



RULES FOR THE GAMES

5v5 / 6v6 / 7v7 / 8v8 Playing Rules:

5, 6, or 7 field players, plus a keeper
20-minute halves / 5-minute halftime
Field Size: ~ 60yd x 45yd or 50yd x 35yd

- Keepers may throw the ball as far as they wish or kick the ball from the ground (ball cannot be bouncing, if an advantage is gained by the ball bouncing, it will be called a punt). Punts will be an automatic **PK!**
- Obvious **OFFSIDES** will be called by the official when clearly seen.
- Direct or indirect kicks, the kicking team may ask for 7 yards to be stepped off.
- Substitutions on the fly, substitutions do not need referee's approval. Player coming off has to exit the field at the halfway line before the substitute can come on.
- When a ball goes out of play on the sideline it will be treated as an indirect kick and the ball must be played on the ground. If the ball is played in the air it will be an indirect kick for the opposition. **No offsides on kick-ins.**
- If games are within a 2 or less goal differential after the second half they will go into extra time. Players will get 1 minute to get water/talk to their coach before extra time.
- Extra time is 10 minutes or first to the **Game Ending Score, the Game Ending Score is 1 more goal than the leading team had at the end of regulation.** If the game ending score is not reached then the leading team wins. For example if after the second half the score was 2-2 the first team to 3 goals wins. If the score was 1-0 after the second half the first team to 2 would win.
- Every 2 minutes during extra time each team has to remove a player.
- If the game is tied after extra time during bracket play it will go to penalty kicks, each team will kick 3 times and sudden death after. Pool play games remain a tie.
- We will be following USSF Rules and Guidelines other than stated above.

GAME ACTIVITY PLAN

- Players must bring their own **Water or Drinks!!**
- **Players always bring both jerseys!!**
- Players need to show up to the field already dressed to maximize warm-up time
- Trainers are available