



# General Policies and Playing Rules

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*Portions of this booklet were adopted from various local club handbooks.*

## **Mission Statement**

*The mission of the Seashore Soccer League is to promote mental and physical fitness, good sportsmanship, self and community pride, and to provide young people with an opportunity to learn and to play organized soccer.*

## **Purpose**

This document provides general policies and modified playing rules for Seashore Soccer League (SSL) teams, U6 - U19, playing within Carteret County. If a rule is not covered within this document, conform to ECSA, NCYSA, USYS, USSF, and FIFA soccer rules.

**Who is covered by SSL General Polices & Playing Rules?** – All players, coaches, visitors, spectators, officials, staff members, and members of the Board of Directors. SSL shall enforce rules based upon the following levels: local, state, national.

## **SSL Staff**

- Board of Directors (BoD)- Group of volunteers who are tasked with making decisions and movements of all areas within the club. Board consists of President, VP, Treasurer, Secretary, and 3 voting members
- Director of Operations (D.OPS)- Oversee all soccer operations including both competitive teams and recreation teams. Reports to President.
- Admin Coordinator- Supports D.OPS
- Head Registrar- Ensures the compliance of all players with NCYSA. Reports to D.OPS
- Technical Director- Oversee competitive and recreational coaches. Supports and defines coaching philosophy and play style for the club. Reports to D.OPS
- Area Coordinators (AC)- Supports D.OPS by helping roster teams, advise coaches, and assist parents in each area. There are 6 AC's- Western, Newport, Morehead, Eastern, ECSA, Juniors. Reports to D.OPS
- Social Media Coordinator- Handles and manages the social media platforms for the club. Reports to D.OPS
- SSL Discipline & Appeals (D&A) Committee- President, D.OPS, Technical Director

## **Conduct**

The personal conduct of all individuals covered by the SSL General Polices & Playing Rules must be *above reproach*, as spelled out in the "United States Soccer Federation (USSF)". Any individual who displays poor sportsmanship or objectionable behavior is subject to disciplinary action by the SSL D&A Committee. Before the start of each season the Director of Operations shall review and approve all volunteer coaches, coaching staff members, and recreational staff. In addition, any individual who did not exhibit good sportsmanship or conduct during the previous season must be approved by the D&A Committee before coaching again. SSL may allow a player or coach to continue in SSL on probation under conditions set by the D&A Committee.

SSL **prohibits** coaches/parents/players/spectators/staff from the use of tobacco/nicotine products (examples include but not limited to cigarettes, cigars, pipes, vaping, dip/smokeless tobacco), and the use of alcohol on the fields during games and practices. SSL **prohibits** coaches/team managers/staff from the use of alcohol during SSL functions unless there is prior approval from D.OPS or BoD.

SSL **prohibits** air horns and other noise makers during and/or after games.

SSL players, coaches, parents, spectators, and visitors must always comply with all Carteret County Parks & Recreation Park Policies and Procedures and Morehead City Parks & Recreation Policies. A list of these Policies and Procedures can be found on our website [here](#).

## **Code of Conducts**

- Coach's Code of Conduct [here](#)
- Player's Code of Conduct [here](#)
- Parent's Code of Conduct [here](#)

## **Player Eligibility**

- A. Permanent residents of Carteret County are eligible to participate in SSL competition. Exceptions will be considered on a case-by-case basis by the D.OPS.

- B.** Players may be ineligible for competition if false information related to birth date and home address is put on registration forms. Proof of age and address can be required at any time by one of the Directors, Head Registrar, or SSL Board of Directors. Players are placed in the appropriate age division based on the year of their birth. Age chart will be available at SSL website [www.ssl-nc.com](http://www.ssl-nc.com).
- C.** Players are not eligible for competition until payment of fees has been received by SSL. Players will not be placed on a team until registration fees are paid in full. A check returned for Non-Enough Funds (NSF) will require full payment of registration fees plus the current return check fee to be paid in cash or certified funds. No team is eligible to begin the regular season until registration fees for all players are paid to SSL unless special arrangements have been made.

## **SSL Discipline & Appeals (D&A) Committee**

The D&A Committee will hear and decide any case where disciplinary action may be taken. Action may be taken against any member of SSL: players, coaches, visitors, spectators, officials, and members of the Board of Directors. The committee will consult the Suggested Disciplinary Chart (found at the end of this handbook) but may impose other disciplinary action not listed. A member may appeal to the full Board of Directors at a scheduled board meeting. The Board of Directors will have the final say.

# **RECREATION PLAY**

## **Volunteer Coach**

- All volunteers MUST complete the on-line Risk Management form, complete abuse video training, and be APPROVED before being allowed to volunteer in any capacity, according to NCYSA requirement. Visit the SSL website for the current link for Risk Management. Any person wishing to become a volunteer with the Club, must first contact an Area Coordinator and then complete the Risk Management on-line form and abuse video training. After background check has been completed and approved by NCYSA, Area Coordinator will be notified of approval and then volunteer may participate with players.
- All Volunteer Coaches must read and comply with the SSL Recreational Coaching Agreement during their coach's registration.

## **Practices**

Practices shall begin no sooner than 2 weeks prior to the first scheduled game. Practice times:

- Juniors – 35-40 minutes 1 time a week
- U6 - 60 minutes 1 time a week
- U8 - 60 minutes 1 time a week
- U10 – 60-75 minutes 1 time a week
- U12 - 90 minutes 2 times a week
- U15- 90 minutes 2 times a week
- U19- 90 minutes 2 times a week

Practice times should not exceed the above for each specific age group. Practices are defined as any organized instruction or soccer play while a coach and/or asst. coach is present on the field.

All practices times/days will be scheduled through AC, not Parks and Rec.

## **Formation of Teams**

- A. Only the AC/D.OPS have the authority to place players on teams and assign coaches. Coaches cannot add players directly to any team. Final decisions by the Appeals Committee will be made if a dispute arises. Expansion (new) teams will be protected as much as possible.
- B. Players who have played soccer for several years and are at an advanced skill level may play up an age level and/or Coed vs. Boys/Girls if the parent and coaches deem it in the best interest of the child. Each case will be decided individually by the D.OPS.
- C. Teams and games may be Coed except for Girls divisions which will have only female participants.
- D. The number of divisions shall be set by SSL prior to each season to accommodate growth of SSL. Age limits for each division are set by the state (North Carolina Youth Soccer Association – NCYSA) and can be found on the NCYSA website or the SSL website.

### **Number of Players**

- A. Maximum number of players on the field: 6u-3, 8u-4, 10u- 7 (including goalkeeper)
- B. SSL maximum number of players on the roster shall be state maximum if needed, to be decided on a case-by-case basis.
- C. Minimum number of players to start a game for U10 - 5; U8 - 3.
- D. For U12 and older age groups, all ECSA guidelines will be followed.
- E. A team is allowed 10 minutes after the scheduled starting time to field a team of at least the minimum number of players. If it cannot do so, the game shall be forfeited. If no referee (10u) has arrived at the field after 15 minutes from the scheduled starting time, the game shall be re-scheduled later.
- F. If a team is short on players prior to start of game, the opposing team can share players, if agreed by opposing coach. The game will stand as played.

### **Player Participation**

- A. U6 – U18 Recreation Play: Each player shall play at least half (50%) of the game.
- B. Exceptions being for injury or disciplinary reasons (at the coach’s discretion). If playing time is to be decreased for disciplinary reasons, the opposing team’s coach must be given prior notification. The child’s parent(s), AC, and D.OPS must also be given prior notification including an explanation of the reason for the disciplinary action.
- C. Coaches may also reduce the playing time of a player for missing practices for “unexcused” reasons. Some “unexcused” reason would be missing practices to play other sports/activities or missing a practice before a game without player notifying coach that they will be at the game even though practice will be missed. Any further clarification of this should be addressed to the D.OPS.
- D. If a player misses 4 or more practices, without contacting the coach, that player will be removed from the team to give another player the opportunity to play.

## Yellow Card/Red Card Policy

### Players

**Yellow card:** If any player receiving a yellow card can be substituted for at the time of the infraction for a period of 5 minutes. If a player receives a second yellow card issued in the same game, it then becomes a red card (see "Red Card" below). If a player gets a post-game yellow card, then he/she will sit out the first playing period of their next game.

**Red card:** If any player receiving a red card will be ejected from the game, and his/her team must continue one player short for the remainder of the game. He must also sit out during his/her team's next played game as determined by the SSL D&A Committee. He/she must be present, dressed out, and sitting on the team bench for the entire game. If the player does not comply with this rule, his/her suspension from play will be continued until he/she has complied.

**Two red cards:** Any player receiving a second red card during the playing season must appear with a parent/guardian before the SSL D&A Committee and explain why they should be allowed to participate in SSL. If the player does not comply with this rule, his suspension from play will continue until he/she has complied.

All ECSA guidelines will be followed for U12 and older teams.

### Coaches

**Yellow card:** If any coach receives a yellow card, they must have a meeting with the D.OPS to explain their actions. If a coach receives a second yellow card that is issued in the same game, it then becomes a red card (see "Red Card" below).

**Red card:** If a coach is issued a red card, he/she will be relieved of his/her coaching duties for the remainder of the game in which the infraction occurred and suspended from coaching. The coach must appear before the SSL D&A Committee and explain why they should be allowed to participate in SSL.

**Two red cards:** If a coach is issued a second red card during a season, he/she will be automatically banned from coaching for SSL for a period of five (5) years.

All ECSA guidelines will be followed.

## Safety and Equipment

- A. Coaches shall ensure field conditions are safe prior to the start of game, i.e., goals properly anchored, holes filled, foreign objects removed, ant hills removed, etc.
- B. Uniform minimum requirements:
  1. All players must wear shirts, shorts, & socks approved by Seashore Soccer League.
  2. All players must wear approved soccer cleats. It is recommended that all players wear legal, molded-sole soccer shoes or turf shoes. Metal or metal-tipped cleats are not allowed. Shoes with toe cleats are not allowed to be worn (typically found on softball or baseball type cleats). The toe cleats may not be cut off in an effort to circumvent this rule.
  3. All players must wear shin guard's **underneath** their socks. No part of shin guard should be visible at any time.
  4. No metal objects such as watches, bracelets, necklaces, rings, etc., shall be worn by any player.

Officials in charge of the game will inspect all safety equipment at the beginning of game. Official's decision at the time of inspection is final. If equipment is found below standard, player may not play until discrepancy is corrected. Only players in U6 age bracket may wear non-soccer cleat athletic shoes (tennis shoes).

## Game Format/ Field Layout



### Player Development Initiatives 4v4 Standards- Games

<p><b>BALL</b></p>  <p>Size 3 ball</p>	<p><b>GOALKEEPER</b></p>  <p>Not permitted</p>	<p><b>NO HEADING</b></p>  <p>Not permitted</p>	<p><b>TIME</b></p>  <p>4 Quarters (no longer than 10 min.) 5 min. break bn quarters</p>
<p><b>FIELD</b></p>  <p>25-35 yards (length). 15-25 yards (width). No corner flags needed</p>	<p><b>SHIN GUARDS</b></p>  <p>Shin guards Required</p>	<p><b>PENALTIES</b></p>  <p>No penalty kicks. No offside</p>	<p><b>START/RESTART PLAY</b></p>  <p>Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play</p>
<p><b>GOALS</b></p>  <p>Goals should be no larger than 4 feet (height) x 6 feet (width)</p>	<p><b>REFEREES</b></p>  <p>Registered referees are not needed at this level (coaches are expected to manage the game environment)</p>	<p><b>FREE KICKS</b></p>  <p>If used, all free kicks are indirect. Opponents should be 10 feet away from the ball on all restarts</p>	<p><b>KICK-IN/DRIBBLE-IN</b></p>  <p>Kick-ins and/or dribble-ins are also acceptable as restarts when the ball has gone out over the sidelines</p>

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# Player Development Initiatives 7v7 Standards of Play



<p><b>FIELD</b></p> <p>55-65 yards (length) 35-45 yards (width) Build out lines should be equidistant between the penalty area line and halfway line</p>	<p><b>GOALS</b></p> <p>Goals should be no larger than 6.5 feet (height) x 18.5 feet (width) A 6.5 feet (height) x 12 feet (width) goal is recommended based on the age and ability of players</p>	<p><b>BALL</b></p> <p>Size 4 ball</p>	<p><b>7v7 # OF PLAYERS</b></p> <p>7v7 (6 field players and 1 goalkeeper- game may not start or continue if less than 5 players on a team)</p>	<p><b>LAW 11- OFFSIDE</b></p> <p>Offside- the build-out line may be used to denote players in an offside position.</p>
<p><b>SUBSTITUTIONS</b></p> <p>Substitutions are unlimited and can occur at any stoppage</p>	<p><b>REFEREES</b></p> <p>Referees must have minimum certification as the U.S. Soccer Grassroots Referee License. Other Match Officials are used at the discretion of the competition</p>	<p><b>TIME</b></p> <p>2x25 halves 10-minute halftime No added time</p>	<p><b>LAW 13</b></p> <p>Free Kicks</p>	<p><b>LAW 14</b></p> <p>Penalty Kick</p>
<p><b>START/RESTART PLAY</b></p> <p>Kick offs, freekicks, throw-ins, goal kicks and corner kicks are used to start or restart play</p>	<p><b>FREE KICKS</b></p> <p>For all freekicks, opponents should be 10 yards away from the ball on all restarts</p>	<p><b>LAW 15</b></p> <p>Throw-in</p>	<p><b>SHIN GUARDS</b></p> <p>Shin guards Required</p>	<p><b>HEADING</b></p> <p>No heading</p>

# Player Development Initiatives 9v9 Standards- Games



<p><b>BALL</b></p> <p>Size 4 ball</p>	<p><b>GOALS</b></p> <p>A 6.5 feet (height) x 18.5 feet (width) goal is recommended based on the age and ability of the players</p>	<p><b>REFEREES</b></p> <p>Referees have the U.S. Soccer Grassroots Referee License</p>	<p><b>PENALTIES</b></p> <p>Offside (Law 11)</p>
<p><b>TIME</b></p> <p>2X 30-minute halves 10-minute halftime No added time</p>	<p><b>GOALS</b></p> <p>No larger than 7 feet (height) x 21 feet (width)</p>	<p><b>START/RESTART PLAY</b></p> <p>Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play</p>	<p><b>FREE KICKS</b></p> <p>For all free kicks, opponents should be 10 yards away from the ball on all restarts</p>
<p><b>FIELD</b></p> <p>70-80 yards (length) 45-55 yards (width)</p>	<p><b>SHIN GUARDS</b></p> <p>Shin guards Required</p>	<p><b>HEADING</b></p>	

# 11v11 Standards of Play



<p><b>FIELD OF PLAY</b></p> <p>Length- Min 100 yards/ Max 130 yards Width- Min 50 yards/ Max 100 yards</p>	<p><b>GOALS</b></p> <p>Goals should be 8 feet (height) x 24 feet (width)</p>	<p><b>LAW 2 - BALL</b></p> <p>Size 5 ball</p>	<p><b>LAW 3 - # OF PLAYERS</b></p> <p>10 field players and 1 goalkeeper</p>
<p><b>LAW 3 - # OF PLAYERS</b></p> <p>Game may not start or continue if there are less than 7 players on a team</p>	<p><b>SUBSTITUTIONS</b></p> <p>*Substitutions are unlimited (Modified Laws of the Game) and can occur at any stoppage</p>	<p><b>LAW 5 - REFEREE</b></p> <p>As a minimum, referees must have the U.S. Soccer Grassroots Referee License.</p>	<p><b>LAW 6 - OTHER MATCH OFFICIALS</b></p> <p>Assistant Referees must have a minimum of the U.S. Soccer Grassroots Referee License</p>

\*(The use of return substitutions is only permitted in youth, veterans, disability and grassroots football, subject to the agreement of the national football association, confederation or FIFA) 7  
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## Substitution

- A. U6, U8: a team can substitute players at the quarter or halftime break; **exception for teams with more than maximum players on the team** – if both coaches agree, a team may substitute on its own throw in or either team may substitute on a goal kick, after a goal is scored, or at halftime.
- B. U10 & up: a team may substitute on its own throw in or either team may substitute on a goal kick, after a goal is scored, or at halftime. The referee will have the ultimate decision on when a substitution may take place.

## Additional Rules

### A. 6u

1. There shall be no goalkeeper.
2. Coaches can assist players on the field during the game.
3. Coaches will referee the game and keep time.
4. Throw-ins shall be taken from the touch line.
5. Goal kicks shall be taken from the goal line.
6. Corner kicks shall be taken from the goal line and touch line intersection.
7. The opponent must be at least 3 yards from the ball during goal and corner kicks and 3 yards from the center mark during kick-off.
8. There shall be no penalty kicks.
9. There shall be no offside rule.

10. Parents, players, and spectators shall always remain a minimum of 3 yards off the touch line.
11. Coaches, players, and spectators are not allowed behind the goal line at any time during a game.
12. The match will be 5-minute quarters.

#### **B. 8u**

1. There shall be no goalkeeper.
2. Coaches can assist players on the field during the game.
3. Coaches will referee the game and keep time.
4. Throw-ins shall be taken from the touch line.
5. Goal kicks shall be taken from the goal line.
6. Corner kicks shall be taken from the goal line and touch line intersection.
7. The opponent must be at least 3 yards from the ball during goal and corner kicks and 3 yards from the center mark during kick-off.
8. There shall be no penalty kicks.
9. There shall be no offside rule.
10. Parents, players, and spectators shall always remain a minimum of 3 yards off the touch line.
11. Coaches, players, and spectators are not allowed behind the goal line at any time during a game.
12. The match will be 10-minute quarters.

#### **C.10u**

1. Build Out line will be marked on the field. Please see 7v7 standards of play at the end of this handbook
2. Slide tackling is prohibited and must be penalized as *playing in a dangerous manner* by awarding an indirect free kick to the opposing team. (See notes below)
3. Except for rules provided in this document, conform to FIFA rules.
4. See full description of fouls and misconduct, free kicks, penalty kicks, throw – in, and goal kick in Laws of the Game definitions at the end of this handbook.
5. Parents, players, and spectators shall always remain a minimum of 3 yards off the touch line.
6. Spectators should be on the opposite side of the field from the coaches and players.
7. Coaches, players, and spectators are not allowed behind the goal line at any time during a game.

#### **D. 12u & up**

1. All 12u and up team shall follow the rules set forth by East Carolina Soccer Association (ECSA) found [here](#).



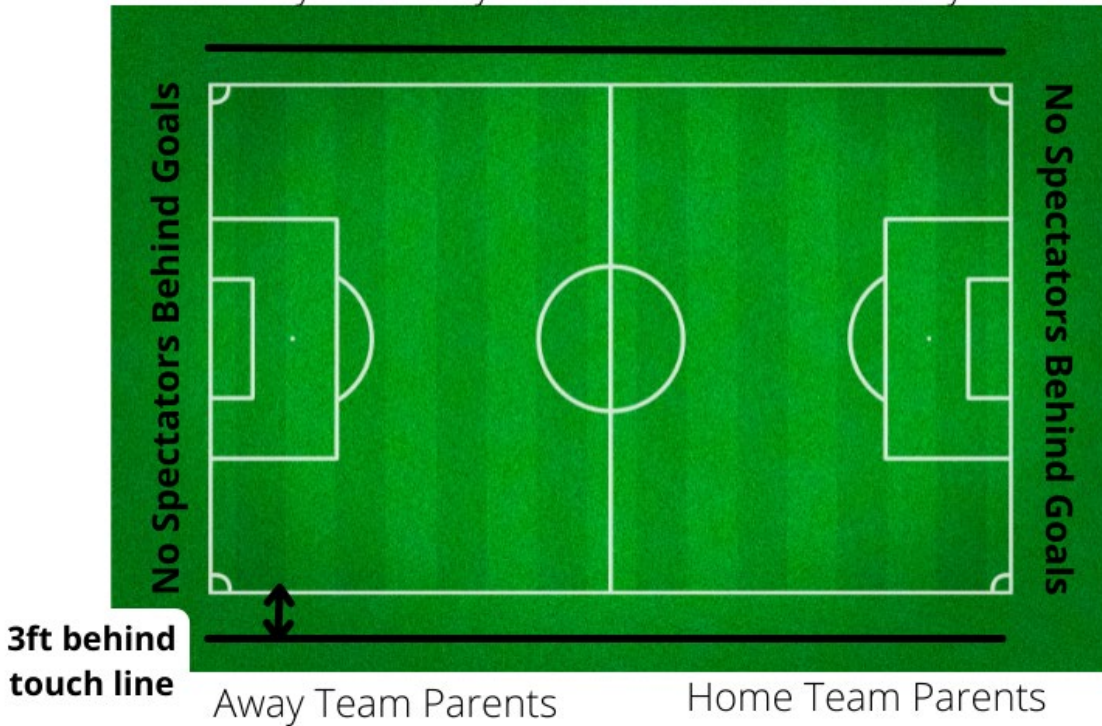
# Friendly Reminder

## Seating at all SSL Matches

Coaches & Staff with Coaches Passes Only.

Away Team Players

Home Team Players



*Chain of Command: Player/Parent to Coach; Coach to Area Coordinator; Area Coordinator to Director of Operations; Director of Operations to Board of Directors; Board of Directors to NCYSA*

# ACADEMY/CLASSIC (COMPETITIVE) PLAY

## CLASSIC LEVEL OF PLAY THROUGH NCYSA

Seashore Soccer League offers classic level of play to advanced players and teams wishing to participate in the State's highest level of soccer, giving you the opportunity to play other clubs across Eastern North Carolina. Players are selected through an advertised tryout. Tryouts are posted on the SSL website [www.ssl-nc.com](http://www.ssl-nc.com) throughout the year and shared on social media. Players are graded on skill, speed, game comprehension and attitude by SSL Staff. Classic players retain roster rights from Sept. 1<sup>st</sup> through Aug. 31<sup>st</sup>. Players on U14 and younger teams are expected to commit to both the Fall and Spring season. Players on U15 and up teams only compete for one season; however, teams often participate in tournaments in the off season. Fees in Classic vary from team to team and will be shared when a commitment letter is shared. The fee is based on how many games a team plays and what equipment is needed. Players responsible for uniform costs. Half of the team's games are usually home in Carteret County leaving four or five games to travel to other clubs in Eastern North Carolina.

Please visit the NCYSA website for a complete list of rules and policies associated with the Classic level of play. [www.ncsoccer.org](http://www.ncsoccer.org)

## Parental Expectation:

- Understand the rules of the Game!
- Make sure your child is on time to practices and games!
- Be encouraging and positive to your child, **and ALL children**, while they are playing.
- **DO NOT COACH THE PLAYERS** during practice or the game! Let the coach do the coaching! Reward the player with positive remarks. Avoid panic screaming when the ball is near the goal. The players have enough pressure as it is.
- Allow players to make mistakes. They know when they mess up, they do not need to hear a low moan or sigh from the crowd when they miss a goal.
- Do not offer incentives for your child's performance. Let the coach do the motivating!
- **DO NOT** talk or argue with the referee! Set an example. The level of referees in the U.S. is low compared to other countries because they take so much abuse from parents and don't want to return season after season. Parental/player abuse runs good referees and young aspiring referees off.
- **Support your Coach!** How many times have you listened to parents complain that their kid's coach didn't have a clue...or that he/she didn't know how to motivate the kids? How many times have you felt that way yourself? While we have all had experiences with less-than-perfect coaching, as parents who aren't stepping up to the "coaching plate", you really don't have a right to complain! 99% of the coaches mean well; they just don't have the coaching knowledge required for the position. If you have something to discuss with your coach, do it after the game when the coach has released the team.

- **Volunteer** your services for practices and game day! oranges at halftime...ice and water for the coolers...setting up a phone tree or email list...carpooling to practice or games...
- Be respectful to other parents! Nothing is worse than to see child's soccer match come to a complete stop to watch bickering parents on the sideline! The final score may not be remembered, but the fan on the touch line making a fool out of him/herself will be.
- Pass the reality test. If your child's team loses, but plays their best, help see this as a "win". Focus on the process, not the result. Fun and satisfaction should come from "striving to win". On the other hand, don't let "winning" be satisfying if it comes from inadequate preparation and performance.
- Keep the game in its proper perspective. The game should not be larger than life. If the player's performance produces strong emotion in you, suppress them. Remember that your relationship with your child will continue long after the competitive soccer days are over.
- Parents and spectators are to remain on the opposite side of the field as coaches and players during soccer matches.

## **Coaching Staff Members**

- All Coaching Staff Members MUST complete the on-line Risk Management form, complete abuse video training, and be APPROVED before being allowed to volunteer in any capacity, per NCYSA requirement. Visit the SSL website for the current link for Risk Management
- All Coaching Staff members must read and comply with the SSL Coaching Staff Agreement during their coach's registration.

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# **Laws of the Game Definitions**

*As defined by U.S. Youth Soccer Handbook for Small sided Games  
USYouthSoccer.org*

**Fouls and Misconduct:** the following fouls and misconduct are penalized:

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent.
- Jumps at an opponent.
- Charges an opponent.
- Strikes or attempts to strike an opponent.
- Pushes an opponent.
- Holds an opponent.
- Spits at an opponent.
- Handles the ball deliberately.
- Tackles an opponent to gain possession of the ball, contacting the opponent before touching the ball.

All fouls shall result in a direct free kick. The referee/coach/parent must explain ALL infringements to the offending player. No cards shown for misconduct.

**Fouls and Misconduct: (10u)** A direct free kick is also awarded to the opposing team if a player of the following four offenses:

- Hold an opponent.
- Spits at an opponent.
- Handles the ball deliberately (except for the goalkeeper within his/her own penalty area).
- Tackles an opponent to gain possession of the ball, contacting the opponent before touching the ball.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his/her own penalty area, commits any of the following four offenses:

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- Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession.
- Touches the ball again with his/her hands after it has been released from his/her possession and has not been touched by another player.
- Touches the ball with his/her hand after it has been deliberately kicked to him/her by a team-mate.
- Touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a team-mate.

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from his/her hands.

An indirect free kick is taken from where the offense occurred.

An indirect free kick is awarded to the opposing team at the center spot on the halfway line, if a goalkeeper punts or drop-kicks a ball in the air from one penalty area into the opponent's penalty area.

**Kick In:** A kick-in is considered as a direct free kick with the opponents 4 yards from the ball until it is in play.

**Throw In:** A throw in is a method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded:

- When the whole of the ball passes over the touch line, either on the ground or in the air
- From the point where it crossed the touch line
- To the opponents of the player who last touched the ball now of delivering the ball, the thrower:
  - Faces the field of play.
  - Has part of each foot either on the touch line or on the ground outside the touch line.
  - Uses both hands.
  - Delivers the ball from behind and over his head. The thrower may not touch the ball again until it has touched another player. The ball is in play immediately as it enters the field of play.

**Goal Kick (8u):** The goal kick should be taken within 2-3 yards of the goal like anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be 4 yards away from the ball until it is in play.

**Goal Kick (10u):** A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when:

The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

○ **Procedure:**

The ball is kicked from any point within the goal area by a player of the defending team.

Opponents must remain outside the goal area and at least 4 yards from the ball until it is in play.

The kicker does not play the ball a second time until it has touched a second player.

The ball is in play when it is kicked directly beyond the goal area.

The goal kick should be taken within 2-3 yards of the goal like anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be 4 yards away from the ball until it is in play.

**Corner Kicks (10u):** A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air. ○ **Procedure:**

The ball is placed inside the corner arc at the nearest corner flag post.

The corner flag post is not moved.

Opponents remain at least 8 yards from the ball until it is in play.

The ball is kicked by a player of the attacking team.

The ball is in play when it is kicked and moves.

The kicker does not play the ball a second time until it has touched another player.

**Penalty Kick (10u):** A penalty kick is awarded against a team that commits one of these offenses inside the penalty area:

Kicks or attempts to kick an opponent.

Trips or attempts to trip an opponent.  
Jumps at an opponent.  
Charges an opponent.  
Strikes or attempts to strike an opponent.  
Pushes an opponent.  
Holds an opponent.  
Spits at an opponent  
Handles the ball deliberately.  
Tackles an opponent to gain possession of the ball, contacting the opponent before touching the ball.

A goal may be scored directly from a penalty kick. Additional time is allowed for a penalty kick to be taken at the end of each half. When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar the ball touches either or both goalposts and/or the crossbar, and/or the goalkeeper. The ball is placed on the penalty mark (the penalty mark is 8 yards from the center of the goal line.) The player taking the penalty kick is properly identified. The defending goalkeeper remains on his/her goal line, facing the kicker, between the goalposts until the ball has been kicked. The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark and at least 8 yards from the penalty mark. The referee does not signal for penalty kick to be taken until the players have taken up position in accordance with the Law. The referee decides when a penalty kick has been completed. The player taking the penalty kicks the ball forward. He does not play the ball a second time until it has touched another player. The ball is in play when it is kicked and moved forward.

To clarify the meaning of the slide tackling rule, and thereby unify the application and understanding of the prohibition against slide tackling, the following is offered:

“Tackling” means to challenge an opponent for possession of the ball. Therefore, to penalize for a slide tackle, the referee must determine that a player who is the victim of an illegal slide tackle is in possession of the ball (the ball is within playing distance).

Sliding to gain possession of the ball is permitted if no opponent is within playing distance of the ball.

Playing the ball while lying on the ground is permitted if no opponent is within playing distance of the ball.

Sliding to kick or play the ball for any purpose is permitted if no opponent is within playing distance of the ball.

Goalkeepers within their own penalty area may execute slide tackles, both headfirst and feet first, if it is not done dangerously or recklessly per normal FIFA Laws of the Game. Goalkeepers who travel outside their own penalty area become subject to the same prohibitions against slide tackling as field players.

The differentiation between an illegal slide tackle and an inadvertent slip and fall following a legal tackle shall be made by the referee, using his or her judgment. A slide tackle may be accidental and still deemed illegal by the referee.

## **7v7 Standards of Play**

### Build Out Line

- The build outline promotes playing the ball out of the back in a less pressured setting.
- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play.
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play (punts and dropkicks are not allowed).
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.
- The opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has left the penalty area.
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.

- If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- The build out line will also be used to denote where offside offenses can be called.
- Players cannot be penalized for an offside offense between the halfway line and the build out line.
- Players can be penalized for an offside offense between the build out line and goal line.

### Build Out Line Practical Applications

- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line.
- However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.
- To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play.
- Coaches are responsible for addressing these types of issues with their players.
- Referees can manage the situation with misconduct if deemed appropriate.
- Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line.

### U10 Tournament Rules

- All rules of play apply to the Tournament.
- There will be a 7-point differential applied to all games.
  - Example
    - If Team A scores 9 goals and Team B scores 0 goals, the final score will be 7-0
    - If Team A scores 11 goals and Team B scores 2 goals, the final score will be 9-2
- For first round matches and Quarter Final matches, if the match is tied at the end of regulation time, the game shall proceed directly to Kicks from the Mark.
- For Semi-Final, 3<sup>rd</sup> Place match, and Championship match, if the match is tied at the end of regulation time, 2 five-minute halves will be played. There are no golden goals, the full five minutes will be played in each half. If at the end of extra time the match is still tied, the game shall proceed to Kicks from the Mark.
- Kicks from the Mark Rules:
  - Kicks from the Mark will be conducted by each team selecting five (5) who were on the field at the end of time, to participate in the first set of five (5) kicks from the mark. Goalkeepers on the field at the end of time may participate in kicks from the mark. The referee will select the goal at which the kicks will be taken and conduct a coin toss to determine which team will kick first. The winner of the coin toss will decide whether to kick first or second. The first five (5) kicks are not “sudden death” and will continue through all five (5) kicks unless one team builds a lead which cannot be overcome. Kicks will be taken in alternating intervals. If, at the end of the first set of kicks from the mark, the game is still tied, then each team will select an additional set of five (5) players to take kicks from the mark. Kicks will continue in alternating intervals in the same order as the first set of kicks until one team misses, and the other team makes its kick. This procedure will continue through as many additional sets of five (5) kicks as is necessary to determine a winner. At the start of the third set of five (5) players, the 11<sup>th</sup> player that was on the field and has not participated yet must start the 3<sup>rd</sup> set. The remaining four players will be selected from the 10 players that were on the field for their 2<sup>nd</sup> attempt. Once the winner is identified, the winning team’s match score will be recorded as a one (1) goal advantage.

## Suggested Disciplinary Chart

(Note: These are MINIMUM Sanctions. Sanctions may include higher number of games,  
season bans, monetary fines, or lifetime bans)

Offense	Coach/Player/Spectator	MINIMUM Discipline
		# Of Games
Fighting	P	Season Ban
Fighting	C, S	Year Ban
Foul/Abusive Language	C, P, S	2
Threatening Gestures	P	3
Threatening Gestures	C, S	4
Assault of a Coach/Team	C, P, S	6 or season ban
Official (Not Fighting)		
Referee Assault	C, P, S	4 months or ban
Referee Abuse	C, P, S	4
Referee Abuse of Minor	C, P, S	7
Referee Assault of a Minor	C, P, S	4 Years or lifetime ban
Verbal Threats	C, S	4
Verbal Threats	P	3
Violent Conduct	P	3
Violent Conduct w/Intent to Injure	P	6 or season ban
Physical Damage to Field or Club Property	C, P, S	4 & restitution
Serious Foul Play	P	2
Removing Team From Field	C	2
Racial or Discriminatory Abuse	C, P, S	Year Ban
Spitting At/Spitting On Opponent	C, P, S	6
Player Misconduct	P	2
Adult Misconduct	C, S	3