

RULES OF THE GAME BY FORMAT

RULES OF THE GAME 4V4 FORMAT

- BALL SIZE: 3
- EACH TEAM MUST PROVIDE 1 GAME BALL
- GAME TIME: FOUR 8 MINUTE QUARTERS/ 1 MINUTE BREAK
- GOALKEEPER: NO
- OFFSIDE: NO
- ALL FOULS WILL BE AWARDED AN INDIRECT KICK ON THE SPOT OF THE FOUL
- HEADERS: **DELIBERATE** HEADING IS NOT ALLOWED. AN INDIRECT FREEKICK WILL BE AWARDED TO THE OPPOSING TEAM AT THE SPOT OF THE OFFENSE
- **SLIDE TACKLING:** NO PLAYER SHALL SLIDETACKLE. AN INDIRECT KICK ON THE SPOT OF THE SLIDETACKEL WILL BE AWARDED
- **PENALTY ARC:** THE PENALTY ARC WILL SERVE AS A REFERENCE POINT SIMPLY TO PREVENT PLAYERS FROM STANDING WITHIN THE ARC PERMANENTLY.
 - o COACHES SHOULD ENCOURAGE THEIR DEFENSIVE PLAYERS TO STAND OUTSIDE THE ARC AND PARTICIPATE IN THE GAME.
 - o **HANDBALL INSIDE PENALTY ARC:**
 - o IF A PLAYER DELIBERATELY USES THEIR HANDS TO AFFECT A PLAY, A PENALTY KICK WILL BE AWARDED TO THE OPPOSING TEAM. PENALTY KICK WILL BE SHOT FROM THE NEAREST POINT ON THE CENTER CIRCLE WITH NO GOALKEEPER.

RULES OF THE GAME 7V7 FORMAT

- BALL SIZE: 4
- EACH TEAM MUST PROVIDE 1 GAME BALL
- GAME TIME: TWO 25 MINUTE HALVES/ 5 MINUTE HT
- GOALKEEPER: YES
- HEADERS: DELIBERATE HEADING IS NOT ALLOWED.
 - o AN INDIRECT FREEKICK WILL BE AWARDED TO THE OPPOSING TEAM AT THE SPOT OF THE OFFENSE. UNLESS THE FOUL IS WITHIN THE GOAL AREA IN WHICH CASE AN INDIRECT KICK WILL BE AWARDED OUTSIDE THE GOAL AREA.
- PK'S: NO
- **SLIDE TACKLING:** PLAYERS ARE ALLOWED TO SLIDE TACKLE.
- ALL FOULS WILL BE AWARDED AN INDIRECT KICK AT THE SPOT OF THE FOUL. UNLESS THE FOUL IS WITHIN THE GOAL AREA IN WHICH CASE AN INDIRECT KICK WILL BE AWARDED OUTSIDE THE GOAL AREA.
- **BUILD OUT LINE: YES**
 - o DURING A GOAL KICK OR WHEN THE GOALKEEPER HAS THE BALL IN THEIR HANDS, ALL OPPOSING PLAYERS MUST BE BEHIND BUILD OUT LINE.
 - o A GOALKEEPER CANNOT DROP-KICK OR PUNT THE BALL OUT.
 - o ONCE THE BALL IS IN PLAY OPPOSING TEAM MAY CROSS THE BUILD OUT LINE
 - o BUILD OUT LINE-OFFSIDES: YES
 - A PLAYER CANNOT BE PENALIZED WITH AN OFFSIDE BETWEEN THE HALFWAY LINE AND THE BUILD OUT LINE.
 - A PLAYER CAN BE PENALIZED WITH AN OFFSIDE BETWEEN THE BUILDOUT LINE AND THE GOAL LINE.

RULES OF THE GAME 9V9 FORMAT

- BALL SIZE: 4
- EACH TEAM MUST PROVIDE 1 GAME BALL
- GAME TIME: TWO 30 MINUTE HALVES/ 5 MINUTE HT
- **SLIDE TACKLING:** PLAYERS ARE ALLOWED TO SLIDE TACKLE.
- **(U11) HEADERS: DELIBERATE** HEADING IS NOT ALLOWED. AN INDIRECT FREEKICK WILL BE AWARDED TO THE OPPOSING TEAM AT THE SPOT OF THE OFFENSE. UNLESS THE FOUL IS WITHIN THE GOAL AREA IN WHICH CASE AN INDIRECT KICK WILL BE AWARDED OUTSIDE THE GOAL AREA.
- **(U12) HEADERS ARE ALLOWED**
- PK'S: YES
- OFFSIDES: YES

RULES OF THE GAME 11V11 FORMAT

- BALL SIZE: 5
- EACH TEAM MUST PROVIDE 1 GAME BALL
- GAME TIME: TWO 35 MINUTE HALVES/ 5 MINUTE HT
- PK'S: YES
- OFFSIDES: YES