

SKILL DEVELOPMENTAL LEAGUE (SDL)- RULES

Game Duration:

A game will consist of one 25-minute period. No half-time, no time-outs. Play will begin and end simultaneously on all fields. Players should be at the fields and ready for play 2 minutes before time begins.

Equipment:

- **Shin Guards:** All players playing must wear shin guards or they will be ineligible to participate.
- **Shoes:** Players can wear soccer shoes CLEATS or indoor TURF shoes as well.

Special Gameplay Rules:

- **No Offsides:** Offside rules do not apply in 3v3 soccer.
- **Player Substitution:** On the fly
- **No Slide Tackling or Playing on The Ground:** Players cannot slide tackle, slide to get the ball or play the ball while on the ground at any time. Player is considered on the ground if they have any part of their body touching the ground while playing the ball or in immediate follow through. A play from the ground will result in an indirect kick, unless it is deemed to stop a goal scoring opportunity, in which case the referee may award a goal if the ball was very likely to score or a penalty kick if in the offensive half.
- **No reckless play:** Players CAN NOT intentionally push their opponent.
- **Heading Rule:** Heading is allowed at U12, and above-the same age FIFA recommends.

3 Yards Rule:

During all dead-ball situations, defenders must remain at least 3 yards away from the ball. If the defensive goal area is closer than 3 yards, the ball is placed 3 yards from the goal box in line with the original spot of the restart.

Restarts & Kicks:

- **Kick-Ins:** Instead of throw-ins, the ball is restarted with a kick from the sideline. *If the ball touches the divider, the kick-in is awarded.*
- **Indirect Kicks:** All dead-ball kicks—including kick-ins, free kicks, and kick-offs—are indirect, except for penalty kicks and corner kicks.
- **Goal Kicks:** Can be taken from any point on the end line outside of the goal arc
- **Kick-Offs:** Can be played in any direction to start the game or after a goal.
- **Penalty Kicks:** Awarded if the referee deems that a scoring opportunity was unfairly denied by a foul or rules violation (such as a slide tackle) or in the case of a violent foul that results in a yellow or red card. The kick is taken from the kick-off spot with all other players behind the midfield line. If the penalty is missed, possession changes via a goal kick. Penalty kicks are not live plays.

Blow out Rule:

When a team is down by 5 they may add one more player to the field. If they score and reduce the lead to 4 they must remove the extra player.

Sportsmanship:

All players, coaches, and spectators are expected to uphold the principles of fair play and sportsmanship. Any abuse toward teammates, opponents, or adult supervisor managing the game, will result in the player immediate disqualification from the event.