# Rules of the Game

Match rules follow FIFA’s Laws of the Game except as noted below.

1. **The Field of Play** measures 40 yards long by 30 yards wide, or as space permits. The Center Circle measures 3 yards in radius. Goals measure 4 feet high by 6 feet wide.

A semicircle measuring 3 yards in radius — the Goal Arc — is marked in front of each goal. Players are not allowed to take position or touch the ball within the Goal Arc.

1. **The Ball:** C-3, G-3, and lower divisions play with a Size 3 ball. C-4, G-4, and higher divisions play with a Size 4 ball. All teams should be prepared to supply a properly inflated game ball.
2. **Number of Players:** Teams consist of 4 to 6 players, with 4 playing at one time. There is no goalkeeper. The players on a team must all wear the same color jersey. In case of jersey color confusion between teams playing a match, the Away Team (as designated in the tournament match schedule) must wear pinnies or alternate jerseys of a contrasting color. Tournament Officials will keep pinnies on hand.

Substitutions are unlimited but may only be made when play is stopped and with the consent of the Referee. Substitutions must be carried out quickly.

1. **Players’ Equipment:** Shin guards are mandatory. Cleats are recommended.
2. **The Referee:** Each match has one Referee, who judges goals and out of bounds, calls fouls, and keeps time. *The Referee’s decision is, as always, final!*
3. **Match Duration:** Each match has two 10-minute halves and a 2-minute break.
4. **Start and Restart of Play:** Prior to starting the match, the Away Team chooses which goal it will attack in the first half. The Home Team kicks off the first half. Teams switch ends for the second half. The Away Team kicks off the second half. A goal cannot be scored directly from a Kickoff.

If overtime is necessary, the Referee may flip a coin to determine which team chooses ends. The team that loses the coin flip automatically kicks off.

1. **Ball In and Out of Play:** The ball is out of bounds when it crosses *completely* over the Touch Line (side line) or Goal Line (end line). A ball that comes to rest in the Goal Arc is out of play and results in a Goal Kick for the defending team. The goalposts, crossbar, corner flags, and the Referee are part of the field of play.
2. **Scoring:** To score a goal, the ball must cross *completely* over the Goal Line and between the goalposts, and must be shot from the half of the field nearest that goal. If a shot from the other side of the Halfway Line goes directly into the goal, there is no score and the defending team is awarded a Goal Kick.
3. **Offside:** There is no offside.
4. **Fouls & Misconduct:** Regulations will follow FIFA rules, with the following exceptions:
5. Slide tackling is not allowed. Executing a slide tackle is considered a foul.
6. Heading is not allowed in Divisions C-5, G-5, and lower. Executing a header in these divisions is considered a foul.
7. All fouls committed by a player more than 5 yards away from his/her own goal shall result in a Free Kick.
8. All fouls committed by a player within 5 yards of his/her own goal shall result in a Penalty Kick.
9. Players are not allowed to take position or touch the ball within the Goal Arc. If an attacking player infringes this Goal Arc rule, a Goal Kick is awarded to the defending team. If a defending player infringes this rule, a Penalty Kick is awarded to the attacking team. However, if the Referee judges that the ball was going into the goal except for the intervention of a defending player within the Arc, he/she may award a goal.
10. The Referee may issue a yellow or red card to a player who is guilty of serious/repeated fouls or misconduct. A player that collects two yellow cards or one red card in a match is required to sit out the rest of the match. A player that collects two yellow cards or a red card in a match, or a yellow card in each of two consecutive matches, is also required to sit out the following match.
11. The Referee has discretion to apply the "advantage rule", that is, to allow play to continue to the advantage of the team against which an infraction is committed.
12. **Free Kicks**, as opposed to Penalty Kicks, are always indirect. Before a goal can be scored from a Free Kick, another player (of either team) must touch the ball. Opponents must position themselves at least 3 yards away from the spot of the kick.
13. **Penalty Kicks:** For C-3, G-3, and lower divisions, Penalty Kicks are spotted 15 yards directly out from the goal. For C-4, G-4, and higher divisions, Penalty Kicks are spotted at the Center Mark (on the Halfway Line). Penalty Kicks are taken on an open net; defending players may not interfere. If the kicker’s shot misses the goal, the defending team is immediately awarded a Goal Kick (that is, the ball does not remain in play).
14. **Kick-Ins** replace Throw-Ins. A goal cannot be scored directly from a Kick-In.
15. **Goal Kicks** are taken from the defending team’s Goal Line at any point between the Goal Arc and the corner. Opponents must position themselves 5 yards away from the Goal Line.
16. **Corner Kicks:** A goal may be scored directly from a Corner Kick.

# Rules of the Game Clarifications

**Rule 9 — Scoring:** If a player plays a ball forward from his own (defending) half of the field and it is deflected by another player — from either team — in the attacking half en route into the goal, the score stands. (This is akin to a defender deflecting an Indirect Free Kick into goal.) On the other hand, if the ball played forward from a player’s defending half goes directly into the goal without touching any player in the attacking half, there is no score and play is restarted with a Goal Kick.

**Rules 11a and 11b — Slide Tackling and Heading:** For safety concerns: (a) slide tackling is always considered a foul, even if no other players are near the sliding player; and (b) heading is considered a foul in Divisions C-5, G-5, and lower divisions. The referee *may* issue a player a verbal warning in lieu of a foul call for a first-time offense.

**Rule 11e — Goal Arc Infringements:**

1. The *whole of the ball* must be *beyond* (i.e., within) the line marking the Goal Arc to be considered in the Arc. The ball may not be deliberately played by any player when it is inside the Arc. The ball may be played legally if any part of it is outside the Arc, including on the line marking the Arc.
2. Players, offensive and defensive, may cross through the Arc to reposition to the other side of the field as long as they move through and are not playing the ball in the process. Players may not take advantage by standing in the Arc.
3. If a player intending to run through the Arc happens to contact the ball, being entirely within the Arc, a Penalty Kick or Goal Kick shall be awarded, depending on which team’s player contacted the ball.
4. The Arc rules apply to the air space above the Arc. That is, playing an airborne ball completely within the Arc’s air space is not allowed, even when the player is also completely airborne or standing outside the Arc.

**Rule 15 — Goal Kicks:** Goal Kicks are always taken from the Goal Line outside of the Goal Arc. Goal Kicks are not placed inside the field of play. Opponents must be at least 5 yards away from the Goal Line.

***The Referee’s decision is final!***

