



Players on the Field: 9v9 (8 players, 1 keeper) minimum 8 on field to start game

Game Length Time: Four 12 minute quarters

Ball Size: 4 Roster size: 15 players max

Referees: 1 referee

Player Substitutions: Unlimited, all players should play a minimum half of the game. From the sidelines at mid-field only after the referee is notified. Only allowed on kickoffs, goal kicks, injuries, or personal team throw-in.

Stoppage time: None (except for injured player); no overtime allowed

Goalies: Yes

Offside: Offside is called in all regular season games to the best of the referees' ability with the understanding from Coaches that there's only 1 of them.

Kickoffs- A second player must touch the ball before the initial player can touch the ball after the initial touch. Opposing team must stand outside of the center circle.

Throw-ins: Ball is considered out of bounds if it has completely crossed the boundary line.

Goal Kicks: Now when goal kicks or free kicks are taken in the penalty area by the defending team. - They do not need to clear the penalty area for the goalies teammates to play the ball

Free Kicks: Penalty and indirect kicks (ball must touch another player before crossing goal line); ball must be at least 10 yards from goal line before kicking. Opposing team must stand back more than 5 yards from the kicker.

Make-up Games: Games are made up at the discretion of the Executive Director.

General Expectations: Parents, players and fans are encouraged to sit at least three feet from the sideline. No interference with game play and coach-referee calls should be respected. No parent or Coach is allowed to stand behind the goal and talk to the keeper or any other player on the team for player and parent safety reasons.