

FIFA Laws of the Game apply except as specifically modified.

ALL AGE LEVELS

Updated 04/04/2022

LAW 3 THE NUMBER OF PLAYERS

- Substitution may occur at any stoppage of play and unlimited, with referee permission.

LAW 4 THE PLAYERS EQUIPMENT

- All Players should line up for equip inspection. No Hard casts, no jewelry (including taped over earrings).
- Non-uniform clothing is allowed based on weather conditions, but uniforms must distinguish teams.

LAW 5 THE REFEREE

- The referee and/or referee mentor is empowered to cause the removal of any coach, player, spectator who is disruptive or who has displayed behavior contrary to the spirit of the game and/or the rules of play.
- Whenever possible, the center referee should briefly explain an infraction to the offending player before allowing the restart of play.

LAW 8 THE START AND RESTART OF PLAY

- The 'Away' team will have the initial kick-off; therefore coin toss meeting is optional.
- No player captains shall be required for any teams during any matches.

LAW 12 FOULS & MISCONDUCT

➤ **No Heading below Grade 7-8 (U13-14)**

- A player may not use his/her head to play the ball.
- The infraction consists in intentionally playing the ball with the head. If the referee determines that the ball struck a player in the head when the player is not trying to play the ball, the referee may allow play to continue.
- The penalty for playing the ball using the head is an indirect free kick at the spot of the infraction.
- If the infraction is committed within the goal area, the indirect free kick will be taken from the goal area line parallel to the end line at the nearest point to where the infraction occurred.

Concussions

- A) A player who demonstrates signs of concussion as a result of an observed or suspected blow to the head or body must leave the field and may not return to play in that match. Referees will include in their match report information about any player required to leave the field because of a suspected concussion.
- B) Referees will include in their match/game report information about any player (i.e., player #, name and team name) required to leave the field because of a suspected concussion or serious injury. This is listed in the web site game report as: [Serious injuries observed during the game?](#)

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MODIFICATIONS FOR Grade 1-2, U7-8 AGE LEVELS

OFFICIATED BY PARENT COACH, OCCASIONALLY BY SOLO REFEREE

LAW 2 THE BALL

- Size three (3) balls must be used for all matches and must be properly inflated.
- Optional: a lightweight size four (4) or a Futsal ball may be used.

LAW 3 THE NUMBER OF PLAYERS

- A match is played between teams, each consisting of not more than four (4) players. There are no goalkeepers (and therefore no goal area).

LAW 7 THE DURATION OF THE MATCH

- The game shall be divided into two (2) equal halves of twenty (20) minutes each.
- Half-time break of five (5) minutes.

LAW 11 OFFSIDE

- There is no Offside in U7-8.

LAW 12 FOULS & MISCONDUCT

- **Reminder: No Heading at this age level**

LAW 13 FREE KICKS (FK)

- All free kicks at the U7-8 level in COSL are indirect free kicks (IFK).
- Opponents must make an immediate effort to be at least five (5) yards away from the kick.
- Reminder: There is no goal keeper and therefore no punts at this level.

LAW 14 THE PENALTY KICK

- There is no Penalty Kick in U7-8.

LAW 15 THE THROW-IN

- All restarts on the sidelines will be done with kick-in, at the spot where the ball went out of bounds.
- A 10-foot buffer must be given to the player kicking the ball.

LAW 16 THE GOAL KICK

- Goal Kicks are to be taken from any point on the End (Goal) Line.
- The opposing team must retreat behind the Center (Half) Line, and remain there until the ball is in play.
- If the defending player is nearer to the opponent's End (Goal) Line than the Center (Half) Line when the Goal Kick is taken, the Goal Kick may be retaken.
- At your pre-game with the coach, please remind the player of the rule AND ask the coach to help you be also reminding their players to retreat behind the Center Line.

LAW 17 THE CORNER KICK

- No defending player may be within five (5) yards of the ball.

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ADDITIONAL MODIFICATIONS FOR U9-10 AGE LEVELS ONLY

USUALLY ONLY ONE REFEREE (SOLO) *or* 2-3 REFEREES IN DIAGONAL SYSTEM

LAW 1 THE FIELD OF PLAY

- Build Out Line Rule (and Goalkeeper Possession)
 1. The Build Out Line (BOL) is a line parallel to the End Line located equidistant between the top of the Penalty Area and the Center Line.
 2. If the BOL is not present, then the Center Line will act as the BOL.
 3. When the goalkeeper takes possession of the ball in their hands, the opposing team must retreat behind the build out line and remain there until the goalkeeper releases the ball. The goalkeeper may throw the ball, roll the ball or place the ball on the ground so it can be kicked by themselves or a teammate (no punting or drop kicks). The ball is considered to be released when the ball leaves the goalkeeper's hand on the throw or roll; *or* the goalkeeper places the ball on the ground for themselves or teammate.
 4. The goalkeeper may choose to put the ball in play at any time and does so by accepting the position of the opponents.

LAW 2 THE BALL

- Size four (4) balls must be used for all matches and must be properly inflated.

LAW 3 THE NUMBER OF PLAYERS

- A match is played between teams, each consisting of not more than seven (7) players, one of whom is the designated goalkeeper
- A match may not start or continue if either team consists of fewer than five (5) players.

LAW 7 THE DURATION OF THE MATCH

- The game shall be divided into two (2) equal halves of twenty-five (25) minutes each.
- Half-time break of five (5) minutes.

LAW 11 OFFSIDE

- It is acceptable at the small-sided U10 level to let an offside infraction of a small distance take place without a stoppage in play to encourage the continuity of play and spirit of game.
- Players cannot be penalized for an offside offense between the halfway line and the Build Out Line.

LAW 12 FOULS & MISCONDUCTS

- **Reminder: No Heading at this age level**
- Goalkeeper Possession and BOL Infractions
 1. A goalkeeper who has taken possession of the ball in his/her hands may not release the ball by punting or drop kicking the ball. The goalkeeper may throw the ball, roll the ball or place the ball on the ground so it can be kicked by themselves or a teammate. The ball is considered to be released when the ball leaves the goalkeeper's hand on the throw or roll; or the goalkeeper places the ball on the on the ground for themselves or teammate.
 2. Encroachment: If an opponent deliberately crosses back over the Build Out Line

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(BOL) before the ball is legally released and then gets involved with play, moves to possibly gain possession of the ball or interferes with play, the referee may stop play and award the goalkeeper's team an indirect free kick (IFK) on the BOL where the player crossed over. Alternatively, the referee may stop play, explain the violation to the player(s) and award the goalkeeper possession in the Goal area (Basically, repeat the play).

3. If a goalkeeper or their teammate punts or drop kicks the ball, this is an infraction and the opposing team is awarded an indirect free kick from the spot of the offense. Alternatively, the referee may stop play, explain the violation to the player(s) and award the goalkeeper possession in the Goal area (Basically, repeat the play).
4. If the infraction occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

LAW 13 FREE KICKS

- Opponents must make an immediate effort to be at least eight (8) yards away from the kick.

LAW 14 THE PENALTY KICK

- The Penalty Mark may be located 8 yards from the goal line.

LAW THE 16 GOAL KICK

- The opposing team must retreat behind the Build Out Line, and remain there until the ball is in play. The ball is in play once it is kicked and clearly moves; it does not have to leave the penalty area.
- If the defending player is nearer to the opponent's goal than the Build Out Line when the goal kick is taken, the goal kick may be retaken.
- At your pre-game with the coach, please remind the player of the rule AND ask the coach to help you be also reminding their players.
- If there is an infraction, please stop play and explain the violation to the players

LAW 17 THE CORNER KICK

- No defending player may be within eight (8) yards of the ball.

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ADDITIONAL MODIFICATIONS FOR U11-12 AGE LEVELS ONLY

2-3 REFEREES IN DIAGONAL SYSTEM or ONLY ONE REFEREE (SOLO)

LAW 2 THE BALL

- Size four (4) balls must be used for all matches and must be properly inflated.

LAW 3 THE NUMBER OF PLAYERS

- A match is played between teams, each consisting of not more than nine (9) players, one of whom is the designated goalkeeper
- A match may not start or continue if either team consists of fewer than six (6) players.

LAW 7 DURATION OF THE MATCH

- The game shall be divided into two (2) equal halves of thirty (30) minutes each.
- Half-time break of five (5) minutes.

LAW 11 OFFSIDE

- It is acceptable at the small-sided U12 level to let an offside infraction of a small distance take place without a stoppage in play to encourage the continuity of play and spirit of game.

LAW 12 FOULS & MISCONDUCTS

- **Reminder: No Heading at this age level**

LAW 13 FREE KICKS

- Opponents must make an immediate effort to be at least eight (8) yards away from the kick.

LAW 14 THE PENALTY KICK

- The Penalty Mark *may* be located 10 yards from the goal line.

LAW 17 THE CORNER KICK

- No defending player *may* be within eight (8) yards of the ball.

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ADDITIONAL MODIFICATIONS FOR U13-14 AGE LEVELS ONLY

2-3 REFEREES IN DIAGONAL SYSTEM or ONLY ONE REFEREE (SOLO)

Updated 04/04/2022 to show Law 3 Change for Gender.

LAW 2 THE BALL

- Size five (5) balls must be used for all matches and must be properly inflated.

LAW 3 THE NUMBER OF PLAYERS

- **For girls**, a match is played between teams, each consisting of not more than **nine (9) players**, one of whom is the designated goalkeeper. A match may not start or continue if either team consists of fewer than six (6) players.
- For boys, a match is played between teams, each consisting of not more than **eleven (11)** players, one of whom is the designated goalkeeper. A match may not start or continue if either team consists of fewer than seven (7) players.

LAW 7 DURATION OF THE MATCH

- The game shall be divided into two (2) equal halves of thirty (30) minutes each.
- Half-time break of five (5) minutes.

LAW 11 OFFSIDE

- If there is not the full 3-referee crew present, it is acceptable to let an offside infraction of a small distance take place without a stoppage in play to encourage the continuity of play and spirit of game.

REMINDER: Heading is permitted at this level.