



Players on the Field: 11v11 (10 players, 1 keeper), minimum 10 on field to start the game if playing full-field. 9v9 (8 players, 1 keeper) if playing a small-sided game.

Game Length Time: 2 30 minute halves

Ball Size: 5

Roster size: 11 or 17 players max (Depends on whether game is small-sided or full-field)

Referees: 2 referees (1 only if playing small-sided)

Player Substitutions: Unlimited, all players should play a minimum of half of the game. From the sidelines (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

Offsides: Yes

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 kicks and indirect kicks (ball must touch another player before crossing goal line) allowed; 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.

Yellow Card: Player must sub out with another player if yellow card issued. Can return to play after having sat for 5 minutes.

Red Card: Player must sit for the remainder of the game and is out for the following game as well. If the player is out of town or misses the game for personal reasons they will sit out their first game after they're back in town or physically able to play again.

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/besides the goal and talk to the keeper or any other player on the team for player and parent safety reasons.