

House League Outdoor Program Rules

1. All players must be registered before playing (needed for insurance coverage).
2. All players must play at least ½ of each game.
3. All players must wear shin guards.
4. Players must wear sneakers or rubber cleats.
5. Players must wear team shirt (during cold weather, shirts should be worn over other warm clothing).
6. Goalkeepers must wear contrasting color shirts.

Age Group (grades)	Game Duration*	Players on Field	Ball Size
U6 (K)	4 - 10-minute periods	3 (No Goalkeeper)	#3
U8 (1&2)	4 - 10-minute periods	5 (No Goalkeeper)	#4
U10 (3&4)	4 - 10-minute periods	6 + Goalkeeper	#4
U12G (5&6)	2 - 25 minute periods	5 + Goalkeeper	#4
U12B (5&6)	2 - 25 minute periods	6 + Goalkeeper	#4

* Running time except for injuries. Games must be stopped on the hour.

Substitutions:

- K Between periods or after an injury.
- 1-2 5 minutes into each period.
- 3-4, 5-6, 7-8
- a. by either team on a goal kick, after a goal, or for an injured player after an injury.
 - b. by team in possession on a throw-in (the opposing team may also substitute at the same time, but may not initiate a substitution at this time).
 - c. by team in possession on a corner kick.
 - d. no substitutions are allowed on a free kick.

Start of Game and After a Goal is Scored:

Game is started with a kick-off - ball is placed at midfield and must be kicked forward. The ball must be touched by another player before being touched a second time by the player who performed the kick-off.

Ball Out of Bounds:

Over sideline: throw-in by opponent of last player to touch the ball.

Over end line:

- a. Defense touched ball last - Corner Kick (direct kick),
- b. Offense touched ball last - Goal Kick (ball must leave penalty area before being played by either team).

Goal Scored - when whole ball completely crosses the goal line.

Goalkeeper:

- a. may play the ball with hands inside the penalty area.
- b. may not play the ball with the hands if it is passed directly to the goalkeeper by a teammate (grades 3-8 only).
- c. may take no more than 5 seconds to release the ball once possession occurs with the hands.
- d. may take unlimited steps while in possession of the ball with the hands inside the penalty area.

Fouls or Misconduct:

Infraction	K - 1&2	3&4	5&6 - 7&8
Dangerous play; obstructing opponent; offside; goalkeeper holding the ball with the hands for more than 5 seconds; player restarting play touches ball twice in succession after a kick off, throw in, corner kick, or goal kick.	Indirect free kick No off-side	Indirect free kick off-side only if flagrant	Indirect free kick
Deliberate handling of ball; tripping; kicking; striking; pushing; holding; charging in a violent manner; charging from behind; jumping at an opponent.	Indirect free kick	Direct free kick	Direct free kick
	— No penalty kicks —		

Indirect and direct free kicks are kicked from the point of the infraction (except when the infraction occurs inside the offending team's own penalty area). If the infraction occurs within the defending team's own penalty area the ball is kicked from the nearest point outside that team's penalty area.

Off-side:

- Players of the attacking team who are in the opponent's half of the field are in an off-side position if they are ahead of the ball and there are fewer than 2 opponents (typically including the goalkeeper) between them and the goal line.
- A player shall only be penalized for being in an off-side position if, at the instant the ball is passed toward that player, he is interfering with play or is seeking to gain an advantage by being in that position.
- K & 1-2 – no off-side
- 3-4 – call only if flagrant (*i.e.*, goal hanging)
- 5-6 & 7-8 – called by the rule.

Coaching from the sideline should be kept to a minimum!

Let them concentrate on the game
and learn from their mistakes.
Let them play and have fun!

If they are having fun, they will return!