

The philosophy of this league is to allow all players multiple opportunities to touch the ball. Playing time for each athlete should be as even as possible. Goals should be scored by both teams in each half. Coaches are responsible for making the game an enjoyable experience for all players on both teams.

Games are a 4 v 4 format. Ball size 4. Teams are Coed or Girls Only.

Coaches act as 'officials' and timekeepers for the game, but stay near the outside of the field. While some instruction and guidance should be provided to keep the match moving, it is important to avoid 'joystick' coaching and instead *let them play*. Coaches should encourage quick restarts to help promote a reasonably quick pace of play.

During any **restart** the opponents must be a minimum of **5 yards** from the ball.

**Duration of the game:** Two 30 minute halves with a 5 minute halftime. (New) Water breaks during the game are permitted by mutual decision of both coaches.

## **NO THROW INS - ALL KICK INS! NO HEADERS!**

**Start of play:** The team listed first on the schedule is "home" wears the dark jersey and kicks off the first half, the 'away' team wears the light color of the reversible shirts kicks off the second half (teams change sides at halftime).

**Goal scored:** After a goal is scored, the ball is placed at the center spot by a player to restart play by the team that was scored upon. All players have to be on their respective sides of the field prior to the restart.

**Goal Kicks:** When the ball passes over the end line and was last touched by the attacking team, the defending team will take a goal kick from the half circle in front of the goal.

**Corner Kicks:** When the ball passes over the end line and was last touched by the defending team, the attacking team will take a kick from the corner (within 1 yd of corner cone).

**Kick-ins:** When the ball passes over either sideline, a member of the team that did not touch it last will pass it in from the spot where the ball left the field. The ball should be stationary before kicking it in to return to play. Encourage a quick, short pass to a teammate.

Offside: There shall be NO offside calls.

**NO GOALKEEPERS**!!! No player may handle the ball at any time. Players may pass through the painted area in front of the goal they are defending but are NOT permitted to stand/defend inside that marked area. All players should be encouraged to help score goals by going forward on the field to attack and coming back to help prevent goals from being scored.

Any infraction (foul) should stop play and be explained to all players by the coach or referee. (ie: tripping, pushing, handling the ball) The opposing team is allowed a free kick from the spot of the foul. There are NO penalty kicks.

**Substitutions:** Allowed during any stoppage of play (strive for an even amount of playing time!), but coaches must ensure to maintain flow in the game by not substituting during every stoppage.

**Spectators:** Spectators must be on the same sideline as their team and stay at least 4 feet back from the sideline and a minimum of 6 feet from the players/coaches' area. The team area for each team is by the middle line and are across the field from each other on opposite sides of the field.