



The Field:

- Dimensions: The field of play shall be rectangular, 60x40, with its length no more than 55-65 yards. The width must be no more than 35-45 yards. The length in all cases shall exceed the width.
- Markings shall be:
 1. Distinctive lines not more than 4 (four) inches wide.
 2. A halfway line shall be marked out across the field.
 3. A center circle with a four yard radius.
 4. A "build-out line" 14 yards from the goal line and parallel to the goal line.
 5. Four corner arcs with a three foot radius.
 6. Goal area: four yards from each goal post and four yards into the field of play, joined by a line drawn parallel with the goal line.
 7. Penalty area: eight yards from each goal post and ten yards parallel with the goal line.
 8. Goals shall be seven feet high and twenty-one feet wide.

The Ball:

- Size four.

Number of Players:

- Maximum number of players on the field at any one time is seven, one of whom must be a goalkeeper.
- Maximum number of players on the roster cannot exceed twelve.
- Substitutions:
 1. Prior to a throw-in in your favor.
 2. Prior to a goal kick, by either team.
 3. Prior to a throw-in by either team as long as the team with the ball is substituting at the same time.
 4. After a goal, by either team.
 5. After an injury, by either team, when the referee stops the play.
 6. At half time.
- Goalie changes at least every half; a minimum of 2 different goalies must be used. More goalies are allowed. No goalie may play more than 25 min of the game.

Player Equipment:

- A player may not wear anything that is dangerous to themselves or others including any kind of jewelry.
- Basic equipment includes a uniform, shin guards, and tennis shoes or cleated soccer shoes.

Referee:

- One Registered Referee.
- All rule infractions shall be briefly explained to the offending player.

Duration of the Game:

- The game shall be divided into equal halves of 25 minutes each.

Start or Restart of the Game:

- Both teams must be on their half of the field to begin the game.
- A kick-off is used to start a game or second half, or after a goal is scored.
- A kick-off is a direct kick which must be initially kicked forward.
- A kicker who touches the ball first during the kick-off may not touch the ball a second time until another player touches the ball.
- Opponent must be five yards from the center mark while the kick off is in progress.

Ball In and Out Of Play:

- The ball is out of play if it completely crosses the goal end line or touch line, or if the referee stops the play.
- The ball is in play all other times when remaining in the field of play.

Method of Scoring:

- A goal is scored when the whole ball passes over the goal line, between the goalposts and under the crossbar.
- The team with the most goals wins. A tying score ends in a draw.

Off-Side:

- An offside position is if he/she is closer to their opponent's goal than both the ball and the second last opponent.
- A player is ruled offside if at the moment the ball is touched or played by one of their teammates, he/she is involved in the play by interfering with the play, interfering with the opponent, or gaining an advantage by being in that position.
- A player is not offside if he/she is on their own defensive half of the field or closer to their own defending goal than the build-out line on their attacking half of the field, level with the second last opponent, or level with the last two opponents or behind the ball.
- There is no offside on a goal kick, throw-in, or corner kick.
- In the case of an offside call, the opposing team receives an indirect kick from where the infringement occurred.

Misconduct:

- Only a player or substitute may be shown a red or yellow card.
- A player is cautioned and shown a yellow card if he/she is guilty of unsporting behavior, shows dissent by word or action, persistently infringes the laws of the game, delays the restart of a game, fails to respect the required distance when play is restarted, enters or re-enters the field without the referees approval, or deliberately leaves the field without the referees approval.
- Players issued a yellow card must be substituted by another player.
- A player is sent off and shown a red card if he/she is guilty of a serious foul play, guilty of violent conduct, spits at an opponent or any other person, denies the opposing team an obvious goal scoring opportunity by deliberately handballing the ball or by an offense punishable to a free kick or penalty kick, uses offensive, insulting, or abusive language or gestures, or if a player receives a second caution in the same match.
- In the event of a red card, the player must leave the vicinity of the field of play and the technical area.

Free Kicks:

- A player may receive either a direct or indirect kick and must be taken where the foul occurred. The ball must be stationary, and the player cannot touch the ball twice in a row without another player touching the ball.
- In the case of either a direct or indirect kick, the opposing team must stand at least five yards away from the ball.
- A direct kick is awarded to the opposing team if a player commits a careless, reckless act, or uses excessive force.
- An indirect kick is awarded to the opposing team if a goalie, inside his/her own penalty box commits a foul, or if a player plays in a dangerous manner.
- A direct kick is put into play once one player touches the ball.
- An indirect kick cannot be scored unless two players touch the ball before entering the goal or if the ball goes out of play.

Penalty Kicks:

- A penalty kick is awarded to a team if a player on the opposing team commits a foul worthy of a direct kick in their own defensive box.
- A penalty kick is a direct kick with all players, with the exception of the goalie, standing outside the box and five yards away from the player who is kicking the ball.
- The penalty kick is taken halfway between the goalie box and the penalty box.
- The defending goalie must remain on the goal line, and between the goalposts until the ball is kicked.
- A player taking the penalty kick cannot kick the ball a second time until another player touches the ball.

Throw-in:

- A throw-in is awarded if the ball passes over the touch lines on either side of the field. The throw must be taken from where the ball went out of play and is taken by the team in which their opponents touched the ball last before going out of play.
- A throw must be taken facing the field, part of each foot on the ground, outside the touch line, using both hands, and delivering the ball over and directly behind their head.
- A same player throwing the ball in play cannot touch the ball a second time until another player touches the ball.
- A goal cannot be scored directly from a throw-in.

Indirect Kick:

- Any purposeful header within the game shall result in an indirect kick from the spot of the infraction.

Goalie Punts and Drop Kicks:

- Goal keepers are no longer allowed to punt or drop kick at the U10 or younger level.
- The opposing team must retreat behind the build-out line once the goal keeper has possession of the ball in his or her hands. The opposing team must remain behind the build-out line until the ball is played from the goal keeper from a throw, roll, or kick.

Goal Kick:

- A goal kick is awarded if the ball, having last touched by the opposing team, passes over the goal line with the exception of if a goal is scored.
- A goal kick is taken within the goal area by a player or goalie of the defending team.
- Opponents must remain behind the build out line until the ball is in play. No player may touch the ball until it is outside the penalty area.
- A player taking the goal kick cannot touch the ball a second time until it is touched by another player.

Corner Kick:

- A corner kick is awarded when the whole ball, having last been touched by the defending team, passes over the goal line and a goal is not scored.
- The ball is placed next to the nearest corner flag without removing the flag and is kicked by a player on the attacking team.
- Opponents must remain ten yards away from the ball until it is in play.
- A ball is in play once it is kicked or moved, and the player taking the corner kick may not touch the ball a second time until another player touches the ball.