

Winter 2-2026 Internal Game Rules

- League 1-5 ball size #4
- League 6 ball size #5
- 5v5 of which one must be a goalkeeper
- There are 50 minutes running clock and switch side at 25 minutes mark
- Start each half with a kick at center alternating between teams
- Kickoffs are taken from the center spot
- No Punting allowed and No header allowed for U8-U11
- Substitutions are on the fly or for an injured player
- Intentional passes back to the goalie in which he/she picks it up is considered a handball resulting in an indirect kick from spot of the foul, both teams will stand on the same side of the field
- The Sportsmanship rule will apply and MUST be enforced by the coach
- Offside rule DOES not apply
- No cherry picking allowed
- Players must wear the official Ela soccer uniform, shin guards, and socks
- Home Team wears Blue and Away Team wears White
- NO CLEATS allowed, only turf shoes/gym shoes
- Players may not wear jewelry of any kind (including starter post earrings)
- Only safety glasses are allowed
- All players must stand 6 yards back from the ball for all direct and indirect kicks
- 3 points for a win- 1 point for a tie and 0 for a loss
- Forfeit Game Rules will apply If a team don't have enough players to fill in, we still play the game and borrow players from the other team
- Most importantly enjoy the game and HAVE FUN!