



# Intermediate (U9-U11) RULES

*The philosophy of this league to allow all players multiple opportunities to touch the ball. Playing time for each athlete should be as even as possible. Coaches are responsible for making the game an enjoyable experience for all!*

Games are a 7 v 7 format. Ball size 4. A center referee will be assigned to officiate each match.

Coaches must remain on the sideline, on their respective half of the field. While some instruction can be provided it is important to avoid 'joystick' coaching and instead *let them play*. Coaches should encourage quick restarts to help promote a reasonably quick pace of play.

Duration of the game: Two 25 minute halves with a 5 minute halftime.

## NO HEADERS ARE PERMITTED!

**Start of play:** Team listed first on the schedule is "home" and kicks off in the first half, opposing team kicks off in the second half (teams change sides at halftime)

**Goal Kicks:** When the ball passes over the end line and was last touched by the attacking team, the defending team will take a free kick from anywhere within the goal box. There may be a teammate in the box for a pass, the opponent must be outside the box. The ball is live as soon as it is played.

**Corner Kicks:** When the ball passes over the end line and was last touched by the defending team, the attacking team will take a kick from the corner (within 1 yd of corner flag).

**Throw-ins:** When the ball passes over either sideline, a member of the team that did not touch it last will throw it in from the spot where the ball left the field. Referees may allow a 'do-over' for players who need brief technique correction and another opportunity to demonstrate correct throw-in.

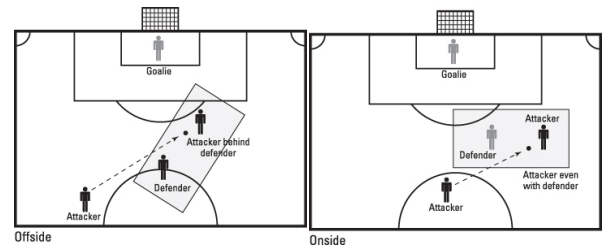
**Any infraction (foul) will stop play and be quickly explained to all players by the referee.**

**Direct fouls: tripping, pushing, charging, holding and hand ball - Indirect fouls: obstruction, infractions by the goalkeeper.** Opposing team is allowed a free kick from the point of the infraction or foul. Defending players must stand at least 10 yards away from the ball. Direct fouls inside the penalty box by the defending team are awarded with a **penalty kick** taken from 8 yards.

**Cards:** No yellow or red cards will be used, but persistent infringement of the rules by a player, coach or spectator may result in a 2 min. penalty or the ejection of that person for the rest of the game. Ejections will be reported to the Director immediately.

**Substitutions:** Allowed during your team throw-in or goal kick or on opponents only if they are also making substitutions (strive for an even playing time for all!)

**Offside:** A player will be ruled offside when on the attacking half and goes behind the opposing defenders before the ball has been passed to them. Players are NOT offside on a throw in, if they are behind the ball or when behind the last defender but are not actively involved in the play.



**Goalkeepers:** May handle the ball within their penalty box *unless a teammate passes the ball to them in which case they must use their feet or body to play the ball. Goalkeepers must release the ball on the ground within 6 seconds of the initial possession. NO PUNTS OR DROP KICKS ARE ALLOWED!*

**Spectators** must be on the same sideline as their team and stay 2 yards back from the line and a minimum of 5 yards from the players/coaches' area. Teams are across on opposite sides of the field.

*"Creating Character Through Teamwork & Sportsmanship"*