**# of Players**:

A match shall be played by two teams, each consisting of no more than five players, and no less than three players, one of whom is the goalkeeper.

Exception: U-6 shall play 5v5 with NO GOALIEs

**Substitutions**:

Substitutes may be used at any time during the run of play. The player entering the playing court must do so at his own substitution zone and not until the player leaving the playing court has passed completely over the touchline.

**THE PLAYERS’ EQUIPMENT -** Safety:

A player shall not use equipment or wear anything (including any kind of jewelry) that could be dangerous to himself or another player.

All players including the goalie must wear full length shinguards which must completely cover the bone. Shinguards shall be entirely covered by the socks

**THE DURATION OF THE MATCH:**

* U-6 = 14 minute halves
* U-8 = 17 minute halves
* U-10 = 19 minutes halves
* U-12 = 21 minute halves
* Middle School = 24 minute halves
* High School = 26 minute halves

A maximum of 2 minutes will be allotted for halftime

**START OF PLAY:**

Play shall be started at the beginning of each half and following all goals with a Kick-Off from the center circle. A kick-off may be played backwards to a team mate. A goal may not be scored directly from a kick-off.

**TIME OUTS:**

There are no time-outs. The game clock continues to run.

**OFFSIDE:**

There is no “OFFSIDE”

**FIELD SIZE:**

* U-10 and below ages will use the outside of the wide blue line around the court.
* U-11 and above will use the dark yellow line marking the volley ball courts.

**Ball in and out of Play:**

* There are no throw-ins only kick-ins.
* A goal can not be scored directly from a kick-in.
* If the ball does not enter the field of play, possession is given to the other team.
* There are no goal kicks, only goal clearance…… (see goal clearance below)

**THE GOAL CLEARANCE:**

The goal clearance is awarded when the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law XI. A goal may not be scored directly from a goal clearance.

Drop Kicks and/or Punts by the goalie are NOT allowed.  An indirect foul will be awarded to the opposing team, and the ball will be placed at the center midfield line.

Procedure:

* The ball is thrown from any point within the penalty area by the goalkeeper of the defending team
* The ball must not be thrown into the opponent’s penalty area on the fly. If the ball crosses into the penalty area on a fly without first touching a player of either team, an indirect kick at midfield is awarded to the opposing team. The ball may cross into the opposing penalty without being touched by a player as long as it has hit the ground prior to entering the opposing penalty area.
* Opponents remain outside the penalty area until the ball is in play
* The goalkeeper may not play the ball a second time until it has touched another player
* The ball is in play when it is crosses out of the penalty area

Infringements /Sanctions:

* + If the ball is not thrown directly beyond the penalty area, then the goal clearance is retaken.
  + If, after the ball is in play, the goalkeeper touches the ball a second time before it has touched another player, then an indirect free kick is awarded to the opposing team from the place where the infringement occurred, unless it  was committed in the penalty area, in which case the indirect free kick is taken from the penalty area line from the place nearest to where the infringement occurred.
  + **If the goal clearance is not taken within 4 seconds from the time that the goalkeeper takes possession of the ball: An indirect free kick is awarded to the opposing team, to be taken from the penalty area line at the place nearest to where the infringement occurred.**

GOALKEEPERS:

* Opposing players may not encroach within six (6) feet of the goalkeeper in possession of the ball with their hands (i.e. until he/she has released the ball from their hands).
* The goalkeeper must release the ball within SIX (6) seconds of gaining possession.
* If the goalkeeper leaves the goal area, he/she becomes a field player and is not allowed to touch the ball with his/her hands.
* After the goalkeeper puts the ball into play, he/she is not allowed to use his/her hands to receive the ball back from a team mate unless the ball is played with the thigh or head (as in the outdoor game).
* If the goalkeeper uses his/her hands incorrectly in the situation outlined above, the offensive team will re-start play with the ball on the mid court line.  The defending team must be at least 6 feet away when the re-start is taken, but may defend their goal.  A goal may be scored direct from the re-start.
* In accordance with the goal clearance rule, the goalkeeper is not allowed to throw the ball on the fly into the opponent’s penalty area at any time.  If he/she does, the opponents re-start play with a dead ball on the center court line.  A goal may not be scored directly from the re-start.

Cautionable Offenses: *THERE IS NO SLIDING OR SLIDING TACKLES ALLOWED BY ANY PLAYERS EVEN IF THERE ARE NO OTHER PLAYERS NEAR THE BALL – A yellow card will be issued*

**In conclusion - The purpose of this competition is to provide players with an opportunity to play with and against different players.  It is expected that the games will be competitive but played in a friendly manner, providing a fun environment and an enjoyable, rewarding experience for all concerned.**