

The Kingdom - Indoor Soccer Rules

1. Division Regulations

All Divisions

All teams will be responsible for doing the following for each session:

- Handing in an up to date roster / Waiver form by the start of the first game

Time Requirements: All teams play one 40 minute continuous period (no Halftime)

Youth Divisions (18 years old and under)

- Youth players may play in an older division at the discretion of The Kingdom's Management
- Youth player must have a legal guardian's signature on the consent / waiver roster in order to play at The Kingdom Sport Center.
- All youth teams and high school teams must have an adult 25 or older on the sideline.

High School Divisions

- 7th / 8th graders are permitted to play in high school league.
- Seniors are not permitted to play in any of the JV leagues. if any seniors are on a team they must play in a varsity or select appropriate division.
- Players who have graduated from high school or are not currently enrolled as a student in a school district are not eligible to play in the high school divisions.
- Any questions about a players eligibility may be asked by The Kingdom's management and a signed letter from the school district or student ID with graduating year must be provided in or order to participate.
 - Seniors may not be older than 19 years of age

Adult Divisions (18 years old and over)

- Adult players may play in any of the open leagues

League Ball Size # of Players

League	Ball Size	Number of Players
All Men's High School and up	5	6 Players
All Women's High School and up	5	6 players
All Coed High School and up	5	7 Players
U-14 & U-13 Select	5	7 Players
Kicker , Striker	5	7 Players
U8 - U12/ Passer, Wings	4	8 Players
Turf Tots	4	5 players

If an Adult Division has a specified age to it a player may play in that division if they are within two years of the specified age, but a team may not exceed more than three players that do so.

Example:

A 25 and over coed team can have a maximum of three players that are 23 years old.

Open Division

- This division is open to any and all ages, at the discretion of The Kingdom's management. Players under 18 years of age must have parental consent.

Recreational Division and Regulations

NOTE: Only 3 select players are allowed on a recreational team

Select Divisions

- The Kingdom Sport Center recognizes ages U8, U9, U10, U11, U12, U13, and U14 to be selected. U15, U16 are classified as High School Varsity or Jv Based on Strength.

Coaches Checklist

Listed below are a few of the key rules that all your players should know

- Make sure all players know that there is No Spitting, No Gum, No Food, No Drinks allowed on or across the field.
 - Any flat-soled or completely molded cleat or turf shoes are acceptable. Baseball or track spikes or any shoes that have steel or metal tips are prohibited. All players must wear shoes.
 - All kicks are direct! (i.e. can score on any kick, including kickoff)
 - Team must be of like colored shirts (Different hues or the same color are fine)
 - All High School Division are required to wear shin guards regardless if they are 18, any player not wearing shin guards will be asked to leave the field of play. Adults May play at their own risk without Shin Guards.
 - Game time is forfeit time at the discretion of The Kingdom's Management
 - Smoking or chewing tobacco is prohibited in or around the building
 - Players spitting on the playing field will receive an automatic two minute penalty
 - Slide tackling will not be permitted. (Exception to the rule – Goalkeepers may slide tackle in their own penalty box.)
 - The game will consist of a 40 min continuous clock
 - Only 3 select players can play on a recreational team. A select player is one who has played select soccer in the spring or fall prior to the indoor season. Select applies to players nine years old and older.
 - Coaches please inform all players of the suspension policy
 - All players / Guardians must sign a team roster and a player waiver form. Any player not registered will be trespassing and ineligible to play.
 - **NO COLORED DRINKS ON OR AROUND THE PLAYING FIELD!!**
- Note: Games may be forfeited if players do not comply with the rule

2. The Field of Play

Perimeter walls are part of the field of play.

House Rule

- The top perimeter wall and anything above the white wall Markings on the field are present and visible and all calls that may reference the ball in correlation with the markings are under the discretion of the official.

3. The Ball

- The Ball shall not be changed during the game unless authorized by the official or management
- The official prior to each game will approve the ball.
- If the ball should burst or deflate during the game
 - o The game shall be stopped while the ball is changed out
 - o The game will restart by a drop ball where ball deflated.

House Rule

- If the game is stopped, the appropriate free kick will restart the game.
- If the ball is deflated in the penalty area, there shall be a drop ball outside the penalty area nearest to where it became deflated.
- Teams will supply game balls. No other balls will be allowed on the premises. Game ball will be returned to the official at the conclusion of each match.

4. Roster Regulations

- All teams must have their team's players on a roster and turned in to Kingdom Sports management by the first game of the session.

- A new roster must be provided for each session.
- Each player must fill out a liability release form. Any player who does not fill out and sign a release form will be considered Trespassing and the team they are playing with will automatically forfeit the game.
- All players under the age of 18 years of age must have a parent or legal guardian's signature before they can play. Those 18 years and older may sign for themselves.
- Any changes to be made to the roster must be made by the second (2) game of the session. It must be changed on the roster file at Kingdom Sports's office and witnessed and initialed by a representative of The Kingdom's management.

House Rules

- Use of an ineligible player will result in a forfeit by the team guilty of this action.
- Players may play on 1 team in each division.
- Only 3 select players are allowed on a recreational team.

5. Number of Players

- Games will be started by two teams,
- **Turf Tot Division play 5 players with no goalkeepers.** The goal of Turf Tot Division is to have players have fun and score.
- Youth Division (Passer, Wings, Striker, & Select U8-U12) play 8 players, one of whom shall be the goalkeeper.
- Youth Division (Kickers & Select U13 -U14) play 7 players, one of whom shall be the goalkeeper.
- High School Divisions & Select U15-U18 play 6 Players, one of whom shall be the goalkeeper
- Men's / Women's Divisions play 6 players, one of whom shall be the goalkeeper.
- Coed Divisions will consist of 7 players, one of whom shall be the goalkeeper. Any team unable to field a minimum of 4 players (two of which must be female) will forfeit the game. (See coed rules for further information)
- Any team unable to field a minimum of 4 players (6v6 league) for the will forfeit that game.

6. Player's Equipment

- Players shall not wear anything which may injure him/herself, or any other player on the field.
- Any flat-soled or completely molded cleat shoes are acceptable. Baseball, Football, track spikes or any shoes that have steel, metal tips , or are screw ins are prohibited. All players must wear shoes.
- Illegal equipment is any equipment which in the opinion of the official or management is dangerous or confusing.
 - o Types of illegal equipment:
 - Rings, Watches, Necklaces, and piercings or items projecting from personal clothing.
 - Head, arm, thigh or hip pads containing sole leather, fiber, metal or any unyielding materials.
 - Shin Guards which are exposed. (Shin Guards must be covered.)
 - Helmets, Hats, Caps, Visors and hair bonnets.

EXCEPTIONS:

1. Goalies may wear a head protector made of closed- cell slow recovery rubber or similar materials that stay soft in final form. This head gear shall have a chin strap and shall not have a bill or other protruding design characteristics or cover the face other than the forehead.
2. Goalies may wear fingersave type gloves
3. Religious, military or medical medals may be worn, if taped to the inside of the uniform or to the body.
 - Goalies must wear colors which distinguish him/herself from the other players and officials.
 - Team uniforms will be similar in color, but are not required to match in style or have numbers on them.
 - **SHIN GUARDS ARE MANDATORY FOR ALL PLAYERS UNDER 18 and also required in all High school leagues regardless of age.** Socks must cover shin guards at all times. Adults may play at their own risk without guards.

HOUSE RULES:

- Casts or knee braces made of hard, unyielding material must be examined by the official

- The team listed first on the schedule is the home team. In the event of two teams with like colored uniforms, the HOME team is responsible for changing the color of its uniforms. The Kingdom will The player at fault shall be removed from the field of play to adjust equipment. Any player who enters / re-enters the game having failed to carry out adjustment will be assigned a time penalty. Time penalty is at the discretion of the official.

7. Goalkeeper Restrictions

- A goalkeeper may not handle the ball a second time until the ball has been played into the neutral zone or touched by the opposing team.
- A goalkeeper must distribute the ball within five seconds after gaining control of the ball with their hands. It is the official's discretion as to the time the goalkeeper gains initial control of the ball.
- The ball may not be passed to the goalkeeper's hands from the neutral zone by a member of that team. The defensive team must gain possession in the red zone before passing the ball to the keeper's hands.
- A goalie may pick up a pass back from his own team if the ball was passed back from his own teammate that came from the goalies defensive third. In all other cases the ball played to the goalie must stay on ground and handled by goalies foot. If there is an infraction of this rule by the goalie, the restart is a free kick to the opposing team from the top of the circle at the top of the goalie box.
- 5 Second Distribution Rule, after 5 seconds, free kick to the opposing team from the top of the circle at the top of the goalie box (use your judgement here.... Warn the goalie to get rid of the ball. If the goalie (or any other player) is persistent in this infraction, award the opposing team a free kick.
- Goalies may use their hands to block shots or to pick up ball from shot attempt only (see "passback" rules above)
- Goalie punishment, can be enforced to other members of team
- If a foul is committed in box, free kick will be awards in penalty box
- Three line rule enforced on goalie kicks, punts and throws, 3rd line (red line)

The following are considered changes of possession:

- A defensive steal
- The Ball being kicked over the perimeter of the wall
- A goal kick
- A foul on the attacking team

Examples of keeper violations:

- Goalie distributes the ball to his fullback with his hands within the defensive 1/3 zone of his goal area; a defender then kicks the ball back to the goalie who then picks the ball up with their hands. This is considered handling (goalie played the ball with his hands twice before it cleared his final 1/3 or an attacker touched the ball). Restart is a DFK from the top of the circle of the goal box. Defenders may defend on this infraction.
- Goalie distributes the ball to a fullback who takes the ball into the neutral zone, then kicks the ball to the goalie who then picks the ball up.
- Fullback gains possession in the neutral zone, he then either dribbles or passes the ball into the red zone, the ball is then passed back to the goalie who then picks it up.
- Goalie receives the ball outside the penalty box then dribbles into the penalty box and picks the ball up.

Basic Ruling Two-Touch Foul By Keeper:

- Ball must be played into neutral zone and must be played or touched by an opposing player before the keeper can handle the ball a second time.
- This ruling is void if an opposing player receives / plays the ball prior to entering the neutral zone.

Goalie Foul Rules

- Any time a penalty is assigned against the goalie (except for fighting); the penalty shall be / can be served by another member of his/her own team. Yellow cards will still be assigned against the goalie.
- The opposing team will be awarded a direct free kick from the spot of the goalies foul.

(See exceptions below)

1. If the foul is committed in the box the free kick will be awarded at the top of the arch of the penalty area.
2. If the goalie is called for a flagrant foul in the box the opposing team will be awarded a penalty kick.

8. Start / Duration Of Game

- The game is started by a player taking a place-kick from the center spot into his/her opponents' half of the field of play.
- Infringement of kick-off will be re-started by a re-kick.
- If kicker plays the ball twice, a direct kick is awarded to the opposing team. (Playing the ball twice includes instances where a player kicking off the perimeter wall to themselves before the ball is touched or played by another player. This rule applies to all free-kicks.
- The ball must roll $\frac{1}{2}$ its own circumference on a kick off.
- The game shall be re-started in a like manner after the end of each half or after a goal has been scored.
- All kicks are direct free kicks
- A goal can be scored directly from kick-off.
- The ball is in play at all other times from the start of play, including:
 - Rebounds from the perimeter wall/referee
 - In the event of a supposed infringement of the law until a decision is given by the official Time In Play
- The clock shall not be stopped when the ball is out of play
- Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period of play.
- The time shall be stopped if, in the opinion of the referee, there is a serious injury.

HOUSE RULES:

- The duration of the game shall be one 40 minutes continuous clock
- After the end of each half, when restarting play, ends of field will be changed and a kickoff will be taken by the opposing team that kicked off the previous half. – Not Applicable – only one 40 minute period will be played
- The team that is guest will have the first kick off.
- Game time is forfeit time at the discretion of Kingdom Sports management.
- Additional time will be added to the clock if in the opinion of the referee infringements of the laws or other causes deem it necessary.
- The Kingdom Sports Center does not permit the suspension of play for team time-outs. Keep games on time. The teams are basically "reserving a 40 minute period of time". If an injury (serious or otherwise) eats into the 40 minutes of play time, that's unfortunate but there are teams behind this game that are waiting to play.

9. Substitutions

Substitutions may be used on an unlimited basis, provided that the players substituted for does not infringe (ie interfere with play during substitution) on the field of play. If this happens it's a free kick at the infringement for the opposing team.

Play will be suspended to allow completion of substitutions on the following occasions:

- After a goal is scored
- After a time penalty has been assigned
- On an injury time-out
- Ball is out of play and has crossed over the perimeter wall on your team's possession
- Any of the players may change with the goalkeeper, provided the referee is informed before the change.
- All substitutions shall be deemed to be a player and shall be subject to the authority and jurisdiction of the referee (off) the field of play.
- Any non-player/coach that enters the field of play without permission of the referee will be ejected from the game.
- An official may stop play to determine if a player is injured. If after re-examining the player it is determined that the player is able to continue, replacement for that player is not mandatory.

Punishment for infringements:

- The offending player shall serve a penalty time period of 2 to 5 minutes. Time of penalty is at the discretion of the referee. Play will re-start by a direct free kick or drop ball depending on the stoppage of play.

10. Scoring

A goal is scored when the **entire ball** has passed over the goal line, between the goal post and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arm by a player of the attacking team, except in cases of the goalkeeper who is in his / her own penalty area. **All kicks indoors are Direct kicks, so a goal can be scored anytime the ball is played!**

11. Three-Line-Violation

The goalie and only the goalie is guilty of the three-line-violation when he/she throws or kicks or propels the ball in some manner across the three lines (both Blue lines and the centerline) in the air, towards the opponent's goal without the ball touching the wall, the floor, or having been touched by another player.

The only exception to the law is a goalkeeper may kick or throw the ball across the three lines is his/her team is playing with 2 less players than the opposing team.

Punishment for the infringement:

•Of the law: The referee shall award a direct free-kick to the opposing team from anywhere on the first **red line closest to the goalie** that infringed.

12. Free-Kicks/ Delay of Game Penalty

Free-Kicks:

When a player is taking a direct free-kick inside his /her own penalty area, all opposing players must remain outside the area and must be at least 10 feet from the ball while the kick is being taken. The ball is in play immediately after it has traveled half of its own circumference and is beyond the penalty area. The ball must be kicked beyond the penalty area before it is in play. Failure to do so will result in a Re- Kick.

•When a player is taking a direct free-kick outside his/her own penalty area, all of the opposing players shall be at least 10 feet from the ball.

Delay of game penalty:

If any player, in the referee's opinion, intentionally puts the ball out of play (over the perimeter wall or to the ceiling) to delay the game, the game shall be stopped and a direct kick is awarded to the opposing team at its offensive third. A time penalty may be assigned to the offender.

NOTE: Throwing/ kicking the ball away from an opponent awarded a free kick is considered a delay of game tactic. Goalies will not be violators of this provision if deflecting a ball over the perimeter wall within their goal area.

13. Time penalties (House Rules)

•All time penalties carry automatic yellow cards.

•Two time penalties on the same individual results in automatic ejection

•Duration of time penalties is at the discretion of the official.

•All 5 minute time penalties must be served in full, regardless of time remaining in the game or team being scored upon.

•Any team assigned three time penalties within one half or a total of 4 time penalties within two halves will forfeit the game.

•Referee's can send players to the bench for a minute "Cool Down" period. Cool down periods can be longer depending upon official discretion given the situation on the field, but probably should not last longer than 2 minutes. Cool down periods do not count as time penalties.

•Cool down periods are designed to let players from both teams keep players on the field. When a player is sent off for a "Cool Down" they must stay off the field for one minute. During this period a player from the bench can substitute for the player sent off.

•It is the discretion of the referee and coach as to the amount of time players stay in "Cool Down" the minimum time will be one minute. This rule is designed to prevent arguments and fighting. Management feels that "Cool Downs" give players a warning to change their play or attitude before a major problem arises.

•After one minute the player in "Cool Down" a coach may substitute that player back onto the playing field.

14. Fouls and Misconduct

•Any Player committing the following offenses shall be penalized and the opposing team will be awarded a direct free kick from the place where the infringement occurred.

(Example: Dangerous Play, obstruction, etc.)

•Any of the infringements listed above which are committed in the goal box by the defense will result in the ball being placed at the top of the circle of the penalty box. Any of those infringements made by an offensive player will result in the ball being placed at the spot of the foul.

•If, in the opinion of the official, the player is guilty of a serious breach of the offenses listed, he/she may be penalized with a time penalty. Amount of time is at the discretion of the official.

Penalty Offenses:

•Playing in a manner considered by the referee to be dangerous.

•Charging the goalie when he/she has possession of the ball.

-Exceptions being when the goalie plays the ball with their feet in or outside of the box.

•When playing as the tactics: of holding the ball in hands more than 5 seconds, if in the opinion of the referee are designed to hold up play.

•Kicking/Throwing the ball away from the team awarded a free kick.

•Dissent towards the referee (words or actions), on any given decisions.

•Unsportsmanlike conduct

•Any kick delayed longer than five seconds will be awarded to the other team.

•Any ball touched by the defense on the defensive third, which then touches the top of the net will result in a direct kick for the opposing team in the middle of the offensive red line.

•Two cautions per game, player shall be ejected off the field of play.

Cautionary offenses

A player or coach shall be cautioned for:

- Persistent infringement of the laws of the game
- Dissent towards the referee (action or words)
- Unsportsmanlike conduct

Ejection Offenses

A player will be sent off the field of play if:

- The player is guilty of violent conduct or serious foul play
- The player uses foul or offensive language
- The Player persists in misconduct after having received a caution-guilty of committing a second time penalty offense.
- A player ejected off the field of play, the offending team will play short the remainder of the game, regardless of the time remaining or score of the game.
- All ejections will be reported to The Kingdom's management.

15. Fighting

1st offense = Automatic 2 game suspension

2nd offense = Automatic season suspension (with possible banishment for next season)

Player Conduct:

1) Any verbal badgering of officials or derogatory language between opposing players after officials have asked once for coach's control may result in player(s) involved in the action being disqualified for the remainder of the match. The first derogatory action or language will be penalized 2 minute penalty and a team will play a player short on the field. The second derogatory action or language will cause player(s) to be ejected from the game and a 2 minute penalty will be incurred. Sideline players are subject to the same disqualification for abusive, obscene, or badgering language to either opposing players or officials. If the Captain or Coach of the penalized team cannot control the actions of his players, the game can be forfeited at the discretion of the game officials.

2) No trash talking or taunting of opponents and/or referees either on the field or from the sidelines this will result in a 2 minute penalty and a team warning the next offense will be an automatic game suspension. If conduct persists from the same team, officials have the right to declare a forfeit. Referees can penalize a team for remarks from the sideline. This means players not playing. Any fan that makes remarks to the field will have to leave the premises. That means no religious or racial remarks will be tolerated. Players will be ejected immediately! The above goes for before, after or during any game. The Kingdom reserves the right to suspend or banish a player(s) and/or team for verbal abuse and/or misconduct.

3) Any verbal abuse of an official and/ or facility management will result in ejection from that game and an automatic two (2) game suspension. If conduct persists from the same team, official has the right to declare a forfeit. Second offense banishment. Any player that touches an official in anger will result in expulsion from the league. The above goes for before, after or during any game. The Kingdom reserves the right to suspend or banish a player(s) and/or team for verbal abuse and/or misconduct.

4) Fighting, which is described as pushing, shoving, punching or taunting an opposing player, fan or spectator, will result in that individual being thrown out of the specific game. Any player that throws one punch regardless of the circumstance (retaliation, etc.) will be automatically suspended by the league for two (2) games. If two or more punches are thrown, the applicable player will be suspended for a minimum of three (2) games and a maximum of the remaining portion of the season. The above goes for before, after or during any game. If conduct persists from the same team, official has the right to declare a forfeit. This applies to fans as well. Players that leave their sidelines during a fight risk being thrown out of that specific game by the referees pending the circumstances involved. The referees and The Kingdom's Management will be the deciding bodies in ejections. A second infraction by a player on any of the above will result in banishment from the league.

5) NO ALCOHOL IS ALLOWED AT ANY LEAGUE EVENT EXCEPT IN DESIGNATED AREAS. IF CAUGHT BOTH THE PLAYER AND TEAM WILL BE IMMEDIATELY EJECTED FROM THE LEAGUE WITHOUT REFUND OF ENTRY FEE. IT IS INCREDIBLY TOUGH TO FIND PLACES TO PLAY AND HAVING ALCOHOL AT EVENTS MAKES IT EVEN TOUGHER. IF YOU ARE CAUGHT THERE IS NO APPEAL AND NO EXCEPTION.

Consumption of alcoholic beverages or smoking on the sidelines by Players, Managers, Coaches or Fans is prohibited

6) Trash or Litter on the Fields:

Teams must clear/clean their sidelines of all "litter" immediately after the game has ended. Littering will be reported by Teams that play behind you and also the Referees. If you do not report a team for trashing a field, then you may get blamed for it. WE CAN AVOID ALL PROBLEMS BY KEEPING THE FIELDS CLEAN.

Your help in this matter will be appreciated!

16. Suspension Policy

- Any ejection carries with it an automatic game suspension for the rest of that game. Players or coaches may be suspended for more than one game by discretion of The Kingdom's management.
- All suspensions will be imposed for that teams "next" scheduled game.
- Suspended players / coaches will not be permitted on the player's bench or the playing surface for the duration of the suspended games.
- Suspension **DOES** pertain to the other teams or leagues on which players play or coach.
- The Kingdom has the right to suspend for more than 2 weeks if they feel the player / Coach is a safety hazard to other players or parents.

16A. Team Removal

- Any Team that may be fielding ineligible players and will not change or is unwilling to abide by The Kingdom Rules will be removed from the league with NO REFUND of League Fees.

•Any Team that in the opinion of The Kingdom management excessively fights or on a consistent biases is unwilling to abide by the Rules and Regulations of The Kingdom Sport Center will be removed from the league with NO REFUND of League Fees.

17. Regulation / Responsibilities

•The Kingdom's official's jurisdiction of the official begins when they enter the field of play. They shall enforce the rules and their decisions on points of fact connected with the play are final, so far as the result of the game is concerned. The referee, however, can reverse his decisions so long as the game has not been restarted.

•His/ Her jurisdiction of authority of penalizing shall extend to offenses committed when play has been temporarily suspended or when the ball is out of play, prior to game or after completion of the game.

Referee Duties

Pre-game:

- Inspect and approve game ball.
- Examine the uniform and equipment of each player to see that it is within compliance of the rule
- Conduct a pre-game conference with coaches and captains to review pertinent rules and general house rules.

Game Duties:

- Enforce the laws of the game
- Have discretionary power to stop the game for any infringement of the laws and suspend or terminate the game whenever by reason of interference by spectators, or other causes, he/she deems such stoppage necessary
- Caution any player guilty of misconduct or ungentlemanly behavior and suspend that player if player persists to infringe laws of game, etc... from participation in the game.
- Allow no persons, other than players and coaches to enter the field of play without permission
- Stop the game, if in the opinion of the official a player has been seriously injured; have the player removed as soon as possible from the field of play and resume play.
- Send off (eject) from the game, any player / coach who in the officials opinion is guilty of:
 - a) Violent conduct, or serious foul play
 - b) The use of foul or abusive language
 - c) Persistent misconduct
 - d) Spitting
 - e) Slide tackling

•Referee / official has discretionary power to add time to clock at any time during a game, for infringements of the law, interference of spectators, coaches, players, or other causes deemed such additional time is necessary.

•Players, coaches, and spectators that enter the field of play without the permission of the referee will be ejected from the field of play and The Kingdom Sport Center. Additional actions may be taken against individuals committing this action, and is the discretion of The Kingdom Sports Center's management.

•If the Referee suspends or terminates a game, then the game will stand as is. A report of the game will be given to The Kingdom Sport Center's management for final determination of the game.

18. Coed Rules

•A team consists of seven players. Excluding the goalie a team can have no more than 3 males (or less than 2 males), on the field at one time. (The Goalie is a Gender Neutral Position and doesn't count toward your male or female numbers). Females may replace males but males cannot replace females. If a team has less than 5 players or less the goalie will then count toward the guy to girl ratio number. Any team unable to field a minimum of Four players, two of which must be females, will forfeit that game.

Acceptable combinations:

1 Goalie (any Gender) - 3 males - 3 Females

1 Goalie (any Gender) - 2 males - 4 Females

Unallowed Combinations:

1 Goalie (any Gender) - 4 males - 2 Females

1 Goalie (any Gender) - 3 males - 1 Females

- All fouls and misconduct laws and house rules apply to coed also, except those mentioned below:
 - A female player must kick the ball off to start or restart the game.
 - All free kicks in the offensive half must be taken by a female
 - A female attacking player must touch the ball in their offensive half before a goal can be scored from the time the ball crosses the center halfway line into the defensive zone of the opposing team, it must be touched by a female of the attacking team at least once before a goal can be scored.
- If a female player scores a goal in the offensive team while in her defensive half of the field goal kick will be awarded since touch was not obtained in the offensive have of the field.
- Once touch is made that touch is valid until the ball passes completely over the center half line, into the defensive half of the attacking team. Other methods which a touch may be lost are a goalkeeper gaining control of the ball with hands and / or goal kick, attacking team kicks the ball over perimeter wall.
 - Attacking team must obtain a retouch before a goal can be scored.
 - A goal will not be allowed if a defensive player deflects or kicks the ball in their goal before a touch by the attacking female player. A corner kick will result.

19. **New Heading Rule

- **For U11 and younger, has contact with the ball with any part of the head, whether intentional or unintentional. Like other non-cardable offenses, the result is a Free Kick for the opposition at the spot of the head ball. If a player heads the ball on their defensive 3rd of the field the ball will be placed at the spot outside of the goal box.**

This Rule will apply to the following leagues. (U8,U9,U10,U11 Select) (Turf Tots, Passers, Wings)

**** ONLY MOLDED CLEATS, TURF, FLAT SOLED SHOES, OR GYM SHOES MAY BE WORN**
NO SCREW IN CLEATS OR ALUMINUM TIPPED CLEATS ALLOWED!!!!**