

Capitol Area Youth Soccer Association High School League

Field Location: TBD.

Field Size: 25X50 yards to 50X75 yards

Goal Size: Goal size 18x6 or 21x7 feet

Laws of the game: Except as modified below all laws of game will be enforced and interpreted in accordance with FIFA laws.

Game Duration: The game shall consist of two 30-minute halves separated by a 5-minute halftime period. A game will be declared complete if or when one team has scored 10 goals more than the other team or if time has elapsed. Games tied after regulation play shall end in a tie. In case of inclement weather, a game may be declared official any time after the completion of the first half of play.

Ball Size: Number 5

Game Official: A single center may officiate a game in this league.

Offside: If refereed by a single center, then offside should be called within the ability of the referee and with the referee's judgement.

Number of Players: 7v7 Game. The maximum number of players listed on an official team roster is 14. There can be no fewer than five players on the field and a maximum of seven players. One of the players on the field must be a properly uniformed goalkeeper. A team must field a minimum of five players (one of which must be a goalkeeper) within 10 minutes of the scheduled starting time or the game will be declared a forfeit and scored as 1-0 for the opposing team.

Substitutions: Substitutions are made “on-the-fly” and may occur at any time without referee permission provided that the exiting player leaves the field before the sub enters the field of play. Players *must* enter and exit at midfield and exiting player must leave the field before the sub enters the field of play. Failure to follow these guidelines is to be construed as seeking an unfair advantage. The entering player will be issued a yellow card for unsporting behavior. Substitutions may also happen at any natural stoppage of play with the permission of the referee.

Physical Contact: Small field play is to emphasize ball handling and speed of play, therefore minimal player contact will be allowed. Traditional "charging" or shoulder to shoulder challenges will not be allowed. There will be no "fair" charging of the goalkeeper. All contact

with the goalkeeper within their respective penalty areas will result in an indirect free kick coming out.

Sliding: Slide tackling is **NOT** allowed by any player when within playing distance of another player, with exception of goalie but not feet first. Slide tackles from behind will be sanctioned as misconduct. All violations will result in an indirect kick awarded for dangerous play unless committed within the penalty box and denying an imminent goal scoring opportunity. Players are allowed to slide to stop/intercept a ball when the player is not within playing distance of another player or not resulting in dangerous play.

Five Yard Rule: In all free kick situations, defending players must stand at least five yards away from the ball. If the free kick is positioned on the goal area (box) line, players must be at least five yards away from the ball and may stand on the goal line and between the goal posts. Any action designed to hinder a restart occurring within five yards of the free kick may be sanctioned without verbal warning by a yellow card for encroachment even if the team taking the kick does not request the distance.

Throw-In: There are NO throw-ins. The ball shall be kicked into play from the sideline instead of thrown in. Defending players must stand at

least five yards away from the ball. No goal can be scored directly from the sideline.

Goalie Punts: The goalkeeper may not punt, drop kick or volley kick (from the air) the ball, i.e. only throws, rolls or kicks from ground are permissible. The ball may be released to the ground and played or kicked from the ground by the keeper. Once released it may not be picked up again. Violation is an Indirect Free Kick.

Uniforms/Equipment: All players must wear shin guards, soccer cleats and soccer socks to all practices and games. Shirts must be worn tucked in. Socks must be worn over the shin guards. No cleats on toes of shoes (like baseball shoes). The referee has ultimate authority on what equipment will be deemed appropriate and safe for each game.

Practices: Prior to the first game, a team may practice 4 times per week. After the first game, no more than two practices per week are allowed. Practices are no more than 90 minutes long.