length 50 yards</i>	<i>Width 40 yards</i>
5 vs. 5	<i>Length 50 yards</i>	<i>Width 40 yards</i>
4 vs. 4	<i>Length 50 yards</i>	<i>Width 40 yards</i>

For the 2004 Fall In-house season, the Beechview Athletic Association will use the 6 vs .6 field dimensions.

- B. Markings:** Distinctive lines of not more than 5 inches wide. (See Diagram)
A halfway line (“mid field” line) shall be marked across the field.
A center circle with a eight (8) yard radius.
Four Corner Arcs with a two (2) foot radius.
Goal Area: Three (3) yards from each goal post and three (3) yards into the field of play joined by a line drawn parallel with the goal line.
- C. Goals:** Six (6) feet high and eighteen (18) feet wide up to Seven (7) feet high and twenty-one (21) feet wide.

Under 10 Field Markings Diagram



Law II – The Ball: Size four (4).

Law III – Number of Players:

A. Maximum number of players on the field at any one time is five (5).

8 vs. 8	eight (8) including the goal keeper
7 vs. 7	seven (7) including the goal keeper
6 vs. 6	six (6) including the goal keeper
5 vs. 5	five (5) including the goal keeper
4 vs. 4	four (4) including the goal keeper

B. Maximum number of players on the roster should not exceed:

8 vs. 8	fourteen (14)
7 vs. 7	twelve (12)
6 vs. 6	ten (10)
5 vs. 5	eight (8)
4 vs. 4	six (6), or as deemed necessary

C. Substitutions: Allowed anytime the ball is out of play – with the permission of the referee, generally, prior to a throw in while the ball is in your possession, prior to a goal kick by either team, after an injury by either team, when the referee stops play, or at half time.

You may substitute on the other team’s throw-in if that team is substituting and provided your players are already standing at the “center” or “half-way” line. If the opposing team is not substituting, you must wait until it is your throw-in.

D. Playing time shall be equal. Each player must play a minimum of 50% of the game.

F. Teams and games may be co-ed.

Law IV – Players Equipment: (Conform to FIFA with the following exceptions)

- A. Footwear – Tennis Shoes or soft cleated soccer shoes.
- B. Shinguards are MANDATORY.
- C. All uniform shirts must be tucked into the shorts.
- D. All clothing worn under the shirt or shorts should be of the same color (in the case of upper body clothing, no hoods outside of the shirt).

Law V – The Referee: A registered referee or if the program has a “new referee” program. In the event that the referee does not show, a parent/coach or assistant coach with enough knowledge of the game can be used. All rule infractions shall be briefly explained to the offending player.

Law VI – Assistant Referee: Not used in the small sided game, however a club linesman is recommended.

Law VII – Duration of the Game:

- A. The game shall be divided into two (20 equal halves of twenty-five (25) minutes.
- B. There shall be a half time break of five (5) minutes.

Law VIII – The Start of Play: Conform to FIFA, with the following exception:

- A. Opponent must be eight (8) yards from the center mark while the “kick off” is in progress.

Law IX – Ball in and out of Play: Conform to FIFA. Ball must be completely across the line to be out of play. Ball is “in play” if any part of the ball is on or above the line.

Law X – Method of Scoring: Conform to FIFA. The ball must completely cross the goal line between the goal posts and beneath the crossbar to count as a goal.

Law XI – Off Side: Conform to FIFA.

It is not an offence in itself to be in an offside position. A player is in an offside position if he/she is nearer to his opponents’ goal line than both the ball and the second to last opponent.

A player is not in an offside position if:

- He/she is in his own half of the field of play
- He/She is level with the second to the last opponent
- He/She is level with the last two opponents.

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is in the opinion of the referee, involved in active play by:

- Interfering with play
- Interfering with an opponent
- Gaining an advantage by being in that position

For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

Law XII – Fouls and Misconduct: Conform to FIFA with the following exception:

Law XIII – Free Kicks: Conform to FIFA with the following exceptions:

- A. Opponents must be eight (8) yards away.

Law XIV – Penalty Kick: Conform to FIFA with the following exceptions:

- A. Opponents must be eight (8) yards away.

Law XV – Throw In: Conform to FIFA.

Law XVI – Goal Kick: If the team attempting to score a goal, kicks the ball over the goal line outside the goal posts, the opposing team puts the ball back into play with a goal kick. The goal kick should be taken by placing the ball anywhere on the line in front of the goal that runs parallel to the goal line.

Law XVII – Corner Kick: If the team defending the goal last touches the ball before it crosses the goal line, the attacking team puts it into play with an indirect kick. Conform to FIFA with the following exception:

- A. Opponents must be eight (8) yards away from the ball.
- B. Ball is placed inside the corner arc nearest the side of the goal that the ball when out on.

Us Youth Soccer Recommendations:

- Opposing parents/coaches and players should shake hands after each game.
- Participation awards for ALL – No trophies or awards just for the best team.
- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters.
- No alcoholic beverages will be consumed or allowed near the playing area.

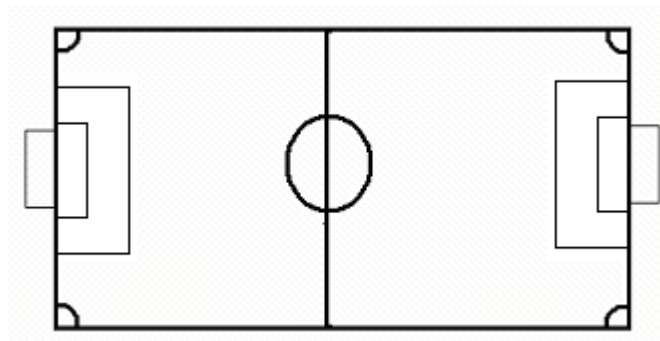
U-12 Curriculum – Modified 8 vs. 8

US Youth Soccer recommended modifications to the FIFA Laws of the Game.

Law I – The Field:

- A. Dimensions:** The field of play shall be rectangular, it's length not more than 90 yards, nor less than 70 yards. It's with not more than 50 yards nor less than 40 yards. The length in all cases shall exceed the width.
- B. Markings:** Distinctive lines of not more than 5 inches wide. (See Diagram)
A halfway line ("mid field" line) shall be marked across the field.
A center circle with a eight (8) yard radius.
Four Corner Arcs with a three (3) foot radius.
Goal Area: Six (6) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel with the goal line. A Penalty area fourteen (14) yards from each goal post and fourteen (14) yards into the field of play joined by a line drawn parallel with the goal line. A Penalty Spot will be eight (8) yards from the center of the goal line.
- C. Goals:** Six (6) feet high and eighteen (18) feet wide up to Seven (7) feet high and twenty-one (21) feet wide.

Under 12 Field Markings Diagram



Law II – The Ball: Size four (4).

Law III – Number of Players:

- A. Maximum number of players on the field at any one time is eight (8) including the goal keeper.
- B. Maximum number of players on the roster should not exceed fourteen (14).

- C. Substitutions: Allowed anytime the ball is out of play – with the permission of the referee, generally, prior to a throw in while the ball is in your possession, prior to a goal kick by either team, after an injury by either team, when the referee stops play, or at half time.

You may substitute on the other team's throw-in if that team is substituting and provided your players are already standing at the "center" or "half-way" line. If the opposing team is not substituting, you must wait until it is your throw-in.

- D. Playing time shall be equal. Each player must play a minimum of 50% of the game.

- F. Teams and games may be co-ed.

Law IV – Players Equipment: (Conform to FIFA with the following exceptions)

- A. Footwear – Tennis Shoes or soft cleated soccer shoes.
- B. Shinguards are MANDATORY.
- C. All uniform shirts must be tucked into the shorts.
- D. All clothing worn under the shirt or shorts should be of the same color (in the case of upper body clothing, no hoods outside of the shirt).

Law V – The Referee: A registered referee.

Law VI – Assistant Referee: A club linesman is permitted.

Law VII – Duration of the Game:

- A. The game shall be divided into two (2) equal halves of thirty (30) minutes.
- B. There shall be a half time break of five (5) minutes.

Law VIII – The Start of Play: Conform to FIFA, with the following exception:

- A. Opponent must be eight (8) yards from the center mark while the "kick off" is in progress.

Law IX – Ball in and out of Play: Conform to FIFA. Ball must be completely across the line to be out of play. Ball is "in play" if any part of the ball is on or above the line.

Law X – Method of Scoring: Conform to FIFA. The ball must completely cross the goal line between the goal posts and beneath the crossbar to count as a goal.

Law XI – Off Side: Conform to FIFA.

It is not an offence in itself to be in an offside position. A player is in an offside position if he/she is nearer to his opponents' goal line than both the ball and the second to last opponent.

A player is not in an offside position if:

He/she is in his own half of the field of play

He/She is level with the second to the last opponent

He/She is level with the last two opponents.

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is in the opinion of the referee, involved in active play by:

Interfering with play

Interfering with an opponent

Gaining an advantage by being in that position

For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

Law XII – Fouls and Misconduct: Conform to FIFA with the following exception:

Law XIII – Free Kicks: Conform to FIFA with the following exceptions:

A. Opponents must be eight (8) yards away.

Law XIV – Penalty Kick: Conform to FIFA with the following exceptions:

A. Opponents must be eight (8) yards away.

Law XV – Throw In: Conform to FIFA.

Law XVI – Goal Kick: Conform to FIFA.

Law XVII – Corner Kick: Conform to FIFA with the following exception:

A. Opponents must be eight (8) yards away from the ball.

Managers and Coaches Rules:

1. In the 4 – 6 year old age group, each team is permitted one “Head Coach” and one (1) “Sideline Coach”. The Head Coach is permitted to move the full field offering direction to the players. The Sideline Coach is permitted within the bench area only. He/She is to make sure all players remain in the “bench area”. All coaches are to assist in the restart of play (i.e. setting the ball in the correct spot and positioning players). Coaches are to also serve as the “Referee” in this age group.

In the 7 – 8 year old age group, each team is permitted one (1) “Head Coach”, one (1) Assistant Coach, and one (1) Sideline Coach. The Head Coach is permitted from the goal line to the half-way line on the player’s side of the field. The Assistant Coach is permitted the same privileges as per the positioning on the field; however, the Assistant Coach also is responsible for the players. The Sideline Coach is permitted within three (3) yards of the field on the “parent’s side” of the field. He/She may move the full field, from goal line to goal line. Coaches are to also serve as the “Referee” in this age group.

In the 9 – 10 year old age group, each team is permitted one (1) “Head Coach”, one (1) Assistant Coach, one (1) Sideline Coach, and one (1) Goal Coach. The Head Coach is permitted from the goal line to the half-way line on the player’s side of the field. The Assistant Coach is permitted the same privileges as per the positioning on the field, however, the Assistant Coach also is responsible for the players. The Sideline Coach is permitted within three (3) yards of the field on the “parent’s side” of the field. He/She may move the full field, from goal line to goal line. The Goal Coach is permitted next to the goal area outside of the field of play. They are to only advise the goal as to “heads up” play, and may not interfere with play in any manner.

2. All coaches must maintain the highest decorum in dealing with players, parents, and referees. Coaches ejected from a game will receive a one game suspension for the first offense. A second offense could lead to the expulsion of the offender from the league. All offenses must be reported to the league officials by the referee, assistant referee, or Board Member on Duty within 24 hours of the incident.
3. Managers and coaches are requested to participate in all league activities.
4. Head Coaches must be approved by the Soccer Administrator and the In-House Commissioner.
5. Managers/Head Coaches **MUST HAVE AT LEAST ONE PRACTICE PER WEEK.**
6. The Home Team will supply one volunteer to work the concession stand. Failure of the volunteer to show, will result in forfeiture of the game.

Disputes by Coaches or Parents:

Any coach or parent (of a player) having a dispute, gripe or complaint, should first contact the Player Representative or any other Soccer Board Member for review. If no satisfaction is found through the explanation of the soccer board representative, a formal grievance can be filed and a hearing can be held with all parties present.

All grievances must be in writing and handed to a board member within 48 hours, then signed and answered within five days.

Anyone found in violation of the rules and regulations is subject to suspension or expulsion.

Any failure to do the above procedures will result in the Soccer Administrator bring the problem to the Executive Board Meeting with their decision being final.

Assignment of Players to a Team:

Children of the head coach may be assigned to that coach's team. All other players should be assigned to that team as a result of a draft. Assignment of new players will be on a rotating basis, based on which team had next pick in the draft, or if a team has had player(s) quit, then they will be brought back up to strength.

Forfeit of Game:

1. A game becomes a forfeit should a team not field at least the minimum number of players at scheduled kick-off time plus fifteen minutes. Should the start of the game be delayed because of no fault of either team, such as the teams' playing before their game finishing late, ten minutes will be allowed from the end of that game to the start of the next game.
2. Two or more forfeitures in a season (particularly for lack of players), could result in a total team suspension. Any team suspended two or more times with players who consistently showed late for games, will be placed on teams with available openings. These players will be identified by their coaches. Placement will be made by the Soccer Board.
3. Only the referee and the players are permitted on the field. The coach, assistant coach, parents or designated person is only permitted on the field at the time of an injury, as directed by the referee.
4. A majority of the Soccer Board Members present will determine whether play should start under inclement conditions. Coaches will be notified at least one hour ahead of time of cancellation, if at all possible. It is the coach's responsibility to notify his/her team players. The game shall be considered a complete game if the game has reached the halfway point of the first quarter of the second half.

The referee will make all decisions regarding continuation of the game after it has started. All games will be paused and teams removed from the field at first sign of lightening by the referee or the Board Member(s) on Duty.

5. If a coach is found guilty of any offense which results in suspension, the board may impose stipulations that any future misconduct resulting in either a yellow or a red card may lead to an indefinite suspension. (Infractions such as cursing, physically or verbally abusing a player will not be tolerated).
6. All players present for a game must play to what equals approximately half of the game. In the 4 – 6 year old age group and the 7 – 8 year old age group, this would equate to 2 quarters. In the 9 – 10 year old age group, this would equate to approximately 30 minutes. However, a coach may suspend a player as a means of discipline for three fourths of one game. The suspending coach must notify the Board Member(s) present and gain the approval prior to suspension. A player shall be limited to three suspensions during one season before a total suspension is invoked.
7. Goalies may not play in goal more than half of any scheduled game for the In-house Program.
8. A player may shield his/her face or chest with his/her arms in front of chest to block the ball from striking their face. No hand ball will be called unless, in the opinion of the referee, the player

directs or attempts to direct the ball with their arms or hands.

9. Any player who accumulates three yellow or red cards throughout the season, will be suspended for one game. Any additional yellow or red cards will result in a one game suspension for each additional yellow or red card.

Traveling Teams:

1. All players and coaches shall be obligated to abide by the rules and regulations for the leagues in which they participate.
2. All B.A.A. rules governing coaches and players conduct shall be enforced. Yellow cards, red cards, and ejections shall be brought before the Soccer Board for review and/or further discipline.
3. Due to free substitution, coaches are required to play all players to what equates to approximately one-half of the game. Any player, parent or coach who brings to the Board's attention a violation of this rule, will result in a notification to the coach that a Board Member will monitor future games for rules violations. If a violation occurs, the coach will be warned that further disregard for the rule will result in a one-game suspension.
4. Any player who accumulates three yellow or red cards throughout the season will be suspended for one game. Any additional yellow or red cards will result in a one game suspension for each additional yellow or red card.