

## 4 Year Olds

All players are required to wear an MSA jersey, shorts, shin guards, socks and cleats. The socks must cover the shin guards entirely.
COED: No more than 4 players on field per team (max: 4 v 4 )
8 minute quarters X 4
Size 3 ball
Coaches will be on field as referees
No goalies
When the ball leaves the field of play there will be kick ins at the place where the ball leaves the field. (replacing throw-ins). The kick is taken on the side line at the spot of leaving the field of play.

A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line. After the ball is out of play, a player may place the ball anywhere within the six-yard goal box and kick the ball back into play. Goal kick must leave the goalkeeper's box to be considered a live ball.

A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over its goal line. The ball is placed within the corner area and is kicked back into play by

## NO PUSHING

## NO INTENTIONAL KICKING

## NO PENALTY KICKS

## NO OFFSIDE

## NO HEADBALLS

## NO SLIDE TACKLING (SLIDING)

## 5-6 Year Olds

All players are required to wear an MSA jersey, shorts, shin guards, socks and cleats. The socks must cover the shin guards entirely.
COED: No more than 6 players on field per team (max 6 v 6 )
8 minute quarters X 4
Size 3 ball
Coaches will be on field as referees
No goalies
When the ball leaves the field of play there will be kick ins at the place where the ball leaves the field. (replacing throw-ins). The kick is taken on the side line at the spot of leaving the field of play.

A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line. After the ball is out of play, a player may place the ball anywhere within the six-yard goal box and kick the ball back into play. Goal kick must leave the goalkeeper's box to be considered a live ball.

A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over its goal line. The ball is placed within the corner area and is kicked back into play by

## NO PUSHING

## NO INTENTIONAL KICKING

NO PENALTY KICKS
NO OFFSIDE

## NO HEADBALLS

## NO SLIDE TACKLING (SLIDING)

## NO TOUCHING BALL WITH HANDS

## 7-8 Year Olds

All players are required to wear an MSA jersey, shorts, shin guards, socks and cleats. The socks must cover the shin guards entirely.

## COED: No more than 8 players on field per team (max: 8 v 8 )

10 minute quarters X 4

## Direct kick fouls

1. Kicking (or trying to kick) an player
2. Tripping a player
3. Jumping at an player
4. Charging an player in particularly dangerous or violent way
5. Charging an player from behind in a violent way
6. Striking or attempting to strike an player
7. Holding an player
8. Pushing an player
9. Touching the ball with your hand or arm to gain advantage [shoulder to hand] (handling the ball)

## Indirect kick fouls

1. Dangerous play (high kicking, playing on the ground)
2. Charging an player with no intention of playing the ball
3. Charging the goalkeeper
4. Goalkeeper Time wasting
5. Goalkeeper using his hands to play the ball after its been kicked to him by a teammate
6. Build-out-line infraction
7. Punting the ball
8. Headballs

## NO PENALTY KICKS

## NO PUNTING

NO OFFSIDE

## NO HEADBALLS

## NO SLIDE TACKLING (SLIDING)

## NO SUBSTITUTIONS ( ONLY FOR INJURY AND BETWEEN QUARTERS)

A throw-in is awarded when the possessing team plays the ball out of bounds over the touchline. While taking a throw-in, a player must release the ball with both hands simultaneously and keep both feet firmly planted on the ground. If these conditions are not met, play is stopped and the throw-in is given to the opposing team. Players are not allowed to score directly off a throw-in. Two chances on throw-ins. Throw in cannot be played to him/herself

A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line. After the ball is out of play, the defender or goalkeeper may place the ball anywhere within the six-yard goal box and kick the ball back into play. Goal kick must leave the
goalkeeper's box to be considered a live ball, and if behind the build out line must touch one other player with a no more than 5 second limit before ball is back in play.

A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over its goal line. The ball is placed within the corner area and is kicked back into play by the offensive team. Players can score directly off a corner kick. Corner kick cannot be played to him/herself

## Build out line

A horizontal line drawn from sideline to sideline 14 -yards in front of each goal, build-out lines will encourage possession and playing the ball out of the back. When a goalkeeper has the ball in hand or takes a goal kick, the opposing team remains behind the build-out line until the ball is put into play and touched by a second player. The player who is the recipient of a pass from the goalkeeper or (player taking the goal kick) must touch the ball within a 5 second time frame. after 5 seconds has been counted the opposing players may cross build out line to make a play on the ball. ( 5 seconds max). Punting the ball will result in an indirect kick located at the build out line.

## 9-11 Year Olds

All players are required to wear an MSA jersey, shorts, shin guards, socks and cleats. The socks must cover the shin guards entirely.

COED: No more than 9 players on field per team (max: 9v9)
12 minute quarters X 4
Size 4 ball

Direct kick fouls

1. Kicking (or trying to kick) an player
2. Tripping a player
3. Jumping at an player
4. Charging an player in particularly dangerous or violent way
5. Charging an player from behind in a violent way
6. Striking or attempting to strike an player
7. Holding an player
8. Pushing an player
9. Touching the ball with your hand or arm to gain advantage [shoulder to hand] (handling the ball)

Indirect kick fouls

1. Dangerous play (high kicking, playing on the ground)
2. Charging an player with no intention of playing the ball
3. Charging the goalkeeper
4. Goalkeeper Time wasting
5. Goalkeeper using his hands to play the ball after its been kicked to him by a teammate
6. Offside
7. Build-out-line infraction
8. Punting the ball
9. Headballs

Direct kick infractions inside the penalty box will result in a Penalty Kicks
NO HEADBALLS
NO PUNTING

## NO SLIDE TACKLING (SLIDING)

## NO SUBSTITUTIONS ( ONLY FOR INJURY AND BETWEEN QUARTERS)

A penalty kick is awarded either when a defensive player fouls an attacking player or commits a handball or any direct kick infraction in his/her team's penalty area. The penalty kick is placed at the penalty spot, and all players on both teams must remain outside the penalty box during the shot. They may enter the box immediately after the shot is taken. The goalkeeper may move horizontally along the goal line before the shot is taken, but he may not come off the line until the ball is struck.

A throw-in is awarded when the possessing team plays the ball out of bounds over the touchline. While taking a throw-in, a player must release the ball with both hands simultaneously and keep both feet firmly planted on the ground. If these conditions are not met, play is stopped and the throw-in is given to the opposing team. Players are not allowed to score directly off a throwin. Two chances on throw-ins for the first half of season. One chance during the second half of the season.Throw in cannot be played to him/herself

A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line. After the ball is out of play, the defender or goalkeeper may place the ball anywhere within the six-yard goal box and kick the ball back into play. Goal kick must leave the goalkeeper's box to be considered a live ball, and if behind the build out line must touch one other player with a no more than 5 second limit before ball is back in play.

A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over its goal line. The ball is placed within the corner area and is kicked back into play by the offensive team. Players can score directly off a corner kick. Corner kick cannot be played to him/herself

## Build out line

A horizontal line drawn from sideline to sideline 14-yards in front of each goal, build-out lines will encourage possession and playing the ball out of the back. When a goalkeeper has the ball in
hand or takes a goal kick, the opposing team remains behind the build-out line until the ball is put into play and touched by a second player. The player who is the recipient of a pass from the goalkeeper or (player taking the goal kick) must touch the ball within a 5 second time frame. after 5 seconds has been counted the opposing players may cross build out line to make a play on the ball. $(5$ seconds max). Punting the ball will result in an indirect kick located at the build out line.

## Offside position

It is not an offence to be in an offside position.A player is in an offside position if:

- any part of the head, body or feet is in the players' side of the build out line (excluding the halfway line) and
- any part of the head, body or feet is nearer to the players' goal line than both the ball and the second-last player
- The hands and arms of all players, including the goalkeepers, are not considered.

A player is not in an offside position if level with the:

- second-last player
- last two players


## Offside Offense

A player must be past the opposing sides build out line for offside to be called with the following actions. A player in an offside position at the moment the ball is played or touched* by a teammate is only penalized on becoming involved in active play by:

- interfering with play by playing or touching a ball passed or touched by a team-mate or
- interfering with an player by:
- preventing an player from playing or being able to play the ball by clearly obstructing the player's line of vision or
- challenging an player for the ball or
- clearly attempting to play a ball which is close when this action impacts on an player
- making an obvious action which clearly impacts on the ability of an player to play the ball


## 12-14-year olds

All players are required to wear an MSA jersey, shorts, shin guards, socks and cleats. The socks must cover the shin guards entirely.

COED: No more than 7 players per team on the field (max: 7V7)
15 min quarters x 4
Size 5 ball
Direct kick fouls

1. Kicking (or trying to kick) an player
2. Tripping a player
3. Jumping at an player
4. Charging an player in particularly dangerous or violent way
5. Charging an player from behind in a violent way
6. Striking or attempting to strike an player
7. Holding an player
8. Pushing an player
9. Touching the ball with your hand or arm to gain advantage [shoulder to hand] (handling the ball)

## Indirect kick fouls

1. Dangerous play (high kicking, playing on the ground)
2. Charging an player with no intention of playing the ball
3. Charging the goalkeeper
4. Goalkeeper Time wasting
5. Goalkeeper using his hands to play the ball after its been kicked to him by a teammate
6. Offside

## HEADBALLS ALLOWED STARTING 2024

NO SLIDE TACKLING (SLIDING)

## NO SUBSTITUTIONS (ONLY FOR INJURY AND BETWEEN QUARTERS)

A penalty kick is awarded either when a defensive player fouls an attacking player or commits a handball or any direct kick infraction in his/her team's penalty area. The penalty kick is placed at the penalty spot, and all players on both teams must remain outside the penalty box during the shot. They may enter the box immediately after the shot is taken. The goalkeeper may move horizontally along the goal line before the shot is taken, but he may not come off the line until the ball is struck.

A throw-in is awarded when the possessing team plays the ball out of bounds over the touchline. While taking a throw-in, a player must release the ball with both hands simultaneously and keep both feet firmly planted on the ground. If these conditions are not met, play is stopped and the throw-in is given to the opposing team. Players are not allowed to score directly off a throw-in. One chance to throw in. Throw in cannot be played to him/herself

A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line. After the ball is out of play, the defender or goalkeeper may place the ball anywhere within the six-yard goal box and kick the ball back into play. Goal kick must leave the goalkeeper's box to be considered a live ball.

A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over its goal line. The ball is placed within the corner area and is kicked back into play by the offensive team. Players can score directly off a corner kick. Corner kick cannot be played to him/herself.

## Offside position

It is not an offence to be in an offside position. A player is in an offside position if:

- any part of the head, body or feet is in the players' side of the build out line (excluding the halfway line) and
- any part of the head, body or feet is nearer to the players' goal line than both the ball and the second-last player
- The hands and arms of all players, including the goalkeepers, are not considered. A player is not in an offside position if level with the:
- second-last player
- last two players


## Offside offence

A player in an offside position at the moment the ball is played or touched* by a team-mate is only penalized on becoming involved in active play by:

- interfering with play by playing or touching a ball passed or touched by a team-mate or
- interfering with an player by:
- preventing an player from playing or being able to play the ball by clearly obstructing the player's line of vision or
- challenging an player for the ball or
- clearly attempting to play a ball which is close when this action impacts on an player
- making an obvious action which clearly impacts on the ability of an player to play the ball

