



CARBON VALLEY

PARKS & RECREATION DISTRICT

Youth Soccer Rules

Under 5 – Under 8 Coed



General Policies for Under 5 -Under 8.

All the rules follow Real CO in house rules unless otherwise modified by CVPRD.

Revised November 2020

Player's Equipment

1. The basic **MANDATORY** equipment of a player consists of the following:
 - a. CVPRD provided jerseys
 - b. Athletic Shorts or pants **without pockets**
 - c. Socks – **MUST** completely cover the shin guards
 - d. Shin Guards
 - e. Footwear – tennis shoes or soft-cleated soccer shoes without a toe cleat.
2. The following items are NOT permitted:
 - a. Hair control devices with any hard parts.
 - b. Jewelry of any sort, **including earrings**, metal barrettes, watches and metal belt buckles, regardless of any covering.
 - c. Metal cleats or shoes with toe cleats (baseball/softball cleats).
 - d. Baseball caps or sunglasses.
 - e. Shorts/pants with zippers or exposed metal parts (i.e. rivets).
3. The following items are **CONDITIONALLY** permitted:
 - a. Religious medals or medical tags which are taped to the body.
 - b. Splints, casts, braces or other joint support devices, which, in the referee's opinion, are not inherently dangerous or are padded with pliable materials to eliminate the dangerous condition.
 - c. If a player must wear prescription glasses, it is recommended that they be special safety glasses (or have straps) that can withstand sudden forceful impact without causing damage to the player's eyes. No sunglasses permitted.
 - d. In the case of cold weather, any player may wear athletic pants or long-sleeves under the jersey. Knitted stocking caps and gloves are permitted during these adverse weather conditions.

Team Equipment

1. CVPRD will provide new coaches with soccer balls, scrimmage vest or pinnies, and practice cones. Equipment is usually handed out either at the seasonal coaches' meeting or at coaching clinics.

Duration of Practice and Coach/Player Contact Policy

1. 1 practice per week - each practice maximum of 45-60 minutes.
2. Each team may practice **only** one night per week. Teams are scheduled for 7 games per season with a guarantee of 6 games, one per week.

Referees

1. A Parent/coach or assistant from both teams shall serve as referees and is permitted on the field though not required.
2. All rule infractions shall be briefly explained to the offending player.

Coach/Player/Parent/Spectator Code of Conduct

Coaches, players, parents and spectators have a responsibility to behave in a respectful manner that will instill a sense of sportsmanship in all players.

As a coach, player, parent or spectator at a Carbon Valley Parks and Recreation District youth sporting activity I understand:

1. It will not be tolerated at any time to lay a hand upon, push, shove, and threaten to strike or verbally threaten an official, player, or supervisor.
2. Being involved in a physical altercation with a player, coach, or other spectator will result in my ejection from the game and possible suspension from future games.
3. All coaches, players, parents, and spectators will abide by the official's decision. The official's decision and/or calls are not arguable. If you have a concern regarding the officiating contact the CVPRD Athletic Staff.
4. Verbal abuse, harassment, and/or unsportsmanlike behavior towards an official, player, spectator, supervisor or athletics staff member is not tolerated.
5. All coaches, players, parents and spectators will refrain from the use of vulgar or unsportsmanlike manners including language while at any CVPRD youth sporting activity, including practices and games.
6. Any coach, player, parent or spectator that is ejected from the game must leave the playing area immediately upon request. Failure to leave will result in suspension of the game and/or forfeiture of the game.
7. Smoking of any kind is prohibited at all outdoor CVPRD sporting events." i.e. vape pens, cigarettes, cigars, etc."
8. The zero-tolerance policy is in effect at all CVPRD athletic events.

Failure to abide by the Code of Conduct will result in ejection from the game and possible suspension from future games.

Zero Tolerance Policy

There will be zero tolerance for players, coaches and spectators who engage in harassing and/or unsportsmanlike behavior with umpires / officials, other spectators, game supervisors, other players, or CVPRD Athletic Staff. Officials, game supervisors and CVPRD Athletic Staff have the authority to penalize the player, coach, spectator, or team if an official is sworn at, harassed, argued with, or insulted. Penalties will range from: warning, to ejection from game, to suspension from future games and possible forfeiture of the game.

NOTE to parents and coaches:

I have read and understand the code of conduct.

By receiving this form, you agreeing to the CVPRD Code of Conduct

UNDER 5 COED

Number of Players

1. Maximum number of players on the game field per team at any one time: 3
2. The recommended number of players on the roster shall be 5-7.

The Field

1. Dimensions
 - a. The field of play shall be rectangular, its recommended length being 20-30 yards and its recommended width being 15-20 yards.
2. Markings
 - a. Distinctive lines not more than five (5) inches wide.
 - b. A halfway line shall be marked out across the field.
 - c. Goal area: A goal box shall be drawn around the goal approximately 3 yards from each post and end line.
3. Goals
 - a. The size shall be 4'x 6'.

The Ball

1. Ball Size – three (3)
2. Ball criteria:
 - a. The ball shall be spherical.
 - b. The outer casing should be leather or an approved synthetic.
 - c. The ball should be in good shape and properly inflated.
 - d. The ball cannot have any loose patches.

Rules of the Game

1. For U5 – the game shall be divided into 25-minute practice, a 5-minute halftime, and a 25 minute game.
2. Teams change ends at half-time.
3. The game clock will continue to run throughout the game, even during stoppage of play – except during halftime.
4. Playing Time-Players will receive equal playing time.
5. Goalkeepers
 - a. **No goalkeepers.** It is required that coaches do not have a player whose primary purpose is to guard the goal.
6. Good Sportsmanship Policy
 - a. If one team is dominating the game, the team which is losing has the option to add one extra player to the playing field. This is to be called the 'Good Sportsmanship Rule'. The intent of this rule is to create an environment that is both fun and challenging for both teams. U5 – U6: Although teams are not to keep score, it is recommended that prior to

the start of the game, both coaches have a friendly agreement that if one team is struggling, that team may add another player to the field.

7. No spectators or coaches behind the goal line.
8. Spectators, players and coaches must stay 3-5 yards from the playing field boundaries.

Start of Play

1. Choice of field ends, and kick-off is determined by the coaches.
2. The team not kicking off must be on or behind the center circle in their own half while kick-off is in progress.
3. The ball must be passed (touched) to another player (no dribbling on kick-off).
4. The start of play at the beginning of each half or after a goal is a center kick-off.
5. A goal cannot be scored directly from a kick-off.

Ball in and out of play

1. The ball is out of play during the following circumstances:
2. When it has gone completely over the boundary line (on ground or air-borne).
3. U5s will use the "New Ball" technique for restarting play.
 - a. Coaches will always carry around a ball. When the ball goes out of play (other than a goal) one coach shouts "new ball" pauses a couple seconds to gain the players attention and rolls a new ball onto the field as to increase the amount of time the ball is on the field. A good technique is to roll the ball into open space to break up the herd of players. Coaches may use their discretion as to where to roll the ball. They may roll it to the team who did not kick it out, to a player who is struggling to stay engaged, or just open space. Coaches will not roll the ball to an area to gain an advantage, and good sportsmanship is expected. We do not keep score.
4. When the game has been halted due to a foul.
5. Though the coach is on the field during active play, they should make every effort to not interfere with play. The coach may assist the set-up of his/her players for goal kicks, corner kicks, and kick offs. (Coaches should not physically move the player, but rather, instruct the player and let him/her go to the desired location.)

Substitutions

1. Any stoppage of play (dead ball). A dead ball, or stoppage.

Method of Scoring

1. Goal is scored when the whole of the ball passes over the goal line.
2. The ball must cross the goal line between the goal posts and under the crossbar.

Offside

1. The offside rule does not apply at this age. Players are allowed anywhere on the field at any time, though players should not be coached to stay forward and "cherry pick."

Fouls and Misconduct

1. All fouls shall result in a direct free kick (the ball does not need to be touched by another player before a goal can be scored).
2. Opponents must be five (5) yards away before the kick is allowed.
3. Any player who commits one of the following offenses shall be penalized by the opposing team being awarded a free kick:
 - a. Kicks or attempts to kick an opponent.
 - b. Trips an opponent.
 - c. Jumps at an opponent.
 - d. Charges an opponent.
 - e. Strikes or attempts to strike an opponent.
 - f. Pushes an opponent.
 - g. Tackles an opponent but touches opponent before the ball. **Slide tackles are NOT permitted.**
 - h. Holds an opponent.
 - i. Spits at an opponent.
 - j. Handles the ball deliberately.
 - k. Plays in a dangerous manner.
 - l. Impedes the progress of an opponent.
 - m. **No slide tackles!!**
4. The coach/referee/parent may explain infractions to the offending player before restarting play.

Kick-ins vs. Throw-Ins

1. Kick-ins shall be utilized in order to re-start play. There will be NO THROW-INS for these age groups.

UNDER 6 COED

Number of Players

1. Maximum number of players on the game field at any one time: three (3)
2. The recommended number of players on the roster shall be 6-7.

The Field

1. Dimensions
 - a. The field of play shall be rectangular, its recommended length being 20-30 yards and its recommended width being 15-20 yards.
2. Markings
 - a. Distinctive lines not more than five (5) inches wide.
 - b. A halfway line shall be marked out across the field.
 - c. Goal area: A goal box shall be drawn around the goal approximately 3 yards from each post and end line.
3. Goals
 - a. The size shall be 4' x 6'.

The Ball

1. Ball Size – three (3)
2. Ball criteria:
 - a. The ball shall be spherical.
 - b. The outer casing should be leather or an approved synthetic.
 - c. The ball should be in good shape and properly inflated.
 - d. The ball cannot have any loose patches.

Rules of the Game

1. For U6 – the game shall be divided into two 20-minute halves and have a 5-minute halftime.
2. Teams change ends at half-time.
3. The game clock will continue to run throughout the game, even during stoppage of play – except during halftime.
4. Playing Time-Players will receive equal playing time.
5. Goalkeepers
 - a. **No goalkeepers.** It is required that coaches do not have a player whose primary purpose is to guard the goal.
6. Good Sportsmanship Policy
 - a. If one team is dominating the game, the team which is losing has the option to add one extra player to the playing field. This is to be called the 'Good Sportsmanship Rule'. The intent of this rule is to create an environment that is both fun and challenging for both teams. U4 – U6: Although teams are not to keep score, it is recommended that prior to the start of the game, both coaches have a friendly agreement that if one team is struggling, that team may add another player to the field.
7. No spectators or coaches behind the goal line.

8. Spectators, players and coaches must stay 3-5 yards from the playing field boundaries.

Start of Play

1. Choice of field ends, and kick-off is determined by the coaches.
2. The team not kicking off must be on or behind the center circle in their own half while kick-off is in progress.
3. The ball must be passed (touched) to another player (no dribbling on kick-off).
4. The start of play at the beginning of each half or after a goal is a center kick-off.
5. A goal cannot be scored directly from a kick-off.
6. Goal kicks are taken from within the goal box. **Opposing players must be in the opposite half. They can cross the half line as soon as the ball is touched.**

Ball in and out of play

1. The ball is out of play during the following circumstances:
 - a. When it has gone completely over the boundary line (on ground or air-borne).
 - b. When the game has been halted due to a foul.
 - c. Though the coach is on the field during active play, they should make every effort to not interfere with play. The coach may assist the setup of his/her players for goal kicks, corner kicks, and kick offs. (Coaches should not physically move the player, but rather, instruct the player and let him/her go to the desired location.)

Substitutions

1. Any stoppage of play (dead ball). A dead ball, or stoppage, is considered one of the following:
 - a. Prior to a corner kick, by either team.
 - b. Prior to a goal-kick, by either team.
 - c. After a goal, by either team.
 - d. After an injury that has stopped play, by either team.
 - e. Between periods, by either team.

Method of Scoring

1. A goal is scored when the whole of the ball passes over the goal line.
2. The ball must cross the goal line between the goal posts and under the crossbar.

Offside

1. The offside rule does not apply at this age. Players are allowed anywhere on the field at any time, though players should not be coached to stay forward and “cherry pick.”

Fouls and Misconduct

1. All fouls shall result in a direct free kick (the ball does not need to be touched by another player before a goal can be scored).
2. Opponents must be five (5) yards away before the kick is allowed.
3. Any player who commits one of the following offenses shall be penalized by the opposing team being awarded a free kick:
 - a. Kicks or attempts to kick an opponent.

- b. Trips an opponent.
 - c. Jumps at an opponent.
 - d. Charges an opponent.
 - e. Strikes or attempts to strike an opponent.
 - f. Pushes an opponent.
 - g. Tackles an opponent but touches opponent before the ball. **Slide tackles are NOT permitted.**
 - h. Holds an opponent.
 - i. Spits at an opponent.
 - j. Handles the ball deliberately.
 - k. Plays in a dangerous manner.
 - l. Impedes the progress of an opponent.
 - m. **No slide tackles!!**
4. The coach(s) is the referee and may explain infractions to the offending player before restarting play.

Kick-ins vs. Throw-Ins

1. Kick-ins shall be utilized in order to re-start play. There will be NO THROW-INS for these age groups.

Goal Kicks

1. A goal kick is taken by a member of the defending team when the ball crosses the end line outside of the goal when last touched by a member of the attacking team.
2. The kick is to be taken anywhere within the goal box by any player on the defending team.
3. Opposing players must be in the opposite half. They can cross the half line as soon as the ball is touched.

Corner Kicks

1. The attacking team is awarded a kick-in when the ball passes completely over the goal line outside the goal area after last being touched by a member of the defending team.
2. Opponents must be five (5) yards from the ball.

UNDER 7 – COED

Number of Players

1. Maximum number of players on the field at any one time: 5
2. The recommended number of players on the roster shall be 8-9.

The Field

1. Dimensions
 - a. The field of play shall be rectangular, its recommended length being 35 yards and its recommended width being 25 yards.
2. Markings
 - a. Distinctive lines not more than five (5) inches wide.
 - b. A halfway line shall be marked out across the field.
 - c. A center circle with a five (5) yard radius.
 - d. The field shall be marked with cones at each of the four (4) corners.
 - e. Goal area: 2 yd box
 - f. Penalty area: 4 yd box
3. Goals
 - a. The size shall be 4' x 6'.

The Ball

1. Ball Size – three (3)
 - a. Ball criteria: The ball shall be spherical.
2. The outer casing should be leather or an approved synthetic.
3. The ball should be in good shape and properly inflated.
4. The ball cannot have any loose patches.

Laws of the Game

1. The game shall be divided into two 22-minute halves with a 3-minute halftime
2. Teams change ends at half-time.
3. The game clock will continue to run throughout the game, even during stoppage of play and halftime, for 47 total minutes beginning precisely at the top of the hour. The game clock starts at the top of the hour regardless if both teams are ready. If coaches take a longer halftime, the 2nd half will be shorter to accommodate that time.
4. Playing Time
 - a. Each player shall receive equal playing time.
5. Goalkeepers
 - a. One goalkeeper with a different colored jersey/bib than each team.
 - b. The goalie may use his/her hands to pick up the ball anywhere in the penalty area.
 - c. If the goalie uses his/her hands outside the penalty areas, a direct kick shall be awarded to the opposing team.
 - d. Punting is not allowed. The GK may distribute the ball by either throwing, rolling, or setting it down and kicking it in. The opposing team must retreat to half when a GK gets

possession same as a goal kick. In the event a GK punts the ball, the referee shall give the ball back to the GK to try to distribute again.

6. Players and coaches take position on the opposite side of the field from the spectators.
7. No spectators or coaches behind the goal line.
8. Good Sportsmanship Policy
9. If one team is dominating the game, the team which is losing has the option to add one extra player to the playing field. This is to be called the 'Good Sportsmanship Rule'. The intent of this rule is to create an environment that is both fun and challenging for both teams.
10. Players and coaches take position on the opposite side of the field from the spectators.
11. No spectators or coaches behind the goal line.
12. Spectators, players and coaches must stay 3-5 yards from the playing field boundaries.

Start of Play

1. Choice of field ends, and kick-off is determined by a flip of a coin.
2. The team that does not win kick-off must be at least five (5) yards from the center mark while kick-off is in progress.
3. The ball must be passed (touched) to another player (no dribbling on kick-off).
4. The start of play at the beginning of each half or after a goal is scored is by a center kick-off.
5. A goal cannot be scored directly from a kick-off.
6. Goal kicks will be taken within the goal box. **Opposing players must be in the opposite half. They can cross the half line as soon as the ball is touched by the goalkeeper.**

Ball in and out of play

1. The ball is out of play during the following circumstances:
 - a. When it has gone completely over the boundary line (on ground or air-borne).
 - b. When the game has been halted by an official.
 - c. **Unless acting in the capacity of referee, the coach may not be on the field during the game play.**

Substitutions

1. Any stoppage of play (dead ball). A dead ball, or stoppage, is considered one of the following:
 - a. Prior to a corner kick, by kicking team.
 - b. Prior to a goal-kick, by either team.
 - c. After a goal, by either team.
 - d. After an injury when the referee has stopped play, by either team.
 - e. Between periods, by either team.
 - f. Prior to a Kick-In. The defending team may substitute with the kicking team also subs.

Method of Scoring

1. A goal is scored when the whole of the ball passes over the goal line.
2. The ball must cross the goal line between the goal posts and under the crossbar.

Offside

1. The offside rule does not apply at this age. Players are allowed anywhere on the field at any time, though players should not be coached to stay forward and “cherry pick.”

Fouls and Misconduct

1. All fouls shall result in a direct free kick from the spot of the foul.
2. Opponents must be five (5) yards away before the kick is allowed.
3. Any player who commits one of the following offenses shall be penalized by the opposing team being awarded a direct free kick:
 - a. Kicks or attempts to kick an opponent.
 - b. Trips an opponent.
 - c. Jumps at an opponent.
 - d. Charges an opponent.
 - e. Strikes or attempts to strike an opponent.
 - f. Pushes an opponent.
 - g. Tackles an opponent but touches opponent before the ball. **Slide tackles are prohibited.**
 - h. Holds an opponent.
 - i. Spits at an opponent.
 - j. Handles the ball deliberately.
 - k. Plays in a dangerous manner.
 - l. Impedes the progress of an opponent.
4. The coach/referee/parent may explain ALL infractions to the offending player before restarting play.

Free Kicks

1. All free kicks are DIRECT. A goal can be scored by a player directly from the kick.
2. Opponents must be five (5) yards away before the kick is allowed.
3. Any player who commits one of the following offenses shall be penalized by the opposing team being awarded a free kick:
 - a. Kicks or attempts to kick an opponent.
 - b. Trips an opponent.
 - c. Jumps at an opponent.
 - d. Charges an opponent.
 - e. Strikes or attempts to strike an opponent.
 - f. Pushes an opponent.
 - g. Tackles an opponent but touches opponent before the ball. Slide tackles are NOT permitted.
 - h. Holds an opponent.
 - i. Spits at an opponent.
 - j. Handles the ball deliberately.
 - k. Plays in a dangerous manner.
 - l. Impedes the progress of an opponent.
 - m. No slide tackles!!
4. For any Direct Free Kick foul committed by a defender in their own penalty area, the restart will be a Penalty Kick for the opposing team. The Penalty Kick will be taken by any player from the

fouled team by placing the ball at the top of the penalty area line and kicking the ball forward. All players from the defending team and the kicking team shall be behind the ball and outside the penalty area until the ball is kicked and moved forward.

5. The coach/referee/parent may explain infractions to the offending player before restarting play.

Throw-Ins – We have Kick-ins instead

1. There shall be a Kick-In to restart play when the ball leaves the field on the sideline.
2. If team A plays the ball over the sideline, Team B then restarts play with a kick-in by placing it on the sideline and taking one touch to kick the ball back into play. Opposing team must allow at least 5 yards of space.

Goal Kicks

1. A goal kick is taken by a member of the defending team when the ball crosses the end line outside of the goal when last touched by a member of the attacking team.
2. The kick is to be taken anywhere within the goal box by any player on the defending team.
3. **Opposing players must be in the opposite half. They can cross the half line as soon as the ball is touched by the goalkeeper.**

Corner Kicks

1. The attacking team is awarded a kick-in from the corner when the ball passes completely over the goal line outside the goal area after last being played by a member of the defending team.
2. Opponents must be five (5) yards from the ball.

Under 8 – Coed

Number of Players

1. Maximum number of players on the field at any one time: 5
2. The recommended number of players on the roster shall be 8-9.

The Field

1. Dimensions
 - a. The field of play shall be rectangular, its recommended length being 40 yards and its recommended width being 25 yards.
2. Markings
 - a. Distinctive lines not more than five (5) inches wide.
 - b. A halfway line shall be marked out across the field.
 - c. A center circle with a five (5) yard radius.
 - d. The field shall be marked with flags at each of the four (4) corners.
 - e. Goal area: 2 yards from each goal post and 2 yards into the field of play joined by a line drawn parallel with the goal line.
 - f. Penalty area: 6 6 yards from each goal post and 6 yards parallel to the goal line.
 - g. A solid line in either half delineating thirds.
3. Goals
 - a. The size shall be 4' x 6'.

The Ball

1. Ball Size – three (3) for U8
2. Ball criteria:
 - a. The ball shall be spherical.
 - b. The outer casing should be leather or an approved synthetic.
 - c. The ball should be in good shape and properly inflated.
 - d. The ball cannot have any loose patches.

Laws of the Game

1. The game shall be divided into two 22-minute halves with a 3-minute halftime
2. Teams change ends at half-time.
3. The game clock will continue to run throughout the game, even during stoppage of play and halftime, for 47 total minutes beginning precisely at the top of the hour. The game clock starts at the top of the hour regardless if both teams are ready. If coaches take a longer halftime, the 2nd half will be shorter to accommodate that time.
4. Playing Time
 - a. Each player shall play a minimum of 50% of each game.
5. Goalkeepers
 - a. One goalkeeper with a different colored jersey/bib than each team.
 - b. The goalie may use his/her hands to pick up the ball anywhere in the penalty area.
 - c. If the goalie uses his/her hands outside the penalty areas, a direct kick shall be awarded to the opposing team.
 - d. Punting is not allowed. The GK may distribute the ball by either throwing, rolling, or setting it down and kicking it in. The opposing team must retreat to half when a GK gets

possession same as a goal kick. In the event a GK punts the ball, the referee shall give the ball back to the GK to try to distribute again.

6. Players and coaches take position on the opposite side of the field from the spectators.
7. No spectators or coaches behind the goal line.
8. Spectators, players and coaches must stay 3-5 yards from the playing field boundaries.

Start of Play

1. Choice of field ends, and kick-off is determined by a flip of a coin.
2. The team that does not win kick-off must be at least five (5) yards from the center mark while kick-off is in progress.
3. The ball must be passed (touched) to another player (no dribbling on kick-off).
4. A kickoff starts play at the beginning of each half or after a goal is scored.
5. A goal cannot be scored directly from a kick-off.
6. Goal kicks can be taken anywhere inside the goal box. **Opposing players must drop back to the half line, build out line. They can cross the half line as soon as the ball is touched the goalkeeper.**

Ball in and out of play

1. The ball is out of play during the following circumstances:
 - a. When it has gone completely over the boundary line (on ground or air-borne).
 - b. When the game has been halted by an official.

Substitutions

1. Any stoppage of play (dead ball). A dead ball, or stoppage, is considered one of the following:
 - a. Prior to a corner kick, by kicking team.
 - b. Prior to a goal-kick, by either team.
 - c. After a goal, by either team.
 - d. After an injury when the referee has stopped play, by either team.
 - e. Between periods, by either team.
 - f. Prior to you Throw-In. The defending team may substitute with the throwing team also subs

Method of Scoring

1. A goal is scored when the whole of the ball passes over the goal line.
2. The ball must cross the goal line between the goal posts and under the crossbar.

Law XIV – Offside

1. The offside rule does not apply at this age. Players are allowed anywhere on the field at any time.

Fouls and Misconduct

1. All fouls shall result in either a direct or indirect free kick

2. Opponents must be five (5) yards away before the kick is allowed except for penalty kicks where only the goalkeeper remains inside the penalty box.
3. Any player who commits one of the following offenses shall be penalized by the opposing team being awarded a free kick:
 - a. Kicks or attempts to kick an opponent.
 - b. Trips an opponent.
 - c. Jumps at an opponent.
 - d. Charges an opponent.
 - e. Strikes or attempts to strike an opponent.
 - f. Pushes an opponent.
 - g. Tackles an opponent but touches opponent before the ball. **Slide tackles are not permitted.**
 - h. Holds an opponent.
 - i. Spits at an opponent.
 - j. Handles the ball deliberately.
 - k. Plays in a dangerous manner.
 - l. Impedes the progress of an opponent.
 - m. If the goalkeeper takes more than six (6) seconds to release the ball back into play, an indirect field goal outside the goal box is awarded to the opposing team.
 - n. Heading the ball is prohibited and shall result in a free kick. From the spot of the header. In the event a header happens inside the penalty area by a defending team, the free kick will be taken from the top of the penalty box.
4. The coach/referee/parent may explain ALL infractions to the offending player before restarting play.

Free Kicks – Direct vs Indirect Free Kicks

1. Direct Free Kick – A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless, or using excessive force:
 - a. Charges
 - b. Jumps at
 - c. Kicks or attempts to kick
 - d. Pushes
 - e. Strikes or attempts to strike (including head-butt)
 - f. Tackles or challenges
 - g. Trips or attempts to trip
 - h. A direct kick is also awarded if a player commits any of the following offences:
 - i. Handles the ball deliberately (except the goalkeeper within their penalty area)
 - j. Holds an opponent
 - k. Impedes an opponent with contact
 - l. Spits at an opponent
2. Indirect Free Kick – An indirect free kick is awarded if a player:
 - a. Plays in a dangerous manner
 - b. Impedes the progress of an opponent without any contact being made
 - c. Is guilty of dissent, using offensive, insulting, or abusive language and/or gestures or other verbal offences

- d. Prevents the goalkeeper from releasing the ball from the hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it
- e. Commits any other offence, not mentioned in the Laws, for which play is stopped to caution or send off a player
- f. An indirect kick is awarded if a goalkeeper, inside their penalty area, commits any of the following offences:
 - i. Controls the ball with the hands for more than 6 seconds before releasing it
 - ii. Touches the ball with the hands after:
 - iii. Releasing it and before it has touched another player
 - iv. It has been deliberately kicked to the goalkeeper by a team-mate
 - v. Receiving it directly from a throw-in taken by a team-mate
- g. A Goalkeeper is in control of the ball when:
 - i. The ball is between the hands or between the hand and any surface (i.e. ground, own body) or by touching it with any part of the hands or arms except if the ball rebounds accidentally from the goalkeeper or the goalkeeper has made a save
 - ii. Holding the ball in the outstretched open hand
 - iii. Bouncing it on the ground or throwing it in the air
 - iv. A Goalkeeper cannot be challenged by an opponent when in control of the ball with the hands.

Penalty Kick

1. Penalty kicks are to be taken during these games if the foul occurs inside of the penalty area.

Throw-Ins

1. There will be relaxed rules on throw-ins at this age. If a player should perform an illegal throw, such as:
 - a. Feet leave the ground or jump
 - b. Throw with one hand
 - c. Cross the line with foot
2. The referee should stop play, explain the violation, and let the player repeat the throw. If the throw is incorrect again, it results in a throw-in for the other team.

Goal Kicks

1. A goal kick is taken by a member of the defending team when the ball crosses the goal line outside of the goal when last touched by a member of the attacking team.
2. The kick is to be taken anywhere within the goal box by any player on the defending team.
3. **Opposing players must be in the opposite half. They can cross the half line as soon as the ball is touched by the goalkeeper.**
4. If the whole of the ball does not cross the penalty box line because of a player crossing the line or touching the ball, the kick will be repeated until it is performed correctly.

Corner Kicks

1. The attacking team is awarded a kick-in when the ball passes completely over the goal line outside the goal area after last being played by a member of the defending team.
2. Opponents must be five (5) yards from the ball.

