

FIELD & GAME FORMAT	7 v 7 (6 field & 1 goalkeeper Size 4 Ball)
DURATION OF GAME	(2) 25-minute halves with a 5-minute halftime
REFEREE	1 Licensed Referee – Referee may request parent volunteers as linesmen
SUBSTITUTIONS	Only with referee's permission on either team's possession at throw in or goal kick; or after a goal, at halftime, or in the event of injury after stoppage of play
START/RESTART OF PLAY	A coin toss is done before the match starts. The winner of the coin toss chooses goal to defend and opposing team takes kick-off. Teams shall alternate kick-off at the start of the 2 <sup>nd</sup> half. Teams will switch sides at the start of the 2 <sup>nd</sup> half
GOAL SCORING/OUT OF BOUNDS	A goal is scored only when the entire ball crosses the goal line between the goal posts and under the crossbar. Out of bounds only occurs once the entire ball has crossed the touchlines or goal lines whether in the air or on the ground.
CORNER KICK	When the ball is last touched by the defending team and goes out of bounds over the goal line, the attacking team is awarded a corner kick. Corner Kicks from the corner arc closest to the side the ball went out and as indicated by the Referee.
GOAL KICK	When a player on the attacking team kicks the ball out of bounds over the goal line, the defending team is awarded a Goal Kick. For Kindergarten and 1st Grade, all players must be 5 yards away from the player taking the goal kick. For 2nd Grade and 3rd/4th Grade, all attacking players must be outside of the penalty area. Defending players are permitted in the penalty area. The ball is placed and kicked from within the goal area. The ball is in play when the entire ball has crossed out of the penalty area unassisted. If another player touches the ball before it leaves the penalty area, the goal kick is retaken
NO HEADERS (PLAYERS ARE NOT PERMITTED TO HEAD THE BALL)	When any player performs a HEADER (uses head to play ball) the referee will stop the game and an INDIRECT FREE KICK (IFK) will be awarded to the the opposing team at the spot of the infraction. If the HEADER occurs inside the goal area, the spot of the IFK will be goal area line closest to the spot of the infraction.
NO PUNTING	GKs shall release the ball into play by rolling, throwing or passing. If the GK punts the ball the referee will stop the game and an INDIRECT FREE KICK (IFK) will be awarded to the the opposing team at the spot of the punt. If the punt occurs inside the goal area, the spot of the IFK will be goal area line closest to the spot of the infraction
THROW IN	Ball must be thrown starting behind the player's head using both hands, equally weighted with both feet on the ground; ball may not be thrown directly into the goal.
FOULS – DIRECT FREE KICK	Kicking, tripping, jumping at, charging, striking, pushing, tackling, holding, spitting or a hand ball.
FOULS – INDIRECT FREE KICK	Dangerous play, impeding progress of opponent, preventing goalkeeper from releasing ball from hands
PENALTY KICK	Indirect Free Kick awarded at the spot of the foul to the opposing team when a team commits any offense inside its own penalty area. If foul

	occurs inside goal area, ball is placed on parallel line of goal area opposite the point of the foul
BUILD OUT LINE	<a href="#">Build Out Line</a>
OFFSIDE	Build out line is the offside line