



Law 1 – The Field of Play:

A. Dimensions: Length 50 yards x Width 30 yards

Law 2 – The Ball: Size three (3) Ball.

Law 3 – Number of Players:

A. Maximum of five (5) players, one of whom is the goalkeeper, on the field per team.

B. Playing time: Each player SHALL play a minimum of 50% of the total playing time. Equal play for all is strongly encouraged.

C. Substitutions: At any stoppage and unlimited.

Law 4 – The Player’s Equipment:

A. Shin Guards are MANDATORY, covered entirely by the sock.

B. Non-uniform clothing allowed based on weather conditions, but uniform must still distinguish teams.

C. Shoes: Tennis shoes, sneakers, soft or molded rubber cleated soccer shoes.

D. Jewelry: Players shall not wear anything, which is dangerous to him self or another player, including jewelry, watches, rings, ear-rings, casts (at the discretion of the two coaches).

Law 5 - The Referee: FIFA Rules

Law 6 – The Assistant Referee: None.

Law 7 – The Duration of the Match:

A. The game shall be divided into four (4) equal, ten (10) minute quarters

B. There shall be a two (2) minute break between quarters one (1) and two (2) and another two (2) minute break between quarters three (3) and four (4).

C. There shall be a five (5) minute break at half time.

Law 8 – The Start of Play:

A. Kick-off: By kick-off from center of the field. Opponents must be a minimum five (5) yards from ball and in their own half of the field until it is kicked. Once the ball is kicked, someone other than the kicker must touch it before the kicker can play it again.

B. The teams listed first in game schedule will kick-off to start the first and fourth quarters; the teams listed second will kick-off to start the second and third quarters.

Law 9 – The Ball In and Out of Play: The ball is out of play when the whole of the ball passes the goal line or touch line whether on the ground or in the air. The ball is in play at all other times, including rebounding from the goal post, cross bar, corner flag, referee and remains in the field of play.

Law 10 – The Method of Scoring: A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar.

Law 11 – Offside: **None.**

Law 12 – Fouls and Misconduct: A. All restarts are taken by a direct free kick, meaning you can score directly from a direct free kick. B. The referee/coach/parent must explain ALL infractions to offending player.

C. Offenses must be careless, reckless or using excessive force.

Law 13 – Free Kicks: All free kicks will be direct and opponents must be five (5) yards away.

Law 14 – Penalty Kicks: None.

Law 15 – The Throw-In: Awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline. At the moment of delivering the ball, the thrower must face the field of play, has part of each foot either on the touch line or on the ground outside the touch line, uses both hands and delivers the ball from behind and over their head. The thrower may not touch the ball again until it is touched by another player. A goal cannot be scored directly from a throw-in.

Law 16 – The Goal Kick: A goal kick is awarded when the whole of the ball, having last touched a player of the attacking team, passes over the goal line and a goal is not scored by Law 10. Goal Kick is considered a direct free kick taken anywhere within the goal area and opponents must be five (5) yards away.

Law 17 – The Corner Kick: A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line and a goal is not scored by Law 10. Corner Kick is considered a direct free kick taken from the nearest corner arc with opponents five (5) yards away. Ball In and Out of Play Goal and No Goal (only right most ball is goal)

The Penalty Area: There will be a defined Penalty Area (not a requirement of small sided games), though fouls committed in this area will not result in a penalty kick, it is being defined to allow Keepers the knowledge of the area where they may use their hands to play the ball. Also for opposing players to know their position when a goal kick is taken. The Keeper may go to the edge of the penalty area to put the ball back in play. A Direct Free Kick will be awarded the opposing team should the Keeper handle the ball outside the Penalty Area.

Fouls and Misconduct (Law 12):

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper)