

Rules of Soccer

1. **Start of play.** Home team will kick off. Each team must stay on its own half of the field and the defending players must be at least 10 yards from the ball until it is kicked forward at least one revolution and another player must touch it before the original kicker touches it again. Failure to do this, you lose possession to the other team. Free indirect kick.
After a goal, the team scored upon will kick off. After halftime the teams change ends and the kickoff will be taken by the opposite team to that which started the game.
2. **Throw in's.** No grace period. No second chances (**except U8**). If you do it improperly, your team loses the ball. The other team takes the throw in from where the ball went out of play. (no foot lifting, drops – need to follow through with both hands, no scoring)
3. **Offside. (U12 ONLY)** A player is offside if he is ahead of the ball with no defenders between him and the goalie. If you call offside, the other team is awarded an indirect kick from the spot where the infringement occurred. The referees should instruct the U10 players during games.
4. **Direct kicks.** A player who intentionally attempts to or actually kicks, trips, jumps at, charges, holds, pushes, or hand balls are all results of a direct kick for the other team. If committed in the penalty area by a defender will result in a penalty kick.
5. **Indirect kick.** Less flagrant violations such as offside, dangerous plays, obstruction or unsportsmanlike conduct. (can't score on an indirect kick)
6. **Penalty kicks.** All players with the exception of the player taking the kick must be outside the box area. Goalie must stand with heels on the goal line. The goalie can't move until the kick is made. Once the kick is taken, everyone can charge into the area and resume play.
7. **Goal kicks.** When the ball crosses the goal line by an offensive player. No grace period. All players from the opposite team must be outside the penalty area. The kick can't be touched until it leaves the penalty area. If someone touches it, it's a do over.
8. **Corner kicks.** When the ball crosses the goal line by a defensive player. The ball is put back into play by a kick from the corner on the side in which the ball went out.
9. **Substitutions.** Substitutions will be on the fly on the fly. Substitutions will be done the following way. You can also sub on goal kick, after a goal is scored, injury time out, deadball if in your possession. (throw-in, corner kick, free kick) Play is stopped when subbing. Make sure number of subs going in is the same as players coming off the field.
10. **Time outs.** There will be no time outs except for injury.

Points of interest.

1. No sliding tackles allowed. This will be treated as a dangerous play and awarded an indirect kick.
2. Dangerous plays are high kicks with other players around, falling on the ball and shielding it while other players try to kick it. This results in an indirect kick.
3. If a player passes the ball back to the goalie, the goalie can't pick it up. He or she must use their feet. If the goalie touches it, it's an indirect kick for the other team from where the infraction occurred. If inside the little box, the ball is placed on the outside corner.
4. No roughing the goalie. When the goalie has control of the ball, you can't touch them.