

In-House Operating Procedure

(Spring 2023)

Starting and Stopping a Game (including throw-ins)

- Kick-off occurs at the beginning of each quarter/half.
- Kick-off is from the center of the field, does NOT need to be passed forward, and cannot be touched by that player until another player has touched the ball.
- A goal can be scored directly off a kick-off.
- A ball is out of play when the entire ball fully crosses an end or sideline.
- When the ball goes out of play on a sideline, it shall be thrown in from the point where it crossed the line.
- The thrower must face the field and shall deliver the ball with both feet on the ground, on or behind the line, with two hands on the ball from behind and over their head.
- There are no time-outs unless the ref stops play due to injury.
- When injured, a player should remain on the ground until the ref stops play.

Goal Kicks

- Goal kicks start at the U7 level.
- When the offensive team kicks the ball over the opposing teams' end line, the opposing team is awarded a goal kick.
- The goal kick should be taken from any point inside the goalie box.
- All players from the opposing team must be behind the build out line (see build out line section for more details).
- If the ball does not leave the penalty box another player from the same team should kick the ball (if needed you may have the initial kick retaken).
- The kicking team can be in the penalty box during the goal kick.
- The person taking the goal kick cannot touch the ball after its initial kick until another player, on either team touches the ball.

Corner Kicks

- Corner kicks start at the U7 level.
- When the defensive team kicks the ball over their own end line, the opposing team is awarded a corner kick.
- The ball is placed in the designated area in the corner nearest where the ball went out of bounds.
- A goal can be scored directly on a corner kick.
- The person taking the corner kick cannot touch the ball after its initial kick until another player, on either team touches the ball.

Hand Ball/Free Kicks

- Free kicks start at the U7 level.
- A free kick is awarded for any hand ball or foul.
- Free kicks can be either direct or indirect per FIFA rules.

Penalty Kicks

- Penalty kicks start at the U7 level.
- Penalty kicks are awarded for fouls committed inside the penalty area at the discretion of the ref.
- When a penalty kick is awarded, the opposing team must keep the same goalie that was playing the position at the time the penalty was called.
- A team cannot change goalies prior to the penalty kick.
- Penalty kicks are direct.
- Ball is placed at the top of the penalty area for a PK.

Drop Balls

- Drop balls start at the U7 level.
- Any stoppage that results for a reason other than the ball leaving the playing field or a goal (for example injury), a dropped ball should be made to a single player from the team who last touched the ball before play was stopped UNLESS it is in the penalty area in which case the defending team (goalie) is automatically given possession (to avoid giving the attacking team a goal scoring opportunity).
- The ball must hit the ground before it is considered live.
- The restart is indirect; cannot score off the drop ball unless someone else touches the ball before ball enters the goal.
- The player taking the dropped ball MAY double touch the ball (dribble away) but may not score without another player touching the ball.

Offside

- Offside infractions begin at the U8 level (spring season).
- At the U8 level, the calls should be very lenient and meant to teach.
- At the U9/U10 level, offsides should be fully enforced.
- A player is involved in active play AND in an offside position if he/she is nearer to his opponents' goal line than both the ball and the last opponent, besides the goalie.
- Although a player may be offside, a penalty should only be called if the offending player is interfering with play or gaining an advantage by being in that position.
- In the event of an offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.
- A player is not in an offside position if he/she is on their half of the field when the ball is released (2/3 of the field for age groups using buildout line).
- There are also no offsides if the player receives the ball directly from a goal kick, throw-in, or corner kick.

Goals/Goalie Protocol

- A goal is scored when the entire ball crosses over the goal line between the goal posts.
- The goalie is allowed to use their hands anywhere in their own penalty area.
- All coaches are to instruct their players to **stop** attacking the ball immediately if the goalie is going down to pick up the ball.
- No charging or attempting to harass or interfere with the goalie is permitted.
- Repeated offenses should be handled by the coach of the offending player.
- If a team continues to show aggression in this regard, the coach may be disciplined.
- This is very important to protect our goalies.

Aggressive Play

- Fouls and misconduct will be called by the referee.
- Players that are overly physical should be taken aside by their coach and the matter handled between the coach and player.
- If a player or coach has a problem with a player, coach or parent of the opposing team, the coach should address the problem with the opposing coach to correct the problem.
- Each coach is responsible for the actions of his players, his coaches, his parents, and himself.
- A parent of one team should never engage a player on another team in verbal or physical response.

Slide Tackling

- Slide tackling, while legal in the game of soccer as long as the ball is contacted first, is not allowed in our In House program.
- It is dangerous for both the tackler and the person with the ball.
- It is also usually not effective at this age because they usually miss the ball and give up position.
- Restart is an indirect free kick.

Build Out Line

Build out line is used to denote where offside offenses can be called. Players cannot be penalized for an offense between the halfway line and the build out line. Players can be penalized for an offside between the build out line and the goal line.

The opposing team must move behind the build out line in the following situations:

- a) Goal Kicks
- b) when the goalkeeper has possession of the ball with his/her hands.
- c) **6 seconds begins once opposing team is behind build out line.**

Once the opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play. Punts and drop kicks are NOT permitted - penalty is indirect Free Kick from the spot of the infraction.

- if infraction occurs in goal area, indirect Free Kick is taken on the goal area line parallel to the goal line at the nearest point to where the infringement has occurred).

The opposing team may cross the build out line when:

- a) the goalkeeper passes, throws, or rolls the ball into play with his/her hands to a teammate who then touches the ball;
- b) on a Goal Kick when the ball has been touched by a teammate of the goalkeeper; and
- c) the goalkeeper in possession of the ball with his/her hands drops the ball to the ground then touches it with his/her feet..

Indirect Free Kick will be awarded to the opposing team if

- a) goalkeeper drops the ball to the ground and does not touch it with his/her feet within 6 seconds;
- b) goalkeeper releases the ball from his/her hands and receiving player chooses not to touch the ball within 6 seconds.

The goalkeeper may release the ball into play prior to the opposing team reaching the build out line (quick restart). The opposing team may challenge for the ball once the ball has either:

- a) been touched by a teammate of the goalkeeper; or
- b) goalkeeper has dropped the ball and touched it with his/her feet.
- c) Ball can be released via hand and is live when touched by his/her teammate

If opposing team crosses the build out line before:

- **Goal Kick** – Retake Goal Kick
- **Goalkeeper Possession** – Indirect Free Kick
- **Inside Penalty Area** – Opposing team may not cross build out line until the ball is touched by a teammate of the goalkeeper. Ball does NOT need to clear the penalty area.
- **Outside Penalty Area** – Opposing team may not cross build out line until the ball is kicked and then touched by a teammate of the goalkeeper.

GENERAL AGE GROUP GUIDELINES

	U6	U7	U8	U9/U10
Field Size	55 x 30	55 x 30	55 x 30	70 x 40
Game Time	Four 12 min Qtrs	Four 12min. Qtrs	Four 12min. Qtrs	Two 25min. Halves
Players (suggested alignment)	7 v 7 3 offense 3 defense 1 goalie	7 v 7 3 offense 3 defense 1 goalie	6 v 6 3 offense 2 defense 1 goalie	8 v 8 offense mid defense 1 goalie
Goalkeeper	Yes	Yes	Yes	Yes
Corner Kicks	Yes	Yes	Yes	Yes
Goal Kicks	Yes	Yes	Yes	Yes
Offside	No	No	Yes (enforced in Spring)	Yes
Throw-Ins	Yes	Yes (with retakes)	Yes (with retakes)	Yes (change of possession)
Ball Size	#3	#3	#3	#4
Penalty Kicks	No	Yes, but rare (top of penalty box)	Yes, but rare (top of penalty box)	Yes
Heading (Intentional)	No	No (Indirect Free Kick To Opposing Team)	No (Indirect Free Kick To Opposing Team)	No (Indirect Free Kick To Opposing Team)
Coach	Coach allowed on field for full year	Coach allowed on field for Fall Season only	Sideline only	Sideline only

U4 and U5: the number of players on the field for U4 and U5 are dependent on the number of players assigned to each team. We want to maximize playing time, but also do not want the fields to be too crowded.

For the **Spring 2023** season, please follow the following:

- **U4: 4 v 4**
- **U5: 4 v 4**

Direct vs Indirect

Indirect Free Kick Restart Situations (arm raised directly up to indicate IDFK)

- 1) Infringement of the buildout line (U8 spring season to U10)
- 2) Offside
- 3) Impeding the progress of a player (shielding but not within distance to play the ball) **No contact**
- 4) Dangerous play (high boot, falling on the ball preventing other team to play the ball safely, playing the ball from the ground)
- 5) Slide tackle (unique in-house rule)
- 6) Dissent by words or actions
- 7) Intentional Heading (U11 and below)
- 8) Prevents the release of the ball by the goalie
- 9) Double touch on restart (ceremonial restart passed to themselves, corner kick to themselves)
- 10) Intentional back pass to goalie by teammate and played with hands.
 - a. Receive ball directly from teammate on throw in
 - b. Fails to release the ball after six seconds
 - c. Restart on edge of penalty area or where the offense occurred

Direct Free Kick Restarts (referee signal with arm pointing forward or no signal at all to indicate DFK)

- 1) Ceremonial restart after a goal
- 2) Push (or attempt)
- 3) Kick (or attempt)
- 4) Trip (or attempt)
- 5) Holding
- 6) Corner Kick
- 7) Preventing a player to play the ball WITH contact
- 8) Spitting