

# **NNYSA Division Rules**

## **LAWS OF SOCCER FOR 5U-8U**

### **BEFORE THE GAME**

The Home team will:

- Provide the game ball
- Wear the pennies if there is a color conflict

All teams will have spectators/parents on one side of the field and players/coaches (with a cleared background check & ID card) on the opposite side.

Coaches and/or spectators must stay clear of the goal and may not place anything on, by or near the goal.

A coin toss will be held to select who gets ball and direction to kick off.

### **LAW 1**

Goal sizes are approved by the Boys & Girls Club.

### **LAW 2 - THE BALL**

Size #3 Soccer Ball

### **LAW 3 - PLAYERS AND SUBSTITUTIONS**

It is recommended that there will be four (4) players per team on the field at any one time (4v4). There will be a minimum of three (3) players to play a game. There will be no goalie. It is recommended that teams plays down one player if the opposing team is short a player. Another option for short-handed teams is to share players. Coaches must agree on option for short-handed games.

Teams may play with a maximum of one sweeper. This defensive player must be outside of the penalty area until the ball crosses into their side of the field at which time they may move to any area necessary to defend their goal.

Substitutions can be made with the consent of the referee at any stoppage point/dead ball.

Procedure to substitute:

- Substitute player is ready and standing at halfway line
- Call to the ref when play stops for substitution
- Look for signal since ref may refuse sub
- Proceed only with ref's consent

### **LAW 4 - PLAYERS AND EQUIPMENT**

Each player must wear shin guards that are fully covered by socks, and tennis shoes or soft plastic molded cleats. No player may wear anything which, in the referee's opinion, is dangerous to another-including watches, chains, pins, bracelets, hoop or stud earrings, metal barrettes and hard-billed caps. Player must take off any dangerous items to play. All earrings must be removed.

### **LAW 5 - THE REFEREE**

The Referee:

- Has jurisdiction from entering the field of play until leaving
- Makes the final decisions
- Can stop the game for a violation of the rules by the whistle
- Can suspend or abandon a game whenever necessary
- Acts as timekeeper, scorekeeper, and record keeper
- Referee can caution or eject a coach or spectator

- May request that a player bleeding from a wound leave the field of play and not return until the bleeding is stopped and he/she receives the permission of the Referee to return to the game

#### **LAW 6 - LINESMAN**

There are no linesmen at this age.

#### **LAW 7 - DURATION OF GAME**

Four 8 minute quarters, with one half time break of five minutes, and two quarter breaks of two minutes. Playing time can be less when managed by coaches.

#### **LAW 8 – START AND RESTART OF PLAY**

At each quarter or after a goal, play will start with a kick off. The team that received the first kick off will kick off at the start of the next quarter. Teams will also change directions at the half.

At the moment of the kickoff, all players, except the player taking the kickoff, shall be in their team's half of the field. The defense must be at least 10 feet away from the kicker. If the players are lined up behind the center circle, the team is in compliance.

The referee/coach will blow the whistle to signal for the kick off. On kick off, to be in play the ball must:

- be still at the center of the field.
- the ball can be kicked in any direction, but each player must be in his own half of the field and all players opposing the kicker must be at least 10 feet from the ball.

If any of these do not happen, the ball is not in play and is re-kicked. The team gets to re-kick until the ball is put into play.

Once the ball has been kicked off and is in play, it may not be kicked by the same player until someone else has played it. If the ball is kicked twice (two touch), the other team is given an indirect free kick at the point where the second kick occurred.

A goal CANNOT be scored directly from a kick off. If the ball goes into the goal directly from the kick off it has gone out of bounds. (See Goal Kick)

#### **LAW 9 - BALL IN AND OUT OF PLAY**

The ball is out of play when:

- The ENTIRE ball crosses either the touchline or goal line COMPLETELY either on the ground or in the air.
- Play has been stopped by the referee.
- It touches a match official, remains on the field of play and:
  - a team starts a promising attack or
  - the ball goes directly into the goal or
  - the team in possession of the ball changes

The ball is in play at all other times when it touches a match official and when it rebounds off a goalpost, crossbar or corner flag post and remains on the field of play.

#### **LAW 10 – SCORING**

A goal is scored when: The WHOLE ball crosses the ENTIRE goal line between the goal posts and under the cross bar, provided it was not propelled by the hand or arm of the attacking team. If a defender deflects the ball by hand or arm or other body part and the ball goes into the goal entirely, a goal is scored.

#### **LAW 11 - OFF SIDES**

There are no off sides. All players are considered on side at all times.

## **LAW 12 - FOULS**

A player MAY NOT:

- Kick or try to kick an opponent
- Trip an opponent, i.e. by using their legs or stooping over
- Jump at an opponent
- Charge (contact shoulder-to-shoulder in order to gain control) in a violent or dangerous manner
- Charge from behind
- Strike, spit, or attempt either towards an opponent or the referee
- Hold an opponent or pull at an opponent's jersey
- Push an opponent
- Obstruct an opponent (run between the opponent and ball or interpose the body so as to form an obstacle)
- Handle the ball with his hand or arm
- Play in a dangerous manner
- Use foul language
- Argue with the referee
- Charge fairly when the ball is not within play
- Due to potential for injury, slide tackling is not allowed for 5U-10U soccer
- Heading is NOT allowed

If a player does any of the above, the Referee/Coach will stop the game, explain the offense to the player, and award an indirect free kick to the opponent. If that player commits the same foul repeatedly, the referee will verbally caution the player and award the opponents an indirect free kick. Players will not be shown a card. If a player commits a foul that, in the referee's opinion, constitutes a danger to him or herself or another, that player may be substituted off immediately.

## **LAW 13 - FREE KICK**

All free kicks in 5U/6U are indirect. A goal cannot be scored directly from a free kick. The ball must be played by another player before going into the goal in order to score. To be played means kicked, juggled dribbled, or touched-except handling by the arm or hand. The other player can be from either team.

All free kicks will be taken where the offense happened, except:

- a free kick given to the attacking team within the opponent's goal area shall be taken from the outside edge of the goal area/penalty area on a line perpendicular to the goal line from which the offense occurred.
- a free kick given to the defense within its own goal shall be taken from any point within the goal area.

The kick must travel outside the goal area to be in play.

For a free kick, the ball:

- Must be still on the ground
- Must be kicked and moved
- May not be played by the kicker until played by another player
- May be kicked backwards, if not in the goal area

Should there be two-touches by the kicker, the opposing team gets the free kick.

For a free kick, all opposing players must be at least 10 feet away from the ball and must not distract the kicker in any way. In the case, where the free kick is on the goal line by the offense, the defenders may stand on their own goal line between the goal posts.

## **LAW 14 – PENALTY KICK**

There are no Penalty Kicks at this age

## **LAW 15 - THROW INS**

If the ball goes out of bound on the touchline (sideline), the team that touched it last loses possession. The other team gets to throw in at the point where the ball left the pitch (field).

The player throwing the ball must:

- line up opposite the referee who will mark the spot
- face the field
- bring the ball back over his/her head and
- keep part of each foot on or behind the touchline, in contact with the ground.

Like the kick off, the player throwing the ball in may not play the ball until another player has touched it. If there is two-touch, the other team gets an indirect free kick at the point where the ball was played the second time.

A goal cannot be scored from a throw in.

## **LAW 16 - GOAL KICK**

If the offense causes the ball to go out of bounds over the goal line, a goal kick is awarded to the defense.

Procedure:

- The ball must be stationary and is kicked from any point within the goal area by a player of the defending team.
- The ball is in play when it is kicked and clearly moves.
- Opponents must be outside the penalty area until the ball is in play.

If no penalty box is used, all opposing players must be outside the goal area and at least ten (10) feet away.

If an opponent who is in the penalty area when the goal kick is taken, or enters the penalty area before the ball is in play, touches or challenges for the ball before it is in play, the goal kick is retaken.

The ball may not be played by the kicker a second time before it is touched by another player. The other team is awarded an indirect free kick.

A goal cannot be scored directly from a goal kick.

## **LAW 17 - CORNER KICK**

If the defending team causes the ball to go out of bounds over the goal line, the offense is awarded a corner kick.

Procedure:

- The ball must be placed in the corner area nearest to the point where the ball passed over the goal line.
- The ball must be stationary and is kicked by a player of the attacking team.
- The ball is in play when it is kicked and clearly moves; it does not need to leave the corner area.
- The corner flag post must not be moved.
- Opponents must remain at least 10 ft. from the corner arc until the ball is in play.
- A goal cannot be scored directly from a corner kick.

## **LAW 18 – HEADERS & SLIDING**

6U: Using head to play the ball in any manner is illegal at this age group. Sliding for any reason is illegal at this age group.

## **LAW 19 – MERCY RULE**

If a team leads by 10 or more goals, the referee may adjust the game time and has the authority to reposition or substitute the dominant players. The referee can move the dominant goal scorer to a defensive position, substitute them, or have the team play with one player fewer if needed.

## **LAW 20 – PLAYING TIME**

All players must actively participate in the game, ensuring a fair and inclusive playing experience by playing a minimum of 50% of the total game time. This rule promotes equal opportunities, teamwork, and skill development, fostering a positive sporting environment. Coaches are responsible for player rotations to adhere to this requirement.

# LAWS OF SOCCER FOR 9U-15U

## **BEFORE THE GAME**

The Home team will:

- Provide the game ball.
- Wear the pennies if there is a color conflict.

All teams will have spectators/parents on one side of the field and players/coaches (with a cleared background check & ID card) on the opposite side.

Coaches and/or spectators must stay clear of the goal and may not place anything on, by or near the goal.

A coin toss will be held to select who gets ball and direction to kick off.

## **LAW 1**

Goal sizes are approved by the Boys & Girls Club.

## **LAW 2 - THE BALL**

10U: Size #4 properly inflated per IFAB.

12U: Size #4 properly inflated per IFAB.

15U Size #5 properly inflated per IFAB.

## **LAW 3 - NUMBER OF PLAYERS AND SUBSTITUTIONS**

10U: Maximum number of players on the field at any one time is seven (7), one of whom must be a goalkeeper. A minimum of five (5) players is required to play the game. It is recommended that teams plays down one player if the opposing team is short a player. Coaches must agree on option for short-handed games.

12U: Maximum number of players on the field at any one time is nine (9), one of whom must be a goalkeeper. A minimum of seven (7) players is required to play the game. It is recommended that teams plays down one player if the opposing team is short a player. Coaches must agree on option for short-handed games.

15U: Maximum number of players on the field at any one time is eleven (11), one of whom must be a goalkeeper. A minimum of nine (9) players is required to play the game. Coaches have the authority to play less than eleven players. It is recommended that teams plays down one player if the opposing team is short a player. Coaches must agree on option for short-handed games.

Unlimited substitutions can be made at the following times (provided they have checked in at the halfway line):

1. Substitutions may occur for either team on all dead-ball situations.

Procedure to substitute:

- Substitute player is ready and standing at halfway line.
- Call to the ref when play stops for substitution
- Look for signal since ref may refuse sub
- Proceed only with ref's consent
- Substitute calls the name of the player to leave and waits to be beckoned on
- Player leaving the field exits the field at nearest point on the touchline/goal line unless the referee decides otherwise
- Substitute player enters the field from the halfway line

Any of the other players may change places with the goalkeeper with the consent of the Referee during a stoppage in the game.

Yellow and Red cards can be issued starting at 10U. One yellow card foul is a warning and the player is still allowed to continue to play in the game. If the player is issued a second yellow card in the same game, then the player is ejected from the game and may not return to the game nor can the ejected player be replaced. The other team will not play down a player.

#### **LAW 4 - PLAYERS EQUIPMENT**

Each player must wear shin guards that are fully covered by socks, and tennis shoes or soft plastic molded cleats. No player may wear anything which, in the referee's opinion, is dangerous to another- including watches, chains, pins, bracelets, hoop or stud earrings, metal barrettes and hard-billed caps. Player must take off any dangerous items to play. All earrings must be removed. Shin guards are required at games.

#### **LAW 5 - REFEREES**

The Referee:

- Has jurisdiction from entering the field of play until leaving
- Makes the final decisions
- Can stop the game for a violation of the rules by the whistle
- Can suspend or abandon a game whenever necessary
- Acts as timekeeper, scorekeeper, and record keeper
- Referee can caution or eject a coach or spectator.
- Can caution a player and can eject from play if guilty of violent conduct, serious foul play, for abusive language or persistent infractions of the rules.
- May request that a player bleeding from a wound leave the field of play and not return until the bleeding is stopped and he/she receives the permission of the Referee to return to the game

#### **LAW 6 – LINESMEN**

1. The duties of the Linesmen are to indicate:

- When the ball is out of play
- Which side is entitled to throw-in, goal kick, or corner kick.
- When a substitution is desired and that the substitution was completed properly
- Assist the Referee in identifying off sides infraction
- Assist the Referee to control the game in accordance with the Laws on infractions the Referee may not have seen.

2. The Referee makes the final decision of the action to be taken even if the initial Linesman's signal is to the contrary. Only the Referee can stop the game.

#### **LAW 7 - DURATION OF GAME**

10U: Two (2) 25 minute halves, with one half-time break of five (5) minutes.

12U: Two (2) 30 minute halves, with one half-time break of ten (10) minutes.

15U: Two (2) 35 minute halves, with one half-time break of ten (10) minutes.

#### **LAW 8 - START OF PLAY**

1. The start of play at the beginning of each half and after a goal shall proceed with a kick-off. The team that did not take the opening kick-off shall take the kick off at the start of the opening of the second half, and the teams shall change ends of the field at the half.

- On a kick-off, the ball can be kicked in any direction. All players opposing the kicker must be at least eight (8) yards from the ball.
- A violation of this rule results in retaking the kick-off.
- If the player touches the ball again before it has touched another player, an indirect kick is awarded.
- A goal can be scored direct from a kick-off.

2. After a temporary suspension of play for any reason not otherwise mentioned in these laws, the Referee shall restart the game by a drop-ball.

- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped:
  - the ball was in the penalty area or
  - the last touch of the ball was in the penalty area

- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent or, as outlined in Law 9, a match official
- All other players (of both teams) must remain at least 4 m (4.5 yds.) from the ball until it is in play

The ball is in play when it touches the ground. A goal cannot be scored from a dropped ball.

### **LAW 9 - BALL IN AND OUT OF PLAY**

The ball is out of play when:

- The ENTIRE ball crosses either the touchline or goal line COMPLETELY either on the ground or in the air.
- Play has been stopped by the referee.
- It touches a match official, remains on the field of play and:
  - a team starts a promising attack or
  - the ball goes directly into the goal or
  - the team in possession of the ball changes

The ball is in play at all other times when it touches a match official and when it rebounds off a goalpost, crossbar or corner flag post and remains on the field of play.

### **LAW 10 - METHOD OF SCORING**

A goal is scored when the whole of the ball crosses the goal line between the goal posts and under the cross bar, provided it was not propelled by hand or arm of an attacking player. If a defending player deflects the ball by hand or arm and it goes in the goal entirely, a goal is scored.

### **LAW 11 - OFFSIDE**

1. 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 opponents' half (excluding the halfway line) and
- any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent.

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

- second-last opponent or
- last two opponents

2. 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 opponent by:
  - preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or
  - challenging an opponent for the ball or
  - clearly attempting to play a ball which is close when this action impacts on an opponent or
  - making an obvious action which clearly impacts on the ability of an opponent to play the ball
- gaining an advantage by playing the ball or interfering with an opponent when it has:
  - rebounded or been deflected off the goalpost, crossbar, match official or an opponent
  - been deliberately saved by any opponent

A player in an offside position receiving the ball from an opponent who deliberately plays the ball (except from a deliberate save by any opponent) is not considered to have gained an advantage. A 'save' is when a player stops, or attempts to stop, a ball which is going into or very close to the goal with any part of the body except the hands/arms (unless the goalkeeper within the penalty area).

3. There is no offside offence if a player receives the ball directly from a goal kick, a throw-in, and/or a corner kick.

4. For an offside infraction, the defending team is awarded an indirect free kick from the place where the offside occurred, unless the offense is committed by a player in his opponents' goal area in which case the free kick shall be taken from any point within the goal area.

## **LAW 12 - FOULS AND MISCONDUCT**

1. A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless or using excessive force:

- charges
- jumps at
- kicks or attempts to kick
- pushes
- strikes or attempts to strike (including head-butt)
- tackles or challenges
- trips or attempts to trip

A direct free kick is awarded if a player commits any of the following offences:

- handles the ball deliberately (except for the goalkeeper within their penalty area)
- holds an opponent
- impedes an opponent with contact
- spits at an opponent
- slide tackles and makes contact with the opponent

Should a player of the defending team commit one of the above offenses within the penalty area the referee may award a penalty kick to the opposing team.

2. An indirect free kick is awarded if a player:

- plays in a dangerous manner
- impedes the progress of an opponent without any contact being made
- is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offences
- prevents the goalkeeper from releasing the ball from the hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it
- commits any other offence, not mentioned in the Laws, for which play is stopped to caution or send off a player
- heads the ball if illegal for that age group
- slide tackles if illegal for that age group

An indirect free kick is awarded if a goalkeeper, inside their penalty area, commits any of the following offences:

- controls the ball with the hands for more than six seconds before releasing it
- touches the ball with the hands after:
- releasing it and before it has touched another player
- it has been deliberately kicked to the goalkeeper by a team-mate
- receiving it directly from a throw-in taken by a team-mate

Note: Referees should be flexible when enforcing the 6 second rule

3. A player shall be cautioned if guilty of:

- delaying the restart of play
- dissent by word or action
- entering, re-entering or deliberately leaving the field of play without the referee's permission
- failing to respect the required distance when play is restarted with a corner kick, free kick or throw-in
- persistent offences (no specific number or pattern of offences constitutes 'persistent') unsporting behavior

4. A player shall be ejected from the game if guilty of committing the following offences:



- denying the opposing team, a goal or an obvious goal-scoring opportunity by a handball offence (except a goalkeeper within their penalty area)
- denying a goal or an obvious goal-scoring opportunity to an opponent whose overall movement is towards the offender's goal by an offence punishable by a free kick (unless as outlined in Law 12)
- serious foul play
- biting or spitting at someone
- violent conduct
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match

### **LAW 13 - FREE KICKS**

1. Direct and indirect kicks are awarded for to the opposing team of a player, substitute, substituted or ejected player, or team official guilty of an offence.

- Direct free kick from which a goal may be scored directly against the offending team (i.e. without any other player making contact with the ball after the kick.
- Indirect free kick from which a goal cannot be scored directly. The ball must touch another player before it can be scored.

2. Ball enters the goal:

- if a direct free kick is kicked directly into the opponents' goal, a goal is awarded
- if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded
- if a direct or indirect free kick is kicked directly into the team's own goal, a corner kick is awarded

3. Procedure: All free kicks are taken from the place where the offense occurred, except:

- An indirect free kick awarded to the attacking team within its opponent's goal area shall be taken at that part of the goal area line parallel to the goal line on a line perpendicular to the goal line from where the infractions occurred.
- Any free kick awarded to the defending team within its own goal area shall be taken from any point within the goal area.

The ball must be stationary on the ground and is in play when it is kicked and moves forward. The ball may not be played by the kicker a second time before being touched by another player.

All opposing players must be at least eight (8) yards away from the ball when the ball is put into play, unless the offense occurred less than eight (8) yards from the opponents' goal line. In which case the opposing players may stand on their own goal line between the goal posts. If this rule is violated the free kick is retaken.

On free kicks taken within its penalty area by the defending team, all opposing players must be outside the penalty area and at least eight (8) yards away from the ball. The ball is in play when it is kicked and moves.

Where three or more defending team players form a 'wall', all attacking team players must remain at least 1 yd. from the 'wall' until the ball is in play.

### **LAW 14 - PENALTY KICK**

1. The penalty kick is taken from the penalty mark which is centered 10 yards in front of the goal.
2. All players except the kicker and the goalkeeper must be outside the penalty area and at least eight (8) yards away from the penalty marker, and must stand behind the penalty mark.
3. Players who enter the penalty area before the ball has been kicked need not now be cautioned for a first offense.
4. The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, without touching the goalposts, crossbar or goal net, until the ball has been kicked
5. When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, or in line with, the goal line.
6. The ball must be kicked forward and is in play when it is kicked and moves. The ball may not be played by the kicker a second time before being touched by another player.
7. A goal may be scored directly on a penalty kick (i.e. without any other player making contact with the ball after the kick).

8. The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence.
9. For any violation of this Law:
  - a. If by the kicker, no goal is scored and an indirect free kick is awarded to the defending team.
  - b. If by the attacking team other than the kicker, the goals disallowed and the penalty kick shall be retaken if the goal is scored. If the ball does not enter the goal, the referee stops play and restarts with an indirect free kick.
  - c. If by the defending team and a goal does not result, the penalty kick shall be retaken.
10. Time shall be extended to allow a penalty to be taken.

#### **LAW 15 - THROW-IN**

1. A throw-in is awarded at the location where the ball passes wholly over the touch-line (sideline) to the team opposite which touched it last.
2. Thrower must stand facing the field of play, have part of each foot on the touchline or on the ground outside the touchline, throw the ball with both hands from behind and over the head from the point where it left the field of play.
3. All opponents must stand at least 2 yds. from the point on the touchline where the throw-in is to be taken.
4. A goal cannot be scored directly from the throw-in.
5. The ball is in play immediately upon entering the field of play but may not be played by the thrower before being touched by another player.
6. The ball may be thrown in to the keeper, who cannot pick it up even if the keeper is in the goal area.
7. For any violation of this law, the throw-in is awarded to the opponent.

#### **LAW 16 - GOAL KICK**

A goal kick is awarded to the defending team if the ball passes completely over its goal line, outside the goal, after having last been touched by a player of the attacking team.

A goal may be scored directly from a goal kick, but only against the opposing team.

Procedure:

- The ball must be stationary and is kicked from any point within the goal area by a player of the defending team
- The ball is in play when it is kicked and clearly moves
- Opponents must be outside the penalty area until the ball is in play

If, after the ball is in play, the kicker touches the ball again before it has touched another player, an indirect free kick is awarded.

If, when a goal kick is taken, any opponents are inside the penalty area because they did not have time to leave, the referee allows play to continue. If an opponent who is in the penalty area when the goal kick is taken, or enters the penalty area before the ball is in play, touches or challenges for the ball before it is in play, the goal kick is retaken.

If a player enters the penalty area before the ball is in play and fouls or is fouled by an opponent, the goal kick is retaken and the offender may be cautioned or sent off, depending on the offence. For any other offence, the kick is retaken.

#### **LAW 17 - CORNER KICK**

A corner kick is awarded the attacking team if the ball passes completely over the defending team's goal line, outside the goal, after having been touched by a player of the defending team.

A goal may be scored directly from a corner kick, but only against the opposing team.

Procedure:

- The ball must be placed in the corner area nearest to the point where the ball passed over the goal line
- The ball must be stationary and is kicked by a player of the attacking team
- The ball is in play when it is kicked and clearly moves; it does not need to leave the corner area
- The corner flag post must not be moved
- Opponents must remain at least 8 yds. from the corner arc until the ball is in play

If the kicker plays the ball before it is touched by another player, the opposing team shall be awarded an indirect free kick. For any other violation of this law, the corner kick shall be retaken.

**LAW 18 – HEADERS & SLIDING**

8U: Using head to play the ball in any manner is illegal at this age group. Sliding for any reason is illegal at this age group.  
10U: Using head to play the ball in any manner is illegal at this age group. Sliding for any reason is illegal at this age group.  
12U: Using head to play the ball in any manner is illegal at this age group. Sliding for any reason is illegal at this age group.  
15U: Using head to play the ball is legal at this age group. Sliding is legal at this age group

**LAW 19 – MERCY RULE**

If a team leads by 10 or more goals, the referee may adjust the game time and has the authority to reposition or substitute the dominant players. The referee can move the dominant goal scorer to a defensive position, substitute them, or have the team play with one player fewer if needed.

**LAW 20 – PLAYING TIME**

All players must play a minimum of 50% of the game.

All players must actively participate in the game, ensuring a fair and inclusive playing experience by playing a minimum of 50% of the total game time. This rule promotes equal opportunities, teamwork, and skill development, fostering a positive sporting environment. Coaches are responsible for player rotations to adhere to this requirement.