



The Field 11v11:

- Dimensions: The field of play shall be rectangular, with its length not more than 112 yards. The width must not exceed 75 yards.
- Markings shall be:
 1. Distinctive lines not more than five inches wide.
 2. A halfway line shall be marked out across the field.
 3. A center circle with a ten yard radius.
 4. Four corner arcs with a three foot radius.
 5. Goal area: six yards from each goal post and six yards into the field of play, joined by a line drawn parallel with the goal line.
 6. Penalty area: Eighteen yards from each goal post and eighteen yards parallel with the goal line.
 7. Goals shall be eight feet high and twenty-four feet wide.

The Field 7v7 (U15):

- Dimensions: The field of play shall be rectangular, with its length not more than 75 yards. The width must be not more than 47. The length in all cases shall exceed the width.
- Markings shall be:
 8. Distinctive lines not more than five inches wide.
 9. A halfway line shall be marked out across the field.
 10. A center circle with an eight yard radius.
 11. Four corner arcs with a three foot radius.
 12. Goal area: six yards from each goal post and six yards into the field of play, joined by a line drawn parallel with the goal line.
 13. Penalty area: Fourteen yards from each goal post and fourteen yards parallel with the goal line.
 14. Goals shall be seven feet high and twenty-one feet wide.

The Ball:

- U-13 and older size five.

Number of Players:

- Maximum number of players on the field at any one time is eleven for 11v11 and seven for 7v7 (U15 only), one of whom shall be a goalkeeper.
- Maximum number of players on the roster may not exceed eighteen.
- 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, and only when the referee stops the play.
 6. At half time.

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, shinguards, and tennis shoes or cleated soccer shoes.

Referee:

- Three-man Registered Referee system.

Duration of the Game:

- The game shall be divided into two equal halves of:
 - 35 minutes

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 may be kicked in any direction
- 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.

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 play is not offside if he/she is on their own defensive half of the field, level with the second last opponent, or level with the last two opponents.
- 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 game 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 ten 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 ten yards away from the player who is kicking the ball.
- 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.

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 outside the penalty area until the ball is in play, and kicked 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.