



General Rules and Regulations

1. **The goal of this division is to continue developing the skills of a player for future success.**
2. The time limit of each game shall be two 20-minute halves. The clock will run continuous during the game. There will be a 2-minute halftime.
3. Any rules not specifically covered in this rule set will default to FIFA/IFAB; the league manager has the ability to modify these rules throughout the course of the season to provide for circumstances that may come up that have questionable effect on the league and game play.
4. Players who are of age 7 through age 10 on September 1st are eligible to play in this division.
5. This is a 5v5 division with goal keepers (4 field players).
6. Substitutions are allowed "on the fly."
7. Home team as determined by the schedule will start with the ball first half. Visiting team as determined by the schedule will start with the ball second half.
8. Slide tackling is not allowed. **EXCEPTION:** goalkeeper who starts their slide inside their own box.
9. Heading is allowed.
10. Goalkeeper may not drop or punt the ball.
11. **Restarts**
 - a. A ball kicked out of play will be restarted with an indirect free-kick from the spot.
 - b. A ball that hits the ceiling or another object over the playing surface will be restarted with an indirect free-kick from the goal box for the team last possessing the ball.
 - c. All other restarts excluding those mentioned in FIFA/IFAB book, will be a direct free-kick from spot of infraction.
 - d. All players aside from kicker must be at least 15 feet away from the ball.

Equipment

1. A Volt, felt cover, size 5 ball will be used for game play.
2. Shin guards must be worn at all times for the safety of each individual player.

Participation and Role of Coaches

1. Coaches are not allowed on the field, except in case of injury or time-out.
2. Discussions with referees about a rule/call are expected to be contained to the specifics of the judgment, and should not interfere with the referee's ability to officiate.