

Summary: Rules of Play

Under 5 and U6 - No Referees

1. Size 3 ball
2. 4 @ 8 minute periods
3. 3 v 3 - no goalkeepers
4. No offside
5. All fouls restart with indirect kick
6. No penalty kicks
7. Free and unlimited substitutions allowed
8. Kick-ins or throw-ins are encouraged for balls out-of-touch
9. Opponents shall be 3 yards away on all free kicks
10. One coach from each team is allowed on the field
11. Defenders shall not "goal-tend"
12. Goal kicks are taken 3 yards out from goal line

Under 7 and U8 - No Referees

1. Size 4 ball
2. 4 @ 12 minute periods
3. 4 v 4 - no goalkeepers
4. No offside
5. All fouls restart with indirect kick
6. No penalty kicks
7. Free and unlimited substitutions allowed
8. One re-throw shall be allowed if a foul throw occurs
9. Opponents shall be 5 yards away on all free kicks
10. One coach from each team is allowed on the field
11. Defenders shall not "goal-tend"

Under 9 and U10 - Center Referee and two AR

1. Size 4 ball
2. 2 @ 25 minute periods
3. 6 v 6 (5 minimum)
4. Offside infractions penalized
5. Penal fouls restart with direct free kick
6. Penalty kicks are allowed
7. FIFA modified substitutions
8. Infringement on throw-ins shall be penalized
9. Opponents shall be 6 yards away on all free kicks and/or outside the penalty box on goal kicks
10. Coaches must remain in the confines of the "Technical Area"

Under 11 and U12 - Center Referee and two AR

1. Size 4 ball
2. 2 @ 30 minute periods
3. 8 v 8 (6 minimum)
4. Offside infractions penalized
5. Penal fouls restart with direct free kick
6. Penalty kicks are allowed
7. FIFA modified substitutions
8. Infringement on throw-ins shall be penalized
9. Opponents shall be 8 yards away on all free kicks and/or outside the penalty box on goal kicks
10. Coaches must remain in the confines of the "Technical Area"

FIFA modified substitution

Substitutions shall be unlimited as follows:

- a. either team between periods
- b. either team when a goal is scored

c. either team after play is stopped for injured player attended to on the field (Injured player shall leave the field)

Substitutions shall be unlimited, with the referees permission, provided players are at the center flag prior to a dead ball as follows:

- a. either team on a goal kick;
- b. the team in possession of ball on a throw-in, or both teams if both are present at the center flag

Cautioned Player(s) may be substituted (optional); opposing team can make a like number of substitutions

No substitutions are allowed by either team on a corner kick

No substitutions are allowed during normal stoppage of play

General Rules

Referee is to assure all goals are properly anchored before match is played

Slide tackling is not allowed for U12 and below and is considered a dangerous play - restart IFK

Shinguards are mandatory and must be completely covered by the socks.

No jewelry of any kind is permitted. No tape or bandages shall be used to cover ear rings

No hard or soft casts are permitted

Baseball style cleats are not permitted

U13-U14 and above: 11 v 11 (7 minimum), size 5 ball

U13-U14: 2@35, U15-U16: 2@40, and U17-U19: 2@ 45 minute periods

Ball is not required to be played forward on kick-off up to U12

Special Notes for Referees

Be at field 15 min before each game in full uniform with shirts tucked in

A referee report must be submitted to the Referee Coordinator within 24 hrs for any games that result in misconduct or serious injury

Report any abusive behavior of coaches by Sunday evening to the Referee Coordinator

Clear the field and seek shelter when lightening/thunder is seen/heard. Must wait 15 minutes following last strike to resume game

HAVE A GREAT TIME!