



## 2024 Rules

1. Three (3) coaches maximum on the team sideline.
2. At no time is any player, spectator or coach allowed to interfere with any linesman. All participants and fans must be at least 10 feet from the sidelines.
3. Rainouts will be rescheduled if possible during weekday practice time.
4. Spectators are not allowed behind goal areas.
5. Substitutes will be allowed on possession throw-ins, free kicks, injuries, and during breaks (not on corner kicks).
6. The referee has complete control of the game. His/her decisions are final.
7. Every team player should play no less than one half of every game. Exceptions: late arriving players, players serving disciplinary action, or players who are at a health risk.
8. Players should notify coaches as early as possible if they cannot make a practice or game.
9. If time is stopped for an injury that player in question must leave the game until the next sub situation.

## SPECIFIC LEAGUE RULES

### **K -1<sup>st</sup> Grade Division**

1. Slide tackles are not permitted. If a slide tackle is observed a "dangerous play" foul will be called and an indirect kick is taken.
2. Penalty kicks are not allowed. Direct kicks will be taken if a penalty occurs.
3. Offsides will not be called.
4. Hand balls will only be called when blatant and on purpose.
5. Teams will be kick the ball in rather than throw the ball in.
6. Every team member should be allowed the opportunity to play at every position during the season.
7. A team member may play in goal for only half the scrimmage.

8. A ball going across the end line will be a goal kick by the defending team if the attacking team kicks it out. If a ball going across the end line is last touched by a defender, the attacking side will take an indirect kick from the spot about 5 yards out from the sideline and the endline.
9. Coaches can be on the field. There can be a forward coach, a midfield coach and a defense/goalie coach.
10. No red or yellow cards will be assessed.
11. No headers will be allowed in practice or games.
12. Goal Size is 4.5' x 9'

#### **4<sup>th</sup>-5<sup>th</sup> and 6<sup>th</sup>-8<sup>th</sup> Grade Divisions**

1. Slide tackles are not permitted. If a slide tackle is observed by the referee, a "dangerous play" foul will be called and an indirect kick shall be taken.
2. Penalty kicks are allowed. (Penalty mark is 9 yards and players other than the kicks and defending goalie at at least ten yards from the penalty mark).
3. Hand ball violations will be called.
4. Offsides will be called.
5. An indirect free kick is awarded to the opposing at the center spot on the halfway line if a goalkeeper punts/drop-kicks the ball or if they throw the ball in the air past the halfway line.
6. Females may cross their arms over their chest for protection without being called for a hand ball.
7. Each player will play in at least half of the game. Exceptions: players arriving later, players serving disciplinary ruling, or players who are at a health risk.
8. Every team member will be afforded the opportunity to play every position during the season at least once.
9. All players have a reversible jersey so teams can be rotated weekly or even during games to ensure games are fair and competitive.
10. Coaches will be allowed along the sidelines only and will remain in the coaching boxes.
11. A team member may be in goal keeper position only half a game.
12. Vulgar and offensive language will be carded.
13. No second attempts will be permitted on throw-ins.
14. No headers will be allowed in practice or games.
15. Red Cards - If a player is assessed a Red Card, the team will be required to play short for the remainder of the match. Also, the player will not be able to play in the next game. This rule also applies to coaches.
16. Yellow Cards - If a player is assessed a yellow card, they must be substituted and cannot return until the next eligible substitution.
17. Goal Size is 7' X 21'