

Academy Game Rules

Grassroots

Standard of Play -

4 v 4 (no goalkeeper)

Size of Ball: 3

Size of Goals: Pug Goals

Time: 4 quarters of 10 min (2-3 min break between quarters) Total time 60 mins

Refs: Parents and Coaches

The first couple of weeks we will play with "New Ball" so we can get flow during games. Starting week 3 we will introduce the Re-Starts (Corners, Goal-kicks , Throw ins)

No penalty kicks, no offsides

No slide tackling, No heading

Equal Playing Time

All free kicks are indirect (has to be passed to someone before a shot on goal)

7U/8U Academy Boys and Girls

Standard of Play -

4 v 4 (no goalkeeper)

Size of Ball: 4

Size of Goals: Pug Goals

Time: 4 quarters of 10 min (2-3 min break between quarters)

Refs: Parents and Coaches

Restarts: Throw-ins, corners, goal kicks allowed

No penalty kicks, no offsides

No slide tackling, No heading

Equal Playing Time

All free kicks are indirect (has to be passed to someone before a shot on goal)

9U/11U Academy Boys

7 v 7

Size of Ball: 4

Time: 2 x 25 min half (5 min halftime)

Refs - Possible 1 per game

Restarts: Throw-ins, corners, goal kicks

No Slide, Tackling

f. No intentional heading the ball, Intentional heading will result in an indirect free kick to the opposing team. Kick Off, Corners and throw-ins are taken like normal.

g. Build Out Lines Enforced –and it is placed equidistant between the penalty area line and the halfway line

h. The building outline will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the building outline. Players can be penalized for an offside offense between the building outline and goal line

i. Punting and drop-kicking is not allowed.

j. At a goal kick, the opposing team must retreat and remain behind the nearest build outline until the ball is in play. The ball is in play once it has passed out of the penalty area. Any infraction results in a retake of the goal kick. The kicker cannot touch the ball a second time until it has been touched by another player, and the restart for this is an IDK for the other team at the spot of the second touch. Quick kicks may be taken; players from the opposing team inside the building outline must wait for the ball to cross the building outline before engaging in play.

k. When the goalkeeper has the ball, during play, the opposing team must move behind the build-out line; the goalkeeper cannot punt the ball, they must pass, throw or roll the ball to a teammate, or release it to the ground from where they can kick it. The ball it's in play when the goalkeeper releases the ball or crossed the building outline, play resumes as normal. Infractions of this rule will result in the goalkeeper back in possession of the ball.