

U7/U8 Modified Playing Rules (Updated Aug 2009)

FIFA Laws apply except for the following exceptions:

Field Size – The field size will be 65 yards long by 45 yards wide

Field Lines – The field will have both a goal area and a penalty area. The use of a penalty area will be used to determine when a goal kick is in play and where a goal keeper may handle the ball. There will be no penalty mark or penalty kick. The center circle will be 8 yards in diameter.

Goal Size – the goal size will be 6 feet high and 12 feet wide.

Ball Size – the ball will be size 3

Number of players – the Number of players on the field during the play will be a maximum of 7 and a minimum of 5. (6 field players and 1 goalie). Substitution of players will be allowed at throw-ins for the team in possession, either team's goal kick, after a goal is scored, at quarter break, half time or for an injury.

Duration of match – The match will consist of four 12 minute quarters. A kickoff will start each half of play. The restart after quarter breaks will be the result of what was happening at the time of stoppage. For example, if the play was stopped for a throw in when the quarter ended, the next quarter will restart with a throw in.

Offside – there is no offside for this age group

Fouls – all fouls result in indirect free kicks, even fouls occurring in the penalty area. There are no penalty kicks.

Other free kicks – All free kicks are indirect free kicks. This includes the kickoff, goal kicks and corner kicks.

Throw ins- A player may have a second attempt at a throw in.

ALL PLAYERS MUST PLAY 50%

U5/U6 Modified Playing Rules (Updated Aug 2009)

No player is to come in contact with the ball inside the 8 ft semi circle – otherwise known as the Arc.

If offensive player touches the ball inside the Arc, a goal kick is awarded

If defensive player enters the Arc and contacts the ball a corner kick is awarded to opposing team.

All kicks are indirect

No player camps out in front of the goal; the penalty for this is change in possession and disallowance of goal if one is scored while player is camped out in front of the goal

No pushing, no casts, no jewelry

Throw ins

3 on each field at a time to play 3v3

10 minute quarters with a 2 minute break in between

Free substitution

No score keeping

Players can play in either game (or field since 2 games will be going on) at anytime

Only coach's and players are to be in the technical area (this is the space between the 2 fields) during the game

Parents and spectators may be around the fields but not in the players' area

Each team is responsible for providing a parent referee for the game, parents will make mistakes, just have them do their best, it is all for the kids.

ALL PLAYERS MUST PLAY 50% of the game