



Topic	Age Group	Description
4v4 Format	U6 U8	There is a box around the goal extending one yard beyond the goal posts on the goal line and then 10 feet onto the field. This is both the goal box and penalty box.
	U6 U8	Any player who persists in playing “like a goalie” will result in the coach being cautioned by the referee. The second offense will result in the coach being sent off by the referee and must leave the field of play and the surrounding area. In other words, “out of sight and ear shot” of the field.
	U10	4v4 format is not applicable
Restarts	U6 U8	Goal kicks may be taken from anywhere inside the box. They do not have to be taken from the corners of the box. Dribble-in from the box is an acceptable alternative to a goal kick. The ball must come to a complete stop before any restart.
	U10	Goal kicks will be replaced by the “ball in hand” rule, allowing the goal keeper to pick the ball up when it is kicked off his or her end line by the opposing team and restart play by drop kicking, throwing, or setting the ball down. Once the ball leaves the goalkeepers hands, it is live.
	U6 U8	Throw-ins are no longer permitted; kick-in or dribble-in is required. Ensure the ball comes to a complete stop before any restart.
	U10	Throw-ins are required, no kick-in or dribble-in permitted.
	U6 U8	Any foul committed inside the box that would result in a free kick will be taken from the spot on the line of the box closest to where the foul occurred. Opposing players must be 10 feet from the ball or standing on the goal line between the goal posts forming a “wall” when the kick is taken.
	U6 U8	All free kicks are indirect.
	U10	PKs are direct. All other free kicks are indirect (includes kickoffs, corner kicks, & goal kicks).
	U6 U8 U10	When a team is awarded a free kick all opposing players must be at least 10 feet from the ball.

Substitutions	U6 U8 U10	Permission to substitute must be obtained from the referee before subbing. Please see point #7 on the “Variations to the Laws” sheet for more information on the substitution process.
On Field Coaching	U6 U8 U10	Coaches must refrain from physically picking players up and moving them into position. The coach cannot interfere with play at all and may not physically touch the players or the ball while on the field. Any coach interfering with the game, as determined by the referee, shall be yellow carded. If a coach persists, a red card will be issued and the coach will be removed from the game.
	U10	Coaches must not touch players while they are taking a throw in. If a foul throw is made, the referee will instruct the player what adjustment should be made and then allow the player to have another try.
	U6	Each U6 House League team is allowed to have 1 official coach on the field during the game, but it is not required. The goal should be to get to a point where a coach is not needed on the field at all. A coach should enter the field as little as required to assist in learning or to facilitate the game. A coach should never physically or visually impede either team’s goal area. Do not stand between players and either goal. A coach should not touch the soccer ball. A coach should not stand inside the run of play due to safety and distraction concerns. Coach from outside of the most outer player.
	U8	No coaches allowed on the field at this age group in the House League. A coach may walk around the field perimeter, short of the opponent’s sideline, to assist in play but should not enter the field.
	U10	No coaches allowed on the field at this age group in the House League.