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I. PURPOSE OF THE SOCCER PROGRAM

We believe that through good leadership our program will ensure successful experiences for all participants. It should encompass all of the benefits listed below:

1. Participation should develop and keep a healthy mind in a healthy body. Certain physical results are considered desirable and can be attained, subject to the differences in individual ability. These are: speed, strength, endurance, coordination, flexibility and agility.
2. Self-reliance and emotional stability can be developed through athletics.
 - A. Making decisions and accepting responsibilities.
 - B. Developing and exercising leadership.
3. Social growth is enhanced by athletics.
 - A. Appreciating what other people are really like.
 - B. Learning to get along with people - a living laboratory of democracy in action.
 - C. Learning to cooperate—"Team Work".
 - D. Learning to compete— self-discipline, emotional balance.
 - E. Making new friends.
 - F. Learning respect for rights of others.
4. Sportsmanship is an immediate and long-range goal.
 - A. Being responsible to law (rules) and order.
 - B. Observing fairness and custom.
 - C. Treating others with consideration.
 - D. Recognizing and applauding fine play and sportsmanlike acts of opponents.
5. There are other goals and values:
 - A. To develop initiative, willingness to try new things
 - B. To encourage intelligent use of leisure.
 - C. To have a fun and satisfying experience.
 - D. To participate in a wide variety of activities.
 - E. To obtain recognition, respect in the community.
 - F. To promote mental alertness.

Together, these will help make our children become better all-around citizens.

II. BILL OF RIGHTS FOR YOUNG ATHLETES

1. Right of the opportunity to participate in sports regardless of ability level.
2. Right to participate at a level that is compatible with each child's developmental level.
3. Right to have qualified adult leadership.
4. Right to participate in safe and healthy environments.
5. Right of each child to share in the leadership and decision making of the sport in which he/she is participating.
6. Right to play as a child and not as an adult.
7. Right to proper preparation for participation in the sport.
8. Right to an equal opportunity to strive for success.
9. Right to be treated with dignity by all involved.
10. Right to have fun through sport.¹

¹ Youth Sports Guide for Coach and Parents AAHPER Publication, 1201 16th St., N.W. Washington, D.C. 20036

III. ROLE OF THE VOLUNTEER COACH

The Tallahassee Parks, Recreation and Neighborhood Affairs (PRNA) would like to thank you for accepting the responsibility of coaching one of our youth football teams. No program can be a success without good leadership.

The hours will be long and you are serving without pay, but your job is most important. You will be building the moral fiber, mental health, and physical strength of young boys and girls who will be the citizens of tomorrow.

These athletes are at a most impressionable age and the training you give them, good or bad, will have a lasting effect on their young lives.

For some, playing on your team may be their only contact with organized sports. We know you will want them to remember it as a pleasurable and meaningful experience.

Without your help, this program would not be possible. For the players, parents, and the Tallahassee PRNA, THANKS!

IV. RESPONSIBILITIES OF THE VOLUNTEER COACH

Background Check

All head coaches and primary assistant coaches must complete a National Background Screening Consent/Release Form. Coaches must be cleared before coaching any Tallahassee PRNA program, this includes practices. Any team assistants or team parents are encouraged to complete a Tallahassee PRNA Volunteer Information Sheet.

Parents Meeting

All coaches must have a preseason meeting with team parents to discuss the purpose and scope of the program, code of conduct, rules and regulations, and other necessary information.

Player Supervision

In order to insure the safety of all players, Tallahassee PRNA is asking each coach to stay with their players after practices and games until all players have been picked up. If the same parent(s) are consistently late, please let your park supervisor know. The park supervisor will talk to the parent(s) regarding the issue. If the issue continues, a player may be dismissed from the league. Under no circumstance shall a coach leave a player unattended.

Parent/Spectator Control

A team is responsible for its parents and spectators. Officials may penalize a team for the behavior of its parents and spectators. Please read through the Code of Conduct and the definition and penalty for unsportsmanlike conduct.

Reporting Injuries

During games, park supervisors are responsible for filling out the Accident Report Form for any injury that requires medical attention, or for any injury that may potentially require medical attention. During warm-ups or practices, coaches are responsible for filling out the Accident Report Form. A copy of the report should be turned into Tallahassee PRNA within 24 hours.

V. CODE OF CONDUCT

Tallahassee PRNA directs many youth athletic recreational programs. We are committed to creating opportunities and experiences that will foster the development of positive moral and ethical values, and we strive to promote good sportsmanship among all participants. As a volunteer coach, I hereby pledge to live up to the following code of conduct:

1. I will abstain from using any tobacco or alcohol products in or around the playing field, or the sports complex in which the field is located. I will also refrain from participating in any practice or game activity when it is apparent that I have consumed alcohol prior to arriving. ____ Initials
2. I will refrain from using abusive or profane language in or around the playing field or the sports complex in which the field is located. ____ Initials
3. I will refrain from permitting a player to participate in a practice or game when in doubt as to the player's health or physical condition, and I will abide by a doctor's decision in all matters relating to a player's health or physical condition. ____ Initials
4. I will provide equal opportunities for all players regardless of race, color, ethnicity, religion, age, or otherwise qualified characteristic. ____ Initials
5. I will refrain from accepting any gift, gratuity, or favor that might influence my judgment. I will refrain from offering any gift, gratuity, or favor with the intent of obtaining special privileges, and will not exploit any relationship with a player for personal gain or other advantage. ____ Initials
6. I will strive to promote good mental and physical health in all aspects of participation and refrain from any type of verbal or physical abuse of any players. I will make any criticism "constructive" in nature and reserve it for private moments. ____ Initials
7. I will consistently display and demand good sportsmanship in practice and in games, including but not limited to accepting decisions of the officials in a professional manner; refraining from criticizing opposing coaches, players, and spectators; refraining from "running up the score" and congratulating opposing teams following a game. ____ Initials
8. I will conduct myself in accordance with all rules, regulations, and determinations of the particular league or program in which I am volunteering. ____ Initials
9. I will hold a pre-season parents' meeting, and maintain open communication with parents relating to all aspects of participation, including conduct of both spectators and players. ____ Initials
10. I will consistently act in the best interest of all players and the particular program in which I am volunteering, so as to provide a positive experience for all players and to promote a positive image of the program. ____ Initials

Coach Signature

Date

V. EMERGENCY PROCEDURES

We want to emphasize the importance of conducting yourselves properly in dealing with medical emergencies at your facilities. Realizing we are not empowered or trained to "treat" victims, we still have the responsibility to render front line aid and supervise the situation. This may involve discussing the situation with the victim, coach, or parent, or to call in the Ambulance Service. Listed below are some guidelines to follow, which should always be coupled with good common sense.

In the event of an accident or emergency:

1. Try to determine the extent of the injury. If in doubt as to the seriousness of the accident, do not move the patient. Keep him comfortable and reassured and call an ambulance. If the situation calls for it, apply ice or keep the patient warm and comfortable.
2. Front line care of an accident would include use of ice, stoppage of bleeding, restoring breathing, and treatment for shock, heat exhaustion or stroke.
3. Be sure victim is as comfortable as possible. If it's cold, cover them. If it's hot, loosen equipment, etc. **USE GOOD COMMON SENSE!**
4. Call for additional support. Use other adults to secure necessary materials and never leave the patient alone with other players.
5. If an ambulance is called, be sure you have someone to direct it to the site. Assist paramedics in any way you can.
6. Always prepare an accident report that will be turned in to the supervisor who will then get the information to the Parks and Recreation Dept.
7. Be sure you have access to a phone within a short period of time.
8. Submit a follow up report of the injured person. Call to find out the extent of the injury and how he is doing.

Above all, supervisors and coaches are to take charge during these incidents and must coordinate aid rendered.

Please advise all your coaches of the importance of being sure all aspects of an accident are handled properly and expeditiously.

VI. INCLEMENT WEATHER & LIGHTNING SAFETY

Tallahassee PRNA currently uses the AccuWeather SkyGuard System. This system provides staff with lightning advisories and warnings via text or email message based on a given park or facility location. Full-time athletic supervisors will receive an email and/or text with information regarding a potential storm. The athletic supervisors will alert park supervisors of one of two messages received: **Lightning Advisory** and **Lightning Warning**. During games onsite park supervisors will inform their coaches of any advisories or warnings. This system will be used to determine whether play should be suspended and able to resume activity.

Lightning Advisory = Lightning conditions exist within 15 miles of the park or facility location. Play may continue until a warning is received.

Lightning Warning = Lightning conditions exist within 8 miles of the park or facility location. All players, coaches and officials must clear the playing field. Anyone onsite at the park or facility location is encouraged to seek appropriate shelter. Play will resume when the warning expires.

During practices or when a park supervisor is not onsite, coaches will be responsible for determining whether play should be suspended. Please be aware of weather conditions. Use common sense and good judgment, and make safety a priority! Lack of rainfall is not an adequate indicator for suspending play.

If you see it (lightning), flee it! If you hear it (thunder), clear it!

Ultimately, players, coaches and spectators are responsible for their safety. If participants feel they are in danger from inclement weather or impending lightning, they have the right to leave the park or facility location in order to seek shelter, without fear of repercussion or penalty.

VII. MEDICAL ISSUES/CARE

Heat Related Emergencies

Heat related emergencies usually result from loss of fluids and electrolytes (salts) from heavy sweating. As a person continues to lose fluids through sweat, the blood volume is decreased. Blood flow to the skin increases, reducing blood flow to the vital organs. The circulatory system is affected; therefore the person goes into mild shock. If treated immediately, heat cramps and heat exhaustion can usually be reversed with prompt care.

Heat Cramps – Loss of fluids and electrolytes can begin to produce painful spasms of skeletal muscles, generally in the legs and abdomen. Skin is moist. Body temperature is usually normal.

Treatment – Have person drink cool water and rest in a cool place.

Heat Exhaustion – Cool, moist, pale, clammy or ashen, headache, nausea, dizziness, weakness, exhaustion.

Treatment – Have person drink cool water and rest in a cool place.

Heat Stroke – Red, hot, dry. Body temperature continues to climb. Person may vomit and begin to show changes in level of consciousness. Sweating may stop because body fluid levels are low. When sweating stops, the body cannot cool itself effectively and body temperature rapidly rises. Soon the brain and other vital organs, such as the heart and kidneys begin to fail. Convulsions, coma and death will result.

TREATMENT ON NEXT PAGE

Treatment for Heat Stroke

- ❖ Check ABC's
- ❖ Call 911
- ❖ Remove person from the hot environment.
- ❖ Have the person lie down in a cool or shady area. Elevate the legs slightly.
- ❖ Loosen or remove clothing
- ❖ Apply cool, wet towels or sheets or cold packs to the body.
- ❖ Fan the person to help increase evaporation.
- ❖ If you only have ice or cold packs, place them on the person's wrists and ankles, in each armpit, and in the groin to cool the large blood vessels.
- ❖ Give small amounts of water to a fully conscious person.
- ❖ Do not apply rubbing (isopropyl) alcohol. The alcohol may cause poisoning through the skin or through inhalation.
- ❖ Monitor vital signs.

Concussions

After recent discussion of concussions, our program has adopted recommendations each coach will follow for the season. The following guidelines were established by the CDC.

1. Every coach will receive "A Fact Sheet for Coaches" provided by the CDC at the beginning of the season at a coaches meeting. We will also explain signs and symptoms a coach will look for at the coaches meeting.
2. Every coach will also receive a couple copies of "A Fact Sheet for Parents" that will be distributed to a parent of a child that shows signs and symptoms of a concussion.
3. Review the four steps in an action plan with each coach if they suspect a child has a concussion:
 - a. Remove athlete from play.
 - b. Ensure that the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
 - c. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
 - d. Keep the athlete out of play the day of the injury and until an appropriate health care professional says they are symptom-free and it OK to return to play. A player must bring a written clearance to the main office before the player can start back playing. League supervisor will notify the coach when a player is cleared to play.

VIII. PREVENTING PROBLEMS

Develop Policies and Procedures: *Clearly defined organizational policies and procedures help clarify the rights and responsibilities of parents and how they should behave within the confines of the youth sports environment. Without boundaries and guidelines for behavior it is difficult to hold individuals accountable for their actions later. Often, parents are out of control because no one has ever told them they are not supposed to be out of control!*

Communication: Communication is the key to so many things a youth sports administrator is responsible for and dealing with parents is no exception! Policies and procedures will have no effect unless all involved, including the parents, are made aware of them and understand them. This is where communicating with the parents is vital. Parents must be acknowledged for the important role they play. There are several opportunities for the administrator to communicate with parents effectively: Registration, orientation and parent meetings.

Registration: Provide parents with important information in the following areas following, or during registration:

- Organizational philosophy and goals
- Season schedule
- Maps to fields or other facilities
- Policies and Procedures Manual
- Safety information about equipment
- Information about areas for parent involvement
- Details about the orientation meeting
- Parents' Code of Ethics
- The coaching approach and philosophy to be employed
- Team goals

Orientation Meeting: A parents' orientation meeting is a vital tool in developing a positive youth sports experience for children. Orientation meetings can be held on a league wide basis, on an individual basis with each coach meeting his/her team's parents, or both. The orientation meeting allows parents to raise questions and concerns while coaches and administrators are both present. It also allows the coach to get to know the parents he/she will be dealing with during the season. A healthy two-way communication process should be encouraged and initiated at the orientation meeting. Time should be left at the end of the meeting for questions from parents.

Topics to be discussed at this meeting should include:

- Structure of the league – who should parents contact with concerns or questions.
- Philosophy of the league – equal play, skill development, FUN, etc.
- Program specifics – rules, location, times, etc.
- Season specifics – duration, special events, etc.
- Equipment specifics – what is needed, what is optional, etc.
- Transportation guidelines
- Health & safety guidelines – inclement weather policies, etc.
- How parents can get involved
- The rights & responsibilities of the youth sports parent
- Parent's Code of Ethics

Get to Know the Parents Informally: The administrators and coaches of each team should make a point of getting to know the parents of the children. The coach should be aware that all families are different and the motives for children being involved in sports will vary. It may be useful for the coach to have the parents complete a simple questionnaire, asking them specifically what they want their child to get out of the youth sports experience. This questionnaire can be completed at the time of registration and then given to each coach.

By informing each parent know of the organizational philosophy many problems may be prevented in the future. Also, if the parents feel comfortable, it is more likely that youth sports administrators will have an open, constructive relationship with them. Coaches may make the effort to contact each of his/her players' parents on an individual basis or simply spend time talking to each parent at the orientation meeting. What is important is that during and after practices and games the coaches and administrators acknowledge the parents as a valued part of the youth sports experience. If ignored or shown any disrespect, parents feel less secure and are less likely to be supportive.

IX. YOUTH SOCCER PROGRAM

Since 1975, the Youth Soccer program has continued to provide area youth with the opportunity to learn and play the world's most popular sport. The basic purpose of our youth soccer program is to develop healthy, law abiding citizens through constructive leisure activity. The Tallahassee Parks, Recreation & Neighborhood Affairs Department offers 10 age group programs that range from age 5 to 18 as follows:

Pee Wee Division

6 and under coed (4-6 yr old)

The 6 and under division will have a maximum amount of 10 members per team and will field 6-man teams. The 6 and under will use a field of 30 x 20.

Why small-sided games?

- More efficient use of field space
- Children are physically more efficient in smaller space
- It takes less time to score a goal or advance to goal
- Greater success rate for the players
- Children are actively involved for a longer period of time

Lower Division

8 and under coed (7-8 yr old)

8 and under girls only (7-8 yr old)

10 and under coed (9-10 yr old)

10 and under girls only (9-10 yr old)

The lower division teams will maintain squads of 10-12 players and field 8-man teams and the size of the field will be approximately 60 yd x 40 yd. These teams will play their games in the neighborhood parks or Tom Brown Park.

Upper Division - (11 player teams)

11-13 coed

11-13 girls only

14-17 coed

14-17 girls only

Upper Division teams will consist of 13-15 player rosters and field teams of 11 players. The size of the field will vary according to the facility available, but will approximate regulation size. These teams may have to travel outside their neighborhoods to play their games.

***If any league does not have enough registrations to have 11 members on the field, the league administrator will determine to play Super 6 (6 versus 6) or keep the normal 11 per side (see appendix A).**

Cold Weather Policy

PRNA staff will monitor several weather sources for forecasted actual temperatures and wind chill temperatures for scheduled game times. If either is expected to fall below freezing (32°), games may have a delayed start or be cancelled. When weather is expected to be at or near freezing temperatures, staff will communicate decisions to cancel or delay start times by 3:00 PM on the day before schedule games. This information will be posted on Facebook and coaches will be notified so that they can relay the information to their players.

X. PEE WEE DIVISION:

6 and under

1. **Size of Field** - 30 yards long and 20 yards wide.
 - (1) Penalty Area – 10 yards wide; 5 yards deep
 - (2) Penalty Spot –no penalty spot
 - (3) Goal - 12 feet wide; 6 ½' feet high
 - (4) Center Circle - 4 yards radius.
2. **Length of Game** - Four (4) eight minute quarters with a one (1) minute break between quarters and five (5) minute break at the half.
3. **Time-outs** - None, except for injury. Play is continuous except for out-of-bounds infractions, fouls, goals, and period endings. Play will stop only at the sound of the referee's whistle. The clock stops only for injuries, obvious delays of the game, and to end the period.
4. **Number of on-the-field players** - Each team will field six (6) players, but will be allowed to play with five if short of players.
5. **No Goalies** - There are no designated goalies for this age group nor they do wear separate jerseys. A coach may appoint a player to be a "goalie" but this person can't touch the ball with their hands.
6. **Maximum number of players on a team roster** - Ten players.
7. **Substitutions** - Each player must participate in at least one full quarter each half. Substitutions are only allowed between the first three quarters or in case of injury. During the last quarter (4th) a coach may substitute any player at any time.
8. **Soccer Ball** - 6 and under will use an official size #3 soccer ball.
9. **Equipment** - (1) Sneakers or one piece sole composition style cleats. No screw-on or metal cleats allowed. (2) Team jerseys will be supplied by the Tallahassee Parks, Recreation & Neighborhood Affairs Department and must be visibly worn in the game. (3) Players are cautioned to dress warmly for games on cold days and may wear their team jersey over sweatshirts or jackets. (4) Additional uniform equipment is optional but coaches are asked not to pressure parents. **(5) Shin guards are required.**
10. **Referee** - One (1) per game. The referee shall have complete authority over the game and players and may expel any player or coach from the field from using indecent language, unsportsmanlike conduct, or any violation of the rules.
11. **Volunteer**. Each team will be asked to supply one volunteer (1) touch line judge to assist with out-of-bounds calls. The head coach will appoint one adult (14 yrs or older) prior to the beginning of the game. This person will meet with the opposing team's line judge and official before the start of the game. The only responsibility they have is to indicate when the ball is out of bounds and to point in the direction of who has possession. The park supervisors will supply each line judge with a flag.
12. **Start of Game** - Flip of coin will determine which end of the field each team will defend. The team that wins the coin toss has the option to start the game with the ball or choose which side to defend (if they choose the side, they will start the second half with the ball). **The offensive team starts play by the ball being kicked and moved forward.** After the initial contact the same player may not touch the ball again until another player (offensive or defensive) has touched the ball. Defensive team must line up at least 10 yards from the ball on the kick-off and on all free kicks. After 1st and 3rd quarters, play resumes from where the ball was stopped by the referee.
13. **Headers**- Coaches are not encouraged to teach or practice heading at this age group. If a player attempts to "head the ball" during a game, the referee will stop play and award possession to the opposing team with an indirect free kick.
14. **Side Line (or "Touch line") out-of-bounds** - The opposing team will kick-in at spot where the ball crossed completely over the sideline. The player will kick the ball to a teammate from a stationary location on the ground. All kick-ins will follow normal soccer rules where a goal can't be scored directly from a kick-in. The ball must be played by a teammate or someone on the other team before being scored. **All opponents must stand at least 2 yards from the point at which the kick-in is taken.**

15. **End Line Out of Bounds** – The goal kick should be taken within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be four (4) yards away from the ball until it is in play.
16. **Fouls** – no caution or send off shall be issued to players. If a child is being too rambunctious then the game official will ask the coach to make a substitution of that player to give the child a chance to calm down before returning. Fighting can result in suspension for the remainder of the season.
17. **Miscellaneous Items:**
 - There are no penalty kicks or off-sides
 - A team may not score directly from a kickoff or from a kick-in on the touchlines.
 - All free kicks shall be direct, this will keep the game flowing and the attention of the kids.
 - No slide tackles to be allowed in this age group
 - Jewelry shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform and a medical alert must be taped and may be visible. Hair control devices may be worn on the head if made of a soft material.

Field Reservations. For practice at night, we have set aside four locations to be used as practice sites: Tom Brown, Meridian, Levy and Meadows.

	Time Slots	Days	How to reserve	Fields available
Levy Park	Two practice slots; 5:45-7:00; 7:00-8:15	Monday-Friday (available 11/19)	Call Gary Smith at 509-4597	2 fields, priority for Levy and Lee teams
Meridian	Two practice slots; 5:45-7:00; 7:00-8:15	Monday-Friday (available 11/19)	Call Lucas Williams at 891-3825	3 U8/U10 fields, 2 U6 fields
Meadows	Contact Lucas for more info at 891-3825	Contact Lucas for more info at 891-3825	Contact Lucas for more info at 891-3825	Contact Lucas for more info at 891-3825
Tom Brown	Two practice slots; 5:45-7:00; 7:00-8:15	Monday-Friday (available 11/19)	Call Lucas Williams at 891-3825	5 fields

Notes: During December 22-through Jan. 2 there will be no reservations. Fields may use at Tom Brown, Meridian and Messer; however, lights will not be available. Reservations will continue on Jan. 3. Teams practice on half fields. Please be courteous to others and share fields if necessary.

XI. LOWER DIVISION

8 and under, 10 and under

1. **Size of Field** - 60 yards long and 40 yards wide.
 - (1) Penalty Area - 20 yards wide; 10 yards deep.
 - (2) Penalty Spot - 6 yards from goal line
 - (3) Goal - 18 feet wide; 6 feet high
 - (4) Center Circle - 8 yards radius.
2. **Length of Game** - Four (4) ten minute quarters with a one (1) minute break between quarters and five (5) minute break at the half.
3. **Time-outs** - None, except for injury. Play is continuous except for out-of-bounds infractions, fouls, goals, and period endings. Play will stop only at the sound of the referee's whistle. The clock stops only for injuries, obvious delays of the game, and to end the period.
4. **Number of on-the-field players** - Each team will field eight (8) players, but will be allowed to play with six if short of players.
5. **Maximum number of players on a team roster** - Twelve players.
6. **Substitutions** - Each player must participate in at least one full quarter each half. Substitutions are only allowed between the first three quarters or in case of injury. During the last quarter (4th) a coach may substitute any player at any time.

7. **Soccer Ball** - Under 8 and Under 10 year old will use an official size #4 soccer ball.
8. **Equipment** - (1) Sneakers or one piece sole composition style cleats. No screw-on or metal cleats allowed. (2) Team jerseys will be supplied by the Tallahassee Parks, Recreation & Neighborhood Affairs Department and must be visibly worn in the game. (3) Players are cautioned to dress warmly for games on cold days and may wear their team jersey over sweatshirts or jackets. (4) Additional uniform equipment is optional but coaches are asked not to pressure parents. **(5) Shin guards are required.** Jewelry shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform and a medical alert must be taped and may be visible. Hair control devices may be worn on the head if made of a soft material.
9. **Referee** - One (1) per game. Also each team will be asked to supply one (1) touch line judge to assist with out-of-bounds calls. The referee shall have complete authority over the game and players and may expel any player or coach from field from using indecent language or for unsportsmanlike conduct or any violation of the rules.

Any player receiving a "red" card shall be sent off the field for the remainder of that game and shall be ineligible to play in the next regularly scheduled game of his team. Any player receiving a second red card in one season shall be suspended from the league for the remainder of the season. Fighting can result in suspension for the remainder of the season.

Any player accumulating a total of three (3) yellow cards during a season shall be required to sit out the next regularly scheduled game of his team. Three yellow cards shall be treated as equivalent to one red card.

10. **Start of Game** - Flip of coin will determine which end of the field each team will defend. The team that wins the coin toss has the option to start the game with the ball or choose which side to defend (if they choose the side, they will start the second half with the ball). **The offensive team starts play by the ball being kicked and moved forward.** After the initial contact the same player may not touch the ball again until another player (offensive or defensive) has touched the ball. Defensive team must line up at least 10 yards from the ball on the kick-off and on all free kicks. After 1st and 3rd quarters, play resumes from where the ball was stopped by the referee.
11. **Headers-** Coaches are not encouraged to teach or practice heading at this age group. If a player attempts to "head the ball" during a game, the referee will stop play and award an indirect kick to the opposing team.
12. **Side Line (or "Touch line") out-of-bounds** - All opponents must stand at least 2 yards from the point at which the throw-in is taken. Ball may be thrown in by any player. Player must throw ball in with both hands on the ball and the ball must be delivered from behind and over the head. Some part of both feet must be on the ground either on our outside the touch line. Players will have once chance to throw-in correctly without penalty. The second violation gives the ball to the opposing team at the point of infraction. **All opponents must stand at least 2 yards from the point at which the throw-in is taken**
13. **End Line Out of Bounds** - (1) If the ball is last touched by the attacking team, it is a free goal kick for the defending team. This goal kick is taken from the corner of the penalty area, or the goal kick spot. Goal kicks must be kicked out of the penalty area to be in play. It is illegal to play the ball directly back to the goalkeeper unless the ball has first been put into play by clearing the penalty area. Violations result in a re-kick. The opposing side must remain at least 10 yards from the ball when a goal kick is taken. (2) If the ball is last touched by the defending team, the attacking team is awarded a free kick from the corner. The defending team must be no closer than 10 yards from the ball at the time the corner is taken.
14. **Fouls** - (1) Major fouls include intentional handling of the ball (use of either hands or arms), use of hands to hold an opponent, push or strike an opponent. Also, use of feet to trip, kick, or jump at an opponent. In addition, use of the body to charge an opponent from the front or behind. After any of these fouls the referee awards a direct free kick to be taken at the point of infraction. The defending team must back off at least 10 yards from the ball. The kicker can score a goal directly from such a kick. **If a major foul is committed by the defending team in its own penalty area, the attacking team is awarded a Direct Free Kick at the edge of the penalty area nearest the point of infraction. The Defense must remain back 10 yards until the ball is in play.** (2) Minor

fouls include obstructing an opponent, and "dangerous play". The referee awards an indirect free kick to the team fouled. The kicker cannot score a goal directly -- the ball must be touched by at least one other player (offensive or defensive) for a goal to be counted.

15. ***Offside** - A player is in an offside position when nearer the opposing team's goal line than the ball at the moment the ball is played, unless: 1) that player is in his team's own half of the field; 2) **that player is level with the second to last opponent, or last two opponents**; 3) the ball was last played by an opposing player; 4) the ball is received directly from a goal kick, corner kick, throw in, or dropped ball. The fact that a player is in an offside position does not necessarily cause the official to signal the violation. The player must be gaining an advantage or seeking to do so by being in an offside position. Offside shall be judged upon contact of the ball by the passer when the offender is involved directly in the play or is participating in play. Penalty for offside is an indirect free kick awarded to the defending team from the spot of the infraction. **For all 10 and below groups, it will only be called, "if flagrant."**
16. **Goal Keeper Rule:** (1) A goalkeeper in his own penalty area, having released the ball after **six (6) seconds**, will not be allowed to pick it up again until it has been touched by another player outside the penalty area. The penalty for an infringement of the rule is an indirect free kick. (2) While any player may enter the penalty area, the goalie may not be molested in any manner within that area once he has possession of the ball. (3) Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.

17. Field Reservations

For practice at night, we have set aside five locations to be used as practice sites: Tom Brown, Meridian, Levy and Meadows.

	Time Slots	Days	How to reserve	Fields available
Levy Park	Two practice slots; 5:45-7:00; 7:00-8:15	Monday-Friday (available 11/19)	Call Gary Smith at 509-4597	2 fields, priority for Levy and Lee teams
Meridian	Two practice slots; 5:45-7:00; 7:00-8:15	Monday-Friday (available 11/19)	Call Lucas Williams at 891-3825	3 U8/U10 fields, 2 U6 fields
Meadows	Contact Lucas for more info at 891-3825	Contact Lucas for more info at 891-3825	Contact Lucas for more info at 891-3825	Contact Lucas for more info at 891-3825
Tom Brown	Two practice slots; 5:45-7:00; 7:00-8:15	Monday-Friday (available 11/19)	Call Lucas Williams at 891-3825	5 fields

Notes: During December 22-through Jan. 2 there will be no reservations. Fields may use at Tom Brown, Meridian and Messer; however, lights will not be available. Reservations will continue on Jan. 3. Teams practice on half fields. Please be courteous to others and share fields if necessary.

XII. UPPER DIVISION (11-13, 14-18)

- Field Size:** 76' X 50' (11-13)
- Size of Field** - 76 yards long and 50 yards wide.
 Penalty Area - 20 yards wide; 10 yards deep.
 Penalty Spot - 6 yards from goal line
 Goal - 21 feet wide; 7 feet high
 Center Circle - 8 yards radius.
- Size of Field (14-18)**– 110' X 60' 110 yards long and 60 yards wide
 Goal Area: 20 yards wide by 6 yards deep
 Penalty Area: 44 yards wide by 18 yards deep. The goal area is part of the penalty area.
 Penalty Spot: 12 yards from the goal line
 Penalty Arc: radius of 10 yards about the penalty spot
 Goal: 24 yards wide by 8 feet high

Center circle: radius of 10 yards about the center spot
Corner area: 1 yard radius

4. **Length of Game** - Four (4) twelve (12) minute quarters with one (1) minute break between quarters and five (5) minute break at half.
5. **Soccer Ball** - Official regulation #5 size ball.
6. **Number of on-field players** - Eleven (11) players on the field.
7. **Number of players on team roster** - Sixteen players.
8. **Substitutions** - Each player must participate in at least one full quarter each half. Substitutions are only allowed between the first three quarters or in case of injury. During the last quarter (4th) a coach may substitute any player at any time.
9. **Equipment** - 1) Molded athletic shoes with rubber, nylon, plastic or aluminum cleats are recommended. Players will not be allowed to play with steel cleats or cleats with exposed steel parts, which might be hazardous to other players. (This will be determined by the game official. Sneakers are legal also. No bare feet.) 2) Team jerseys will be supplied by the Tallahassee Parks, Recreation & Neighborhood Affairs Department and must be visibly worn in the game. 3) Additional uniform equipment is optional, but coaches should not ask players or parents to purchase other uniforms. **4) Shin guards are required.** 5) Players are cautioned to dress warmly for games on cold days. Team jerseys may be worn over sweatshirts or jackets. *Jewelry shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform and a medical alert must be taped and may be visible. Hair control devices may be worn on the head if made of a soft material.*
10. **Referee** - Is the person in charge of play and may stop the game if he/she feels players and/or spectators are interfering with the normal conduct of the game. Referees decisions are final. The referee may eject a player from the game (red card); player may not re-enter for the remainder of the game and may not be substituted. Length of suspension will be determined by the league supervisor.
11. **Start of Game** - Flip of coin will determine which end of the field each team will defend. The team that wins the coin toss has the option to start the game with the ball or choose which side to defend (if they choose the side, they will start the second half with the ball). **The offensive team starts play by the ball being kicked and moved forward.** After the initial contact the same player may not touch the ball again until another player (offensive or defensive) has touched the ball. Defensive team must line up at least 10 yards from the ball on the kick-off and on all free kicks. After 1st and 3rd quarters, play resumes from where the ball was stopped by the referee.
12. **Time Outs** - None, except for injury. Play is continuous except for out of bounds infractions, fouls, goals and period endings. Play will stop only at the end of the period.
13. **Ball In and Out of Play** - The ball is out of play when it has completely crossed the goal line or touch line, whether on the ground or in the air; it is also out of play when the referee stops play. The ball is in play at all other times from the start of the match including if it rebounds from a goal post, crossbar, or off the referee.
14. **Method of Scoring** - A goal is scored when the whole of the ball has passed through the goal post and under the crossbar.
15. **Fouls & Misconduct** - A player who intentionally commits any of the following offenses shall be penalized by the award of a direct free kick to be taken by the opposing side from the place where the infraction occurred.
 - 1) Kicking or trying to kick an opponent
 - 2) Tripping an opponent
 - 3) Jumping at an opponent
 - 4) Violently or dangerously charging an opponent
 - 5) Charging an opponent from behind (unless opponent is obstructing)
 - 6) Striking or attempting to strike an opponent

- 7) Holding opponent with hand or any part of arm
- 8) Pushing opponent with or any part of the arm or body
- 9) Handling the ball (carrying, striking, or propelling ball with hand or arm)
 - a) Does not apply to goalkeeper within the penalty area
 - b) Intention is the critical consideration in these fouls

Should a player of the defending side intentionally commit one of the above offenses within the penalty area, the player shall be penalized by a penalty kick.

A player committing any of the six following offenses shall be penalized by the award of an indirect free kick to be taken from the point of the infraction.

- 1) Playing in a way considered dangerous by the referee (high kicking; trying to kick the ball while in the possession of the goalkeeper).
- 2) Charging (fairly with shoulders) when the ball is not within playing distance of concerned players.
- 3) When not playing the ball, intentionally obstructing the opponent (running between him and the ball or using body as obstruction).
- 4) Charging the goalkeeper (except when the goalie is holding the ball, obstructing an opponent, or has passed outside the goal area).
- 5) When playing as goalkeeper in his own penalty area, having released the ball after **six (6) seconds** with it, will not be allowed to pick it up again until it has been touched by opposing player outside the penalty area.
- 6) **If a goalkeeper, inside their own penalty area, touches the ball with their hands - after it has been deliberately kicked to them by a team-mate, or after they received it directly from a throw-in taken by a team-mate.**

* A fair charge is a shoulder-to-shoulder charge, if it is not violent or dangerous and within playing distance of the ball. This is the only type of charging allowed.

Misconduct of player or coach - A player or coach shall be cautioned (shown the yellow card) for: a persistently infringing upon any the rules of the game; acting in an unsportsmanlike manner; objecting by word of mouth or action to the decisions given by the referee; coaching outside the team area. A player or coach shall be disqualified (shown red card) for: persistent misconduct for a second caution; exhibiting violent conduct, using foul or abusive language, or spitting at opponents or officials. **PENALTY:** In addition to the caution or disqualification, an indirect free kick shall be awarded. A caution or ejection may be employed by the referee, depending on the degree of seriousness of the offenses at the discretion of the official (who is not obligated to give a warning before ejection. (See Referees, Section H) The advantage clause shall be used at the discretion of the official. The referee should refrain from penalizing if it gives advantage to offender.

16. **Throw In** - It shall be awarded after the ball crosses the touch line completely. The thrower must face the field of play and resume a stance behind the touch line. The thrower shall use both hands equally and shall deliver the ball from behind and over the head. Both feet must be in contact with the ground at the moment the ball is released. An improper throw will result in the loss of possession. **All opponents must stand at least 2 yards from the point at which the throw-in is taken**
17. **Goal Kick** - When an offensive player kicks the ball over the goal line of an opposing team, a goal kick is awarded to the defense. A goal kick is not in play until it has gone outside of the penalty area; otherwise, the kick is retaken. The player taking the goal kick cannot touch the ball until another player has. If the player does, an indirect free kick is allowed to the other team.
18. **Corner Kick** - When the ball completely passes over the goal line and was last touched by a defensive player, a corner kick is awarded. A goal may be scored directly from a corner kick.
19. **Free Kick** - Free kicks can be classified into two categories:
 - 1) Direct, from which a goal can be scored directly against the defending team.
 - 2) Indirect, from which a goal can be scored only if the ball has been played or touched by any other player other than the kicker before passing through the goal.

When a player is taking a free kick, a player of the opposite side shall not approach within 10 yards of the ball until it is in play, unless the player is standing on the goal line, between the goal posts. The kick must not be taken until the referee gives a signal by whistle. If a player of the opposing team is within 10 yards of the ball and intentionally interferes with the kick, it shall be retaken.

When a player is taking a free kick from within the defensive area, the goalkeeper shall not receive the ball into the goalie's hands in order that the goalie may thereafter kick it into play. The ball must be kicked beyond the penalty area and all opponents must be outside the penalty area when the kick is being played.

20. **Penalty Kick** - Any infringement of rules, which ordinarily requires the awarding of a direct free kick, shall result in a penalty kick, if a defending player within the penalty area commits the foul. All players except the kicker and goalkeeper must be outside the penalty area and at least 10 yards from the ball. **The opposing goalkeeper must stand, goalkeeper must remain on the goal line between the goal post facing the kicker until ball has been kicked.** For any infringement by the defending team, the kick shall be retaken if a goal has not been scored. For any violation by the attacking team other than the player taking the kick, the kick shall be retaken if a goal has resulted. For any infringement by the player taking the kick, a player of the opposite team shall take an indirect free kick from the spot where the violation occurred. Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.
21. **Goal Keeper Rule:** (1) A goalkeeper in his own penalty area, having released the ball after six (6) seconds with it, will not be allowed to pick it up again until it has been touched by another player outside the penalty area. The penalty for an infringement of the rule is an indirect free kick. (2) While any player may enter the penalty area, the goalie may not be molested in any manner within that area once he has possession of the ball. (3) Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.
22. ***Offside** - A player is in an offside position when nearer the opposing team's goal line than the ball at the moment the ball is played, unless: 1) that player is in his team's own half of the field; **2) that player is level with the second to last opponent, or last two opponents;** 3) the ball was last played by an opposing player; 4) the ball is received directly from a goal kick, corner kick, throw in, or dropped ball. The fact that a player is in an offside position does not necessarily cause the official to signal the violation. The player must be gaining an advantage or seeking to do so by being in an offside position. Offside shall be judged upon contact of the ball by the passer when the offender is involved directly in the play or is participating in play. Penalty for offside is an indirect free kick awarded to the defending team from the spot of the infraction. **For all 10 and below groups, it will be only be called, "if flagrant."**

23. Field Reservations

For practice at night, we have set aside five locations to be used as practice sites: Messer North, Tom Brown, Meridian, Levy and Meadows.

	Time Slots	Days	How to reserve	Fields available
Levy Park	Two practice slots; 5:45-7:00; 7:00-8:15	Monday-Friday (available 11/19)	Call Gary Smith at 509-4597	2 fields, priority for Levy and Lee teams
Meridian	Two practice slots; 5:45-7:00; 7:00-8:15	Monday-Friday (available 11/19)	Call Lucas Williams at 891-3825	3 U8/U10 fields, 2 U6 fields
Meadows	Contact Lucas for more info at 891-3825	Contact Lucas for more info at 891-3825	Contact Lucas for more info at 891-3825	Contact Lucas for more info at 891-3825
Tom Brown	Two practice slots; 5:45-7:00; 7:00-8:15	Monday-Friday (available 11/19)	Call Lucas Williams at 891-3825	5 fields

Notes: During December 22-through Jan. 2 there will be no reservations. Fields may use at Tom Brown, Meridian and Messer; however, lights will not be available. Reservations will continue on Jan. 3. Teams practice on half fields. Please be courteous to others and share fields if necessary.

Slide Tackles are prohibited in any league

XIII. SUPER 6 RULES

(only if league administrator has approved)

1. **Size of Field** - 60 yards long and 40 yards wide.
 - (1) Penalty Area - 20 yards wide; 10 yards deep.
 - (2) Penalty Spot - 6 yards from goal line
 - (3) Goal - 18 feet wide; 6 feet high
 - (4) Center Circle - 4 yards radius
2. **Length of Game** - Four (4) twelve (12) minute quarters with one (1) minute break between quarters and five (5) minute break at half.
3. **Soccer Ball** - Official regulation #3 (U6) #4 (U8/U10); #5 (U12-U18) size ball
4. **Number of on-field players** - Six (6) players on the field. All girls leagues may play with up to seven (7) on the field prior to the approval from the park supervisor to each game.
5. **Number of players on team roster** – U8/U10: 12 players; U12-18 12-14 players.
6. **Substitutions** - Each player must participate in at least one full quarter each half. Substitutions are only allowed between the first three quarters or in case of injury. During the last quarter (4th) a coach may substitute any player at any time.
7. **Equipment** - 1) Molded athletic shoes with rubber, nylon, plastic or aluminum cleats are recommended. Players will not be allowed to play with steel cleats or cleats with exposed steel parts, which might be hazardous to other players. (This will be determined by the game official. Sneakers are legal also. No bare feet.) 2) Team jerseys will be supplied by the Tallahassee Parks, Recreation & Neighborhood Affairs Department and must be visibly worn in the game. 3) Additional uniform equipment is optional, but coaches should not ask players or parents to purchase other uniforms. 4) **Shin guards are required.** 5) Player are cautioned to dress warmly for games on cold days. Team jerseys may be worn over sweatshirts or jackets.
8. **Referee** - Is the person in charge of play and may stop the game if he/she feels players and/or spectators are interfering with the normal conduct of the game. Referees decisions are final. The referee may eject a player from the game (red card); player may not re-enter for the remainder of the game and may not be substituted for nor play in the next scheduled game.
9. **Start of Game** - Flip of a coin will determine which end of the field each team will defend. **The offensive team starts play by the ball kicked and moved in any direction.** After initial contact, the same player cannot touch the ball again until another player (offensive or defensive) has touched the ball. Defensive team must line up at least 10 yards from the ball on the kick-off and on all free kicks.
10. **Time Outs** - None, except for injury. Play is continuous except for out of bounds infractions, fouls, goals and period endings. Play will stop only at the end of the period.
11. **Ball In and Out of Play** - The ball is out of play when it has completely crossed the goal line or touch line, whether on the ground or in the air; it is also out of play when the referee stops play. The ball is in play at all other times from the start of the match including if it rebounds from a goal post, crossbar, or off the referee.
12. **Method of Scoring** - A goal is scored when the whole of the ball has passed through the goal post and under the crossbar.

13. **Fouls & Misconduct** - A player who intentionally commits any of the following offenses shall be penalized by the award of an indirect free kick to be taken by the opposing side from the place where the infraction occurred.

- 1) Kicking or trying to kick an opponent
- 2) Tripping an opponent
- 3) Jumping at an opponent
- 4) Violently or dangerously charging an opponent
- 5) Charging an opponent from behind (unless opponent is obstructing)
- 6) Striking or trying to strike an opponent
- 7) Holding opponent with hand or any part of arm
- 8) Pushing opponent with or any part of the arm or body
- 9) Handling the ball (carrying, striking, or propelling ball with hand or arm)
 - a) Does not apply to goalkeeper within the penalty area
 - b) Intention is the critical consideration in these fouls

Should a player of the defending side intentionally commit one of the above offenses within the penalty area, the player shall be penalized by a penalty kick.

A player committing any of the six following offenses shall be penalized by the award of an indirect free kick to be taken from the point of the infraction.

- 1) Playing in a way considered dangerous by the referee (high kicking; trying to kick the ball while in the possession of the goalkeeper).
- *2) Charging (fairly with shoulders) when the ball is not within playing distance of concerned players.
- 3) When not playing the ball, intentionally obstructing the opponent (running between him and the ball or using body as obstruction).
- 4) Charging the goalkeeper (except when the goalie is holding the ball, obstructing an opponent, or has passed outside the goal area).
- 5) When playing as goalkeeper in his own penalty area, having released the ball after **six (6) seconds** with it, will not be allowed to pick it up again until it has been touched by another player outside the penalty area.

* A fair charge is a shoulder-to-shoulder charge, if it is not violent or dangerous and within playing distance of the ball. This is the only type of charging allowed.

Misconduct of player or coach - A player or coach shall be cautioned (shown the yellow card) for: a persistently infringing upon any the rules of the game; acting in an unsportsmanlike manner; objecting by word of mouth or action to the decisions given by the referee; coaching outside the team area. A player or coach shall be disqualified (shown red card) for: persistent misconduct for a second caution; exhibiting violent conduct, using foul or abusive language, or spitting at opponents or officials. **PENALTY:** In addition to the caution or disqualification, an indirect free kick shall be awarded. A caution or ejection may be employed by the referee, depending on the degree of seriousness of the offenses at the discretion of the official (who is not obligated to give a warning before ejection. (See Referees, Section H) The advantage clause shall be used at the discretion of the official. The referee should refrain from penalizing if it gives advantage to offender.

14. Throw In - It shall be awarded after the ball crosses the touch line completely. The thrower must face the field of play and resume a stance behind the touch line. The thrower shall use both hands equally and shall deliver the ball from behind and over the head. Both feet must be in contact with the ground at the moment the ball is released. An improper throw will result in the loss of possession. **All opponents must stand at least 2 yards from the point at which the throw-in is taken.**

15. Goal Kick - When an offensive player kicks the ball over the goal line of an opposing team, a goal kick is awarded to the defense. The player taking the goal kick cannot touch the ball until another player has. If the player does, an indirect free kick is allowed to the other team. **Goal kicks can't be kicked over midfield in the air unless they touch another player before crossing the**

midfield line. Goal kicks are to be taken from inside penalty arc and must be kicked outside the penalty arc before they can be touched by another player.

16. **Corner Kick** - When the ball completely passes over the goal line and was last touched by a defensive player, a corner kick is awarded. A goal may be scored directly from a corner kick.

17. **Free Kick** - Free kicks can be classified into two categories:

1) Direct, from which a goal can be scored directly against the defending team.

2) Indirect, from which a goal can be scored only if the ball has been played or touched by any other player other than the kicker before passing through the goal. **All fouls committed outside the penalty box will be in-direct kicks**

When a player is taking a free kick, a player of the opposite side shall not approach within 10 yards of the ball until it is in play, unless the player is standing on the goal line, between the goal posts. The kick must not be taken until the referee gives a signal by whistle. If a player of the opposing team is within 10 yards of the ball and intentionally interferes with the kick, it shall be retaken.

When a player is taking a free kick from within the defensive area, the goalkeeper shall not receive the ball into the goalie's hands in order that the goalie may thereafter kick it into play. The ball must be kicked beyond the penalty area and all opponents must be outside the penalty area when the kick is being played.

18. **Penalty Kick** - Any infringement of rules, which ordinarily requires the awarding of a direct free kick, shall result in a penalty kick, if a defending player within the penalty area commits the foul. All players except the kicker and goalkeeper must be outside the penalty area and at least 10 yards from the ball. **The opposing goalkeeper must stand, goalkeeper must remain on the goal line between the goal post facing the kicker until ball has been kicked.**

For any infringement by the defending team, the kick shall be retaken if a goal has not been scored. For any violation by the attacking team other than the player taking the kick, the kick shall be retaken if a goal has resulted. For any infringement by the player taking the kick, a player of the opposite team shall take an indirect free kick from the spot where the violation occurred. Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.

19. **Goal Keeper Rule:** (1) A goalkeeper in his own penalty area, having released the ball after **six (6) seconds** with it, will not be allowed to pick it up again until it has been touched by another player outside the penalty area. The penalty for an infringement of the rule is an indirect free kick. (2) While any player may enter the penalty area, the goalie may not be molested in any manner within that area once he has possession of the ball. (3) Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed. **The goalkeeper cannot punt, drop kick or throw the ball over midfield without it first bouncing in his/her own half or touching another player. This does not apply when the keeper has the ball on the ground at his/her feet. Pass backs to the goalie are allowed.**

20. ***Offside** – there are no off-sides in this league.

Slide Tackles are prohibited in any league