

***A student/athlete or coach, who is ejected from a game, will be suspended for one full game. If the same student/athlete or coach is ejected a second time during the same season, they will be suspended for the remainder of the season. If the ejection occurs during the last game of the season, the suspension will carry over to the playoffs or the next season, whichever one applies.*

Playing Field

- The field of play shall be a rectangular field, 80 to 100 yards long and 55 to 75 yards wide.

Equipment

- Each team must supply one or more official game balls of similar quality. The ball shall be a size 5 for both boys and girls.

Players

- Each team must start the game with no fewer than eight (8) players.
- All players must wear shin guards.
- No toe cleats are allowed.
- No jewelry may be worn.

Game

- The game will consist of two 20-minute halves with a 10-minute halftime. Depending on inclement weather, you may do four 10-minute quarters with water breaks in between.
- There are 3 ways to restart a game after the ball leaves the field:
 - Goal Kick: when a team misses a shot at the goal, or kicks the ball beyond their opponent's goal line. During the goal kick the other team needs to be outside of the penalty area.
 - Corner Kick: When a team kicks the ball across their own goal line, then a corner kick will result. During the corner kick the opponents must remain 10 yards from the player kicking the ball into play.
 - Throw-In: When the ball crosses-over the touchline the team that DID NOT touchline the ball last receives possession of the ball. The player throwing the ball in must use both hands and keep both feet on the ground.
- Offsides: A player is "offsides" when they are ahead of the ball and closer to the goal line than the second-to-last defender. A player is penalized for being offsides ONLY if they are interfering with a play or an opponent or seek to gain advantage at the moment the ball is played by a teammate.