

# Rules pertaining to all SFX Soccer Divisions\*

\*Any rule listed in this first section will apply to all SFX soccer divisions regardless of age. Age specific rules will be listed in their own section organized by division.

## Equipment/Uniform:

- Shin guards are required for all players. If a player does not have shin guards to wear during the game they will not be allowed to play
- Shin guards should be covered by soccer socks
- Players must wear the SFX Soccer team jersey and shorts.
- SFXYS provides a team ball that will be used for games.
- SFXYS provides goalkeeper gloves for the Senior division and above. The goalkeeper must wear this equipment.
- Each player should bring their own ball and water bottle (Suggested)
- Hard brimmed baseball hats are not allowed to be worn by any player. Soft brimmed hats are allowed only for goalkeepers

**Prohibited items:** Players will not be allowed to play in a game if they are wearing the following items: splints, hard and soft casts, bracelets, necklaces, rings, earrings, nose jewelry, wristwatches, fitness Trackers, hard brimmed baseball hats.

**Playing time:** Players cannot sit out more than one quarter in a row. The goalkeeper cannot play more than two quarters of a game.

## Game Rules:

- Before kickoff, all players must be within their own defensive half of the field until the ball is put into play
- Slide tackles are prohibited for all ages/divisions
- Any foul while the ball is in play will result in the opposing team being awarded a free-kick from the spot of the foul (see appendix for definition of a foul)
- A foul made while the ball is not in play will result in a warning. Fouls made while the ball is not in play do not result in a change of possession or a free-kick
- Any serious/violent infraction will result in an ejection from the game at the referee's discretion.
- The ball will be considered still in play unless it entirely crosses the sideline, endline, or goal line while on the ground or in flight.
- Any goal will be followed by the conceding team kicking the ball off from the center of the field at the referee's signal
- The exact end time for each quarter will be at the discretion of the referee. They will allow an ongoing attacking play to continue until the ball has been turned over or cleared from the defensive area. A corner kick will be considered to be the continuation of an "ongoing attacking play" and will be permitted as well at the referee's discretion.
- The referee will blow their whistle at the start and end of each quarter to indicate play may begin or must stop
- Referees may also use their whistle to indicate fouls or for any other reason they see fit during the game

# Rookie Division – age 4 and under (4U)

## Equipment:

- Size 3 ball
- Pug nets

**Referees:** The Coaches are the referees for the Rookie Division.

## Roster:

- Maximum 8 players on a team.
- Each team will have 4 players on the field.

## Game Rules:

- Coaches can help from their side
- Slide tackles are prohibited
- All players shall compete up field.
- The goal will remain unprotected by a keeper.
- No player may use their hands
- The ball is placed on the mid-line and the player taking the kick-off can kick the ball in any direction and to a teammate.
- Balls kicked out of play on the side-line are to be thrown onto the field.
- Balls kicked by the offense past the End Line is a goal kick. The ball is placed 5 yards in front of the defending team's goal and one of the players on the defending team kicks the ball upfield to a teammate.
- Balls kicked by the defense past their own End Line is a corner kick for the other team. The ball is placed at the closest corner and the other team after the referee's signal can kick the ball onto the field.
- No penalty kicks
- No offside rule

**Game time slots:** Each slot includes a practice portion and a game portion. The first portion of the time slot is reserved for team practice and drills. The second portion of the time slot is the game which will be divided into four quarters.

### *Time Slot 1 (9:00 AM - 10:00 AM):*

- Coaches for 9:00 AM games will be responsible for retrieving a goal from the equipment box and setting it up on their field.
- Games during the 9:00 AM time slot must be concluded by 9:55 AM. If the game starts late and has not concluded four full quarters by 9:55 AM it will be considered full time at 9:55 AM and the current score will be final.
- The field must be cleared of players by 10:00 AM to allow the following games to start on time.

### *Time Slot 2 (10:00 AM - 11:00 AM)*

- Coaches for 10:00 AM games will be responsible for checking with a SFX League Representative to determine if they are the last scheduled game on their field. If so, they will be responsible for breaking down and returning the goals to the equipment box.
- Games during the 10:00 AM time slot must be concluded by 10:55 AM. If the game starts late and has not concluded four full quarters by 10:55 AM it will be considered full time at 10:55 AM and the current score will be final.
- The field must be cleared of players by 11:00 AM to allow the following games to start on time.

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*Time Slot 3 (11:00 AM - 12:00 PM)*

- Coaches for 11:00 AM games will be responsible for breaking down and returning the goals to the equipment box
- Games during the 11:00 AM time slot must be concluded by 11:55 AM. If the game starts late and has not concluded four full quarters by 11:55 AM it will be considered full time at 11:55 AM and the current score will be final.
- The field must be cleared of equipment/goals and players by 12:00 PM to allow the following games to start on time.

**Game Time:**

- The game time includes practice plus game.
- Both teams share the field (divided by midfield) for the practice.
- 15 minutes is allotted for practice.
- Each team gets a 5-minute break before the game.
- The game will start no later than 9:25 AM for Time Slot 1, 10:25 AM for Time Slot 2, or 11:25 AM for Time Slot 3
- The team that starts with the kick-off in the first half will be decided by either coin-flip or a game of rock-paper-scissors. The team that isn't kicking first can determine which end of the soccer field they will begin the game. The teams will switch sides after halftime. The team that did not kick-off the first half will kick off the second half.
- Games are played in five-minute quarters
- 4 Quarters make a full game
- There will be 2 minute breaks between quarters except half time which will be a 3 minute break.
- There is no overtime

# PeeWee Division – age 6 and under (6U)

**\*Please also read the first section of this rules document for additional rules that apply to all ages/divisions**

## Equipment:

- Size 4 ball
- KwikGoal/Bownet

**Referees:** One referee

## Roster:

- Maximum 8 players on a team.
- Each team will have 4 players on the field. The on-field positions are the goalie and three other players.
- Substitutions of players will be made only during a stop in play or at quarter breaks

## Game Rules:

- The goalie can use their hands. No other player may use their hands
- Slide tackles are prohibited
- Coaches are not allowed on the playing field
- The ball is placed on the mid-line and the player taking the kick-off can kick the ball in any direction and to a teammate.
- Balls kicked out of play on the side-line are to be thrown onto the field with proper thrown-in form (see instruction in appendix). If not thrown in with proper form, play will be stopped and the player will be given unlimited re-do's to properly throw the ball in.
- Balls kicked by the offense past the End Line is a goal kick. The ball is placed 5 yards in front of the defending team's goal and one of the players on the defending team kicks the ball upfield to a teammate.
- Balls kicked by the defense past their own End Line is a corner kick for the other team. The ball is placed at the closest corner and the other team after the referee's signal can kick the ball onto the field.
- A foul committed by the defensive team within their own penalty box will result in a penalty kick for the attacking team (see appendix for definition of a penalty kick)
- No offside rule

**Game time slots:** Each slot includes a practice portion and a game portion. The first portion of the time slot is reserved for team practice and drills. The second portion of the time slot is the game which will be divided into four quarters.

### *Time Slot 1 (9:00 AM - 10:00 AM):*

- Coaches for 9:00 AM games will be responsible for retrieving a goal from the equipment box and setting it up on their field.
- Games during the 9:00 AM time slot must be concluded by 9:55 AM. If the game starts late and has not concluded four full quarters by 9:55 AM it will be considered full time at 9:55 AM and the current score will be final.
- The field must be cleared of players by 10:00 AM to allow the following games to start on time.

### *Time Slot 2 (10:00 AM - 11:00 AM)*

- Coaches for 10:00 AM games will be responsible for checking with a SFX League Representative to determine if they are the last scheduled game on their field. If so, they will be responsible for breaking down and returning the goal their team defended during the second half of the game to the equipment box.
- Games during the 10:00 AM time slot must be concluded by 10:55 AM. If the game starts late and has not concluded four full quarters by 10:55 AM it will be considered full time at 10:55 AM and the current score will be final.
- The field must be cleared of players by 11:00 AM to allow the following games to start on time.

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*Time Slot 3 (11:00 AM - 12:00 PM)*

- Coaches for 11:00 AM games will be responsible for breaking down and returning the goal they defended during the second half of their game to the equipment box
- Games during the 11:00 AM time slot must be concluded by 11:55 AM. If the game starts late and has not concluded four full quarters by 11:55 AM it will be considered full time at 11:55 AM and the current score will be final.
- The field must be cleared of equipment/goals and players by 12:00 PM to allow the following games to start on time.

**Game Time:**

- The game time includes practice plus game.
- Both teams share the field (divided by midfield) for the practice.
- 15 minutes is allotted for practice.
- Each team gets a 5-minute break before the game.
- The game will start no later than 9:25 AM for Time Slot 1, 10:25 AM for Time Slot 2, or 11:25 AM for Time Slot 3
- The team that starts with the kick-off in the first half will be decided by either coin-flip or a game of rock-paper-scissors. The team that isn't kicking first can determine which end of the soccer field they will begin the game. The teams will switch sides after halftime. The team that did not kick-off the first half will kick off the second half.
- Games are played in five-minute quarters
- 4 Quarters make a full game
- There will be 2 minute breaks between quarters except half time which will be a 3 minute break.
- There is no overtime

# Junior Division – age 8 and under (8U)

**\*Please also read the first section of this rules document for additional rules that apply to all ages/divisions**

## **Equipment:**

- Size 4 ball
- KwikGoal/Bownet

**Referees:** One referee

## **Roster:**

- Maximum 8 players on a team.
- Each team will have 4 players on the field. The on-field positions are the goalie and three other players.
- Substitutions of players will be made only during a stop in play or at quarter breaks

## **Game Rules:**

- The goalie can use their hands. No other player may use their hands
- Slide tackles are prohibited
- Coaches are not allowed on the playing field
- The ball is placed on the mid-line and the player taking the kick-off can kick the ball in any direction and to a teammate.
- Balls kicked out of play on the side-line are to be thrown onto the field with proper thrown-in form (see instruction in appendix). If not thrown in with proper form, play will be stopped and the player will be given unlimited re-do's to properly throw the ball in.
- Balls kicked by the offense past the End Line is a goal kick. The ball is placed 5 yards in front of the defending team's goal and one of the players on the defending team kicks the ball upfield to a teammate.
- Balls kicked by the defense past their own End Line is a corner kick for the other team. The ball is placed at the closest corner and the other team after the referee's signal can kick the ball onto the field.
- A foul committed by the defensive team within their own penalty box will result in a penalty kick for the attacking team (see appendix for definition of a penalty kick)
- No offside rule

**Game time slots:** Each slot includes a practice portion and a game portion. The first portion of the time slot is reserved for team practice and drills. The second portion of the time slot is the game which will be divided into four quarters.

### *Time Slot 1 (9:00 AM - 10:00 AM):*

- Coaches for 9:00 AM games will be responsible for retrieving a goal from the equipment box and setting it up on their field.
- Games during the 9:00 AM time slot must be concluded by 9:55 AM. If the game starts late and has not concluded four full quarters by 9:55 AM it will be considered full time at 9:55 AM and the current score will be final.
- The field must be cleared of players by 10:00 AM to allow the following games to start on time.

### *Time Slot 2 (10:00 AM - 11:00 AM)*

- Coaches for 10:00 AM games will be responsible for checking with a SFX League Representative to determine if they are the last scheduled game on their field. If so, they will be responsible for breaking down and returning the goal their team defended during the second half of the game to the equipment box.
- Games during the 10:00 AM time slot must be concluded by 10:55 AM. If the game starts late and has not concluded four full quarters by 10:55 AM it will be considered full time at 10:55 AM and the current score will be final.
- The field must be cleared of players by 11:00 AM to allow the following games to start on time.

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*Time Slot 3 (11:00 AM - 12:00 PM)*

- Coaches for 11:00 AM games will be responsible for breaking down and returning the goal they defended during the second half of their game to the equipment box
- Games during the 11:00 AM time slot must be concluded by 11:55 AM. If the game starts late and has not concluded four full quarters by 11:55 AM it will be considered full time at 11:55 AM and the current score will be final.
- The field must be cleared of equipment/goals and players by 12:00 PM to allow the following games to start on time.

**Game Time:**

- The game time includes practice plus game.
- Both teams share the field (divided by midfield) for the practice.
- 15 minutes is allotted for practice.
- Each team gets a 5-minute break before the game.
- The game will start no later than 9:25 AM for Time Slot 1, 10:25 AM for Time Slot 2, or 11:25 AM for Time Slot 3
- The team that starts with the kick-off in the first half will be decided by either coin-flip or a game of rock-paper-scissors. The team that isn't kicking first can determine which end of the soccer field they will begin the game. The teams will switch sides after halftime. The team that did not kick-off the first half will kick off the second half.
- Games are played in five-minute quarters
- 4 Quarters make a full game
- There will be 2 minute breaks between quarters except half time which will be a 3 minute break.
- There is no overtime

# Senior Division – age 10 and under (10U)

**\*Please also read the first section of this rules document for additional rules that apply to all ages/divisions**

## **Equipment:**

- Size 4 ball
- Goalie Gloves
- KwikGoal

**Referees:** One referee

## **Roster:**

- 8-12 players on a team.
- Each team will have 8 players on the field. The on-field positions are the goalie and seven other players.
- Substitutions of players will be made only during a stop in play or at quarter breaks

## **Game Rules:**

- The goalie can use their hands. No other player may use their hands
- Slide tackles are prohibited
- Coaches are not allowed on the playing field
- The ball is placed on the mid-line and the player taking the kick-off can kick the ball in any direction and to a teammate.
- Balls kicked out of play on the side-line are to be thrown onto the field with proper throw-in form (see instruction in appendix). If not thrown in with proper form, play will be stopped and the player will be given another opportunity to make a legal throw-in. If the player does not use proper form on the second attempt it will be considered a foul-throw and the opposition team will be awarded the throw-in from the same location.
- Balls kicked by the offense past the end-line is a goal kick. The ball is placed 5 yards in front of the defending team's goal and one of the players on the defending team kicks the ball upfield to a teammate. The opposition team must be ten feet or more from the kicking player.
- Balls kicked by the defense past their own end-line is a corner kick for the other team. The ball is placed at the closest corner and the other team after the referee's signal can kick the ball onto the field.
- A foul committed by the defensive team within their own penalty box will result in a penalty kick for the attacking team (see appendix for definition of a penalty kick)
- No offside rule

**Game time slots:** Each slot includes a practice portion and a game portion. The first portion of the time slot is reserved for team practice and drills. The second portion of the time slot is the game which will be divided into four quarters.

### *Time Slot 1 (9:00 AM - 10:30 AM):*

- Coaches for 9:00 AM games will be responsible for retrieving a goal from the equipment box and setting it up on their field.
- Games during the 9:00 AM time slot must be concluded by 10:20 AM. If the game starts late and has not concluded four full quarters by 10:20 AM it will be considered full time at 10:20 AM and the current score will be final.
- The field must be cleared of players by 10:30 AM to allow the following games to start on time.

### *Time Slot 2 (10:30 AM - 12:00 PM)*

- Coaches for 10:30 AM games will be responsible for breaking down and returning the goal they defended during the second half of their game to the equipment box
- Games during the 10:30 AM time slot must be concluded by 11:50 AM. If the game starts late and has not concluded four full quarters by 11:50 AM it will be considered full time at 11:50 AM and the current score will be final.
- The field must be cleared of equipment/goals and players by 12:00 PM to allow the following games to start on time.

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**Game Time:**

- The game time includes practice plus game.
- Both teams share the field (divided by midfield) for the practice.
- 25 minutes is allotted for practice.
- Each team gets a 5-minute break before the game.
- The game will start no later than 9:30 AM for Time Slot 1 or 11:00 AM for Time Slot 2
- The team that starts with the kick-off in the first half will be decided by either coin-flip or a game of rock-paper-scissors. The team that isn't kicking first can determine which end of the soccer field they will begin the game. The teams will switch sides after halftime. The team that did not kick-off the first half will kick off the second half.
- Games are played in ten-minute quarters
- 4 Quarters make a full game
- There will be 2 minute breaks between quarters except half time which will be a 5 minute break.
- There is no overtime

# Senior Girls Division – age 8-10

**\*Please also read the first section of this rules document for additional rules that apply to all ages/divisions**

## **Equipment:**

- Size 4 ball
- Goalie Gloves
- KwikGoal

**Referees:** One referee

## **Roster:**

- 8-12 players on a team.
- Each team will have 8 players on the field. The on-field positions are the goalie and seven other players.
- Substitutions of players will be made only during a stop in play or at quarter breaks

## **Game Rules:**

- The goalie can use their hands. No other player may use their hands
- Slide tackles are prohibited
- Coaches are not allowed on the playing field
- The ball is placed on the mid-line and the player taking the kick-off can kick the ball in any direction and to a teammate.
- Balls kicked out of play on the side-line are to be thrown onto the field with proper throw-in form (see instruction in appendix). If not thrown in with proper form, play will be stopped and the player will be given another opportunity to make a legal throw-in. If the player does not use proper form on the second attempt it will be considered a foul-throw and the opposition team will be awarded the throw-in from the same location.
- Balls kicked by the offense past the end-line is a goal kick. The ball is placed 5 yards in front of the defending team's goal and one of the players on the defending team kicks the ball upfield to a teammate. The opposition team must be ten feet or more from the kicking player.
- Balls kicked by the defense past their own end-line is a corner kick for the other team. The ball is placed at the closest corner and the other team after the referee's signal can kick the ball onto the field.
- A foul committed by the defensive team within their own penalty box will result in a penalty kick for the attacking team (see appendix for definition of a penalty kick)
- No offside rule

**Game time slots:** Each slot includes a practice portion and a game portion. The first portion of the time slot is reserved for team practice and drills. The second portion of the time slot is the game which will be divided into four quarters.

### *Time Slot 1 (9:00 AM - 10:30 AM):*

- Coaches for 9:00 AM games will be responsible for retrieving a goal from the equipment box and setting it up on their field.
- Games during the 9:00 AM time slot must be concluded by 10:20 AM. If the game starts late and has not concluded four full quarters by 10:20 AM it will be considered full time at 10:20 AM and the current score will be final.
- The field must be cleared of players by 10:30 AM to allow the following games to start on time.

### *Time Slot 2 (10:30 AM - 12:00 PM)*

- Coaches for 10:30 AM games will be responsible for breaking down and returning the goal they defended during the second half of their game to the equipment box
- Games during the 10:30 AM time slot must be concluded by 11:50 AM. If the game starts late and has not concluded four full quarters by 11:50 AM it will be considered full time at 11:50 AM and the current score will be final.
- The field must be cleared of equipment/goals and players by 12:00 PM to allow the following games to start on time.

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**Game Time:**

- The game time includes practice plus game.
- Both teams share the field (divided by midfield) for the practice.
- 25 minutes is allotted for practice.
- Each team gets a 5-minute break before the game.
- The game will start no later than 9:30 AM for Time Slot 1 or 11:00 AM for Time Slot 2
- The team that starts with the kick-off in the first half will be decided by either coin-flip or a game of rock-paper-scissors. The team that isn't kicking first can determine which end of the soccer field they will begin the game. The teams will switch sides after halftime. The team that did not kick-off the first half will kick off the second half.
- Games are played in ten-minute quarters
- 4 Quarters make a full game
- There will be 2 minute breaks between quarters except half time which will be a 5 minute break.
- There is no overtime

# Eagle Division – age 13 and under (13U)

**\*Please also read the first section of this rules document for additional rules that apply to all ages/divisions**

## **Equipment:**

- Size 4 ball
- Goalie Gloves
- Metal Nets

**Referees:** One referee

## **Roster:**

- 8-12 players on a team.
- Each team will have 8 players on the field. The on-field positions are the goalie and seven other players.
- Substitutions of players will be made only during a stop in play or at quarter breaks

## **Game Rules:**

- The goalie can use their hands. No other player may use their hands
- Slide tackles are prohibited
- Coaches are not allowed on the playing field
- The ball is placed on the mid-line and the player taking the kick-off can kick the ball in any direction and to a teammate.
- Balls kicked out of play on the side-line are to be thrown onto the field with proper throw-in form (see instruction in appendix). If not thrown in with proper form, play will be stopped and the player will be given another opportunity to make a legal throw-in. If the player does not use proper form on the second attempt it will be considered a foul-throw and the opposition team will be awarded the throw-in from the same location.
- Balls kicked by the offense past the end-line is a goal kick. The ball is placed 5 yards in front of the defending team's goal and one of the players on the defending team kicks the ball upfield to a teammate. The opposition team must be ten feet or more from the kicking player.
- Balls kicked by the defense past their own end-line is a corner kick for the other team. The ball is placed at the closest corner and the other team after the referee's signal can kick the ball onto the field.
- A foul committed by the defensive team within their own penalty box will result in a penalty kick for the attacking team (see appendix for definition of a penalty kick)
- No offside rule

**Game time slots:** Each slot includes a practice portion and a game portion. The first portion of the time slot is reserved for team practice and drills. The second portion of the time slot is the game which will be divided into four quarters.

### *Time Slot 1 (9:00 AM - 10:30 AM):*

- Coaches for 9:00 AM games will be responsible for retrieving a goal from the equipment box and setting it up on their field.
- Games during the 9:00 AM time slot must be concluded by 10:20 AM. If the game starts late and has not concluded four full quarters by 10:20 AM it will be considered full time at 10:20 AM and the current score will be final.
- The field must be cleared of players by 10:30 AM to allow the following games to start on time.

### *Time Slot 2 (10:30 AM - 12:00 PM)*

- Coaches for 10:30 AM games will be responsible for breaking down and returning the goal they defended during the second half of their game to the equipment box
- Games during the 10:30 AM time slot must be concluded by 11:50 AM. If the game starts late and has not concluded four full quarters by 11:50 AM it will be considered full time at 11:50 AM and the current score will be final.
- The field must be cleared of equipment/goals and players by 12:00 PM to allow the following games to start on time.

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**Game Time:**

- The game time includes practice plus game.
- Both teams share the field (divided by midfield) for the practice.
- 25 minutes is allotted for practice.
- Each team gets a 5-minute break before the game.
- The game will start no later than 9:30 AM for Time Slot 1 or 11:00 AM for Time Slot 2
- The team that starts with the kick-off in the first half will be decided by either coin-flip or a game of rock-paper-scissors. The team that isn't kicking first can determine which end of the soccer field they will begin the game. The teams will switch sides after halftime. The team that did not kick-off the first half will kick off the second half.
- Games are played in ten-minute quarters
- 4 Quarters make a full game
- There will be 2 minute breaks between quarters except half time which will be a 5 minute break.
- There is no overtime

# Eagle Girls Division – age 11-13

**\*Please also read the first section of this rules document for additional rules that apply to all ages/divisions**

## **Equipment:**

- Size 4 ball
- Goalie Gloves
- Metal Nets

**Referees:** One referee

## **Roster:**

- 8-12 players on a team.
- Each team will have 8 players on the field. The on-field positions are the goalie and seven other players.
- Substitutions of players will be made only during a stop in play or at quarter breaks

## **Game Rules:**

- The goalie can use their hands. No other player may use their hands
- Slide tackles are prohibited
- Coaches are not allowed on the playing field
- The ball is placed on the mid-line and the player taking the kick-off can kick the ball in any direction and to a teammate.
- Balls kicked out of play on the side-line are to be thrown onto the field with proper throw-in form (see instruction in appendix). If not thrown in with proper form, play will be stopped and the player will be given another opportunity to make a legal throw-in. If the player does not use proper form on the second attempt it will be considered a foul-throw and the opposition team will be awarded the throw-in from the same location.
- Balls kicked by the offense past the end-line is a goal kick. The ball is placed 5 yards in front of the defending team's goal and one of the players on the defending team kicks the ball upfield to a teammate. The opposition team must be ten feet or more from the kicking player.
- Balls kicked by the defense past their own end-line is a corner kick for the other team. The ball is placed at the closest corner and the other team after the referee's signal can kick the ball onto the field.
- A foul committed by the defensive team within their own penalty box will result in a penalty kick for the attacking team (see appendix for definition of a penalty kick)
- No offside rule

**Game time slots:** Each slot includes a practice portion and a game portion. The first portion of the time slot is reserved for team practice and drills. The second portion of the time slot is the game which will be divided into four quarters.

### *Time Slot 1 (9:00 AM - 10:30 AM):*

- Coaches for 9:00 AM games will be responsible for retrieving a goal from the equipment box and setting it up on their field.
- Games during the 9:00 AM time slot must be concluded by 10:20 AM. If the game starts late and has not concluded four full quarters by 10:20 AM it will be considered full time at 10:20 AM and the current score will be final.
- The field must be cleared of players by 10:30 AM to allow the following games to start on time.

### *Time Slot 2 (10:30 AM - 12:00 PM)*

- Coaches for 10:30 AM games will be responsible for breaking down and returning the goal they defended during the second half of their game to the equipment box
- Games during the 10:30 AM time slot must be concluded by 11:50 AM. If the game starts late and has not concluded four full quarters by 11:50 AM it will be considered full time at 11:50 AM and the current score will be final.
- The field must be cleared of equipment/goals and players by 12:00 PM to allow the following games to start on time.

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**Game Time:**

- The game time includes practice plus game.
- Both teams share the field (divided by midfield) for the practice.
- 25 minutes is allotted for practice.
- Each team gets a 5-minute break before the game.
- The game will start no later than 9:30 AM for Time Slot 1 or 11:00 AM for Time Slot 2
- The team that starts with the kick-off in the first half will be decided by either coin-flip or a game of rock-paper-scissors. The team that isn't kicking first can determine which end of the soccer field they will begin the game. The teams will switch sides after halftime. The team that did not kick-off the first half will kick off the second half.
- Games are played in ten-minute quarters
- 4 Quarters make a full game
- There will be 2 minute breaks between quarters except half time which will be a 5 minute break.
- There is no overtime

# Appendix

## Throw-in:

- If the ball goes out of play along the sidelines of the field, the referee will award a throw-in to the opponents of the team that last touched the ball.
- For a throw-in, a player throws the ball in with both hands from where the ball went out of play
- The player taking the throw must have both feet on the ground when they release the ball and throw the ball from behind their head.
- Detailed instructions: <https://yoursoccerhome.com/11-rules-for-a-throw-in-in-soccer-all-you-need-to-know/>

## Goal Kick:

- The referee will award a goal kick when the ball goes out of play at either end of the field, and a player from the attacking team is the last person to touch the ball.
- A player from the defending team must take a goal kick from within their goal area.
- All players on the opposing team must be outside of the penalty area when the kick is taken.

## Corner Kick:

- The referee will award a corner kick when the ball goes out of play at either end of the field, and a player from the defending team is the last person to touch the ball.
- A player on the attacking team must take the corner kick from the corner of the field closest to where the ball went out.

## Free Kick:

- A kick taken from the place where a player committed a foul.
- When a player takes a free kick, every player on the opposing team must be at least 7 yards from the ball.

## Penalty Kick:

- A penalty kick is a kick taken from the penalty mark within the penalty area.
- Only the goalie and the player taking the kick can be within the penalty area when the penalty takes place.
- The player taking the kick must wait for the referee's whistle before starting their run up to kick the ball. If the player's run up begins prior to the referee's whistle it will result in a re-do.
- The goalkeeper must have at least one foot on/behind the goal line at the time of the penalty kick taker kicking the ball. If the goalkeepers feet are both in front of the goal line, it will result in a re-do if the result was not a goal.

## Fouls:

- A foul is any action that gives one team or player an unfair advantage or an action that the referee considers to be dangerous play.
- A player cannot:
  - Kick
  - Trip
  - Jump at
  - Strike
  - Push
  - Hold
  - Spit at opponent
  - Any other action that the referee determines to be dangerous or not sportsmanlike