



---

## Rules 2016

The field, duration of the game, and number of players:

AGE DIVISION	GAME LENGTH	# PLAYERS ON FIELD	FIELD SIZE (Yards)
U6 - size 3 ball	<b>4 - 5 min quarters</b> 30 min practice before game	3 V 3 (No goalkeeper)	30 x 15
U8 – size 3 ball	<b>4 – 10 min quarters</b>	4 V 4 (No goalkeeper)	30 x 20
U10 – size 4 ball	<b>4 – 12 min quarters</b>	7 V 7	50 x 35
U12 – size 4 ball	<b>4 – 12 min quarters</b>	9 V 9	70 x 50

\*\*\*These numbers may change depending on the number of players present at each game

\*\*\*U6-U10 Games will be coached and officiated by an FCA/Impact Soccer staff member

**Player equipment.** - All players must wear shin guards and have them covered with socks. Cleats may be worn but not necessary (must be plastic/molded type) no metal cleats allowed. No jewelry of any kind is permitted during game play. Those wearing eyeglasses must have them securely strapped to the head. NO hats are to be worn.

**Officials.** – One or two officials will be appointed for each game – depending on age division.

**The Start of Play.** – Home team (first team listed) will determine who has possession of the ball for the kick off. Each team must stay in its own half of the field and the defending players must be at least 5 yards from the ball until it is kicked. After a goal, the team scored upon will kick off. After halftime, the teams change ends and the kickoff will be taken by the opposite team that started the game. A goal cannot be scored directly from a kickoff.

**Ball In and Out of Play.** – The ball is out of play when: it has entirely crossed the goal line or touchline, whether on the ground or in the air, or when an official has stopped the game.

**Method of Scoring.** – A goal is scored when the ball has passed over the goal line, between the goal posts and under the cross bar.

**Off-Side** – A player is in an off-side position if the player is nearer to the opponent's goal line than the ball, unless the player is in his or her own half of the field of play, or there are at least two opponents nearer their own goal line than the player is. If a player is declared off-side, the referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the infringement occurred, unless the offense is committed by a player in the opponents' goal area, in which case, the free kick shall be taken from a point anywhere within that half of the goal area in which the offense occurred. **(Only applies to U10 and up)**

**Fouls and Misconduct.** – A player who intentionally attempts to or actually: kicks, trips, jumps at, charges violently, charges from behind, strikes, holds, or pushes an opponent or intentionally handles the ball shall be penalized by a direct free kick. Any one of these offenses committed in the penalty area by a defender will result in an indirect free kick awarded to the offensive team.

**Free Kicks.** - Are classified into two categories: "direct" (from which a goal can be scored directly against the offending side) and "indirect" (from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before entering the goal.) For all free kicks the offending team must be at least 10 yards from the ball (hence the arc at the edge of the penalty area.)

**Penalty Kick.** – Penalty kicks are not awarded in Impact Soccer, instead an indirect kick is taken. The attacking team is awarded an indirect kick at the top of the penalty box and the defending team may defend their goal.

**Throw In.** - When a ball has entirely crossed the touchline, it is put back into play by a throw-in from the spot where it went out and by a player from the opposite team that last touched it. A goal cannot be scored directly from a throw-in.

**Goal Kick.** – When a ball has entirely crossed the goal line after being touched by a player from the attacking team, it is put back into play by a kick from the goal area by the defending team.

**Corner Kick.** – When the ball has entirely crossed the goal line after being last touched by a player from the defending team, it is put back into play by a kick from the corner on the side the ball went out by the attacking team.