

Build Out Rules

At the U-7/8 level there will be a build out line on the field that is 9 yards out from the goal line and will run the entire width of the field. The build out area is the area between the build out line and the goal line.

The defending team (team not taking the goal kick) must be positioned outside of the build out area. The attacking team (team taking the kick) can be in the build out area to receive the kick. The defending team must stay outside of the build out area until the ball is touched by a teammate of the kicker. If the ball leaves the build out area without a touch, it is free to play by either team. The attacking team does not have to kick to a player within the build out area. The player taking the goal kick may not be the first player to touch the ball after it is kicked.

If a defending player enters the build out area prior to the ball being touched by a teammate of the player taking the kick or the ball leaving the build out area, the restart is to retake the goal kick.

At the U-9/10 level there will be a build out line on the field that is 16 yards out from the goal line and will run the entire width of the field. The build out area is the area between the build out line and the goal line

Goal Kick

The defending team (team not taking the goal kick) must be positioned outside of the build out area. The attacking team (team taking the kick) can be in build out area. The defending team must stay out of the build out area until the ball is touched by a teammate of the kicker in the build out area and outside the penalty area. If the ball leaves the build out area without a touch, it is free to play by either team. The attacking team does not have to kick to a player within the build out area. The player taking the goal kick may not be the first player to touch the ball after it is kicked.

If a defending player enters the build out area prior to the ball being touched by a teammate of the player taking the kick or the ball leaving the build out area, the restart is to retake the goal kick.

Goalkeeper Distribution.

When the goalkeeper is in possession of the ball and held in their hands, the defending team (team without the ball) must move out of the build out area. The attacking team (team with the ball) can be inside the build out area. The defending team must stay outside of the build out area until the ball is touched by a teammate of the goalkeeper or the goalkeeper sets the ball down and dribbles the ball. The goalkeeper can distribute the ball by rolling, throwing or punting it to a teammate that is either inside or outside of the build out area. If the ball leaves the build out area without a touch or the goalkeeper dribbles the ball, it is free to play by either team. The goalkeeper does not have to wait for the opposing players to be outside the build

out area before distribution. The goalkeeper can wait for the defending team to leave the build out area and ask the referee to instruct the defending players to leave the area. The time it takes to clear the area is not part of the "six seconds" the goalkeeper is allowed to control the ball with their hands.

If a defending player enters the build out area prior to the ball being touched by a teammate of the goalkeeper, the ball leaving the build out area, or the goalkeeper dribbling the ball, the restart is to retake the distribution.