

Law 13 Free Kicks	<p>Free kicks are either direct or indirect. Opponents are at least 8 yards from the ball on 3/4 sized fields until it is in play. Opponents are at least 10 yards from the ball on full sized fields until the ball is in play. The ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.</p> <p><i>Direct Kick:</i> If a direct free kick is kicked directly into the opponents' goal, a goal is awarded. If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.</p> <p><i>Indirect Kick:</i> If the indirect free kick is kicked directly into the opponent's goal a goal kick is awarded. If the indirect free kick is kicked directly into the team's own goal a corner kick is awarded to the opposing team.</p>	
Law 14 Penalty Kicks	Penalty kicks are awarded if a serious rule (12A) infraction takes place in the penalty area. PK's should be taken 1 yd inside the centered-edge of the penalty box. (A pk spot may not be clearly identified) Pk is taken when referee blows the whistle. No movement from GK or PK taker can happen until whistle blows.	Penalty kicks are awarded if a serious rule (12A) infraction takes place in the penalty area. All players except the goalie must stand out of the penalty box and behind the ball placement (12 yards) until the ball is kicked. The player taking the penalty kick cannot kick the ball again until any other player has touched the ball. The keeper must remain on the goal line until the ball is kicked.
Law 15 Inbound Throws	<p>After the ball has entirely crossed the sideline, the team not last touching the ball shall be awarded a throw-in. Throw-in regulations: Both feet must be on the ground (on or behind the sidelines) while the throw is made. Both hands must throw the ball, directly over the head.</p> <p>*No second attempt will be allowed for an incorrect throw-ins. Improper throw-ins will result in a free throw for the other team.</p>	
Law 16 Goal Kicks	<p>A goal kick is awarded when the ball passes entirely over the goal line but not within the goal scoring area and is last touched by an offensive player. Goal kicks are to be taken on the goal box line. The ball must leave the penalty area before it is again in play and may be touched by another player of either team. If the ball does not travel outside the penalty area prior to being touched a rekick is awarded.</p>	
Goal Kicks / Goalie Distribution	For Goal Kicks and when the goalie has the ball in their hands; DEFENSIVE TEAM MUST RETREAT TO MID-LINE, UNTIL THE BALL LEAVES THE PENALTY AREA. Punts are no longer allowed for 7v7; Punts will result in indirect FK at Mid-line	U11/u19 - No changes to goal kicks or goalie distribution in these ages. Punting is allowed and defensive players can position themselves anywhere outside of the penalty box.
Law 17 Corner Kick	<p>A corner kick is awarded when the ball entirely crosses the goal line and is last touched by a defensive player and is not a goal. The ball is placed inside the quarter circle nearest the corner flag post indicated by the referee. An offensive player may then kick the ball. The kicker may not touch the ball a second time until after it is touched by another player. A goal may be scored directly from corner kick. The opposing team must be at least 10 yards away. A goal may be scored without another player touching the ball.</p>	
Local Rules:	<ul style="list-style-type: none"> • An emphasis is to be placed on fun and development. • All players and coaches shall be on one side of the field "team area" opposite from the parents and spectators. • Players and coaches shall remain on their own half of the sideline and are highly encouraged to sit while coaching. • No coaches or parents are allowed to sit or stand along the end-lines near the goals. • No coaches on the field unless injury has occurred and have been invited by the referee. • Players should huddle as a team together during injury on the field away from injured player to allow adults to attend injured player. <p>In addition:</p> <ul style="list-style-type: none"> • Score may be kept. Goal differential more than 7 is highly discouraged. Coaches are responsible for teaching their players challenging ways to play the game without lopsided score lines. • Standings may be kept to track competitive balance of teams participating in the league. <p>*** Players from other rosters can play to supplement a teams need for players, solely with approval of the Club Directors.</p>	