



Great Northwest Youth Soccer League

General Rules of Competition

Spring 2024

Amended 02/08/2023

All changes for Spring 2024 are highlighted and bolded

This is not meant to cover all situations which may arise during a game or season. It is meant to give coaches and parents an overview of some of the rules under which soccer is played. Not all IFAB rules will be adhered to in this league and some rules are modified to suit our level of play.

Ball Size

5U (4/5 year olds)	#3
7U (6/7 year olds)	#3
10U (8/9/10 year olds)	#4
13U (11/12/13 year olds)	#5
16U (14/15/16 year olds)	#5

Number of Players on Field

5U (4/5 year olds)	4 v 4 (No Keeper)
7U (6/7 year olds)	7 v 7
10U (8/9/10 year olds)	9 v 9
13U (11/12/13 year olds)	11 v 11
16U (14/15/16 year olds)	5 v 5

Number of Players on Roster

5U (4/5 year olds)	5-9
7U (6/7 year olds)	8-12
10U (8/9/10 year olds)	10-14
13U (11/12/13 year olds)	12-16
16U (14/15/16 year olds)	6-10

Duration of Game

5U (4/5 year olds)	(4) 8-Minute Quarters
7U (6/7 year olds)	(4) 10-Minute Quarters
10U (8/9/10 year olds)	(2) 20-Minute Halves
13U (11/12/13 year olds)	(2) 25-Minute Halves
16U (14/15/16 year olds)	(2) 25-Minute Halves



General Rules to all age groups

- Each player must wear their team uniform (shirts & socks)
- It is mandatory that all players always wear shin guards **underneath** their socks during practices and games.
- Soccer cleats or athletic shoes must be worn (NO Baseball or Football cleats)
- No jewelry allowed at all. If stud earrings must stay in, it is the players/parent's responsibility to put a band aid on the ear to cover the earring. Hoop earrings are never allowed.
- Misconduct, foul language & aggressive behavior will not be tolerated. The consequence of this could be a ban from GNW athletics for one calendar year.
- The referee oversees the game from start to finish.
- Halftime will be ten (10) minutes in duration for 16U, 13U, and 10U and five (5) minutes in duration for 7U and 5U. 7U & 5U will have two (2) minutes in between each quarter
- **When a coach or parent must come on to the field due to an injured player, that player MUST come off the field.**
- In accordance with Law 5, Coaches may receive a caution (yellow card) for unsportsmanlike conduct or other offences. A 2nd infraction will result in a second caution (yellow card) and immediate ejection (red card) from the game **and the property** for the remainder of the day. **This includes the parking lot.**
- Coaches who accrue two (2) red cards will be issued a one (1) game suspension. Every red card after that is a one (1) game suspension
- A player who accrues five (5) yellow cards will be issued a one (1) game suspension. Every three (3) yellow cards after those results in a one (1) game suspension
- Players who accrue two (2) red cards will be issued a one (1) game suspension. Every red card after that is a one (1) game suspension
- **Maximum of three (3) coaches/trainers/adult personnel allowed on player sideline.**
- 5U coaches/trainers/adult personnel not on the field of play along with any players not on the field of play must remain on their side of the field during the entirety of the game.
- 7U, 10U, 13U, and 16U coaches/trainers/adult personnel along with any players not on the field of play must remain on their side of the field during the entirety of the game.
- Coaches are responsible for their parents and supporters. All non-coaches/trainers/adult personnel or players must sit in approved spectator seating as deemed by the Recreation Manager prior to the season. Failure to follow said rule will result in forfeiting the game.
- Only the Head Coach may converse with the Referee and his crew.



Other Rules

- Each player must play **AT LEAST 50%** of the game. Rotation is highly encouraged. For 10U, 13U, 16U the team's Keeper is the only exception.
- Coaches are role models for kids. Coaches have the power to control their fans
- **Coaches must always remain on their half of the sideline during game time.** Coaches are not allowed to yell at the referees. Please contact the Recreation Manager about any problems with the officials.
- Parents sit on the opposite sideline of players/coaches
- This is a **Recreational League**. The objective is for the kids to have fun and learn the fundamentals of soccer as well as the importance of teamwork. Please do not teach aggressive style tactics to players (throwing shoulders, clipping heels, flopping, etc.). SPORTSMANSHIP is always our core value, win or lose. The kids can sense the coach's emotions. Always keep your cool.
- **SPORTSMANSHIP RULE:** When there is a 6-goal differential, the winning team shall rest their starters, switch their offence and defense, and/or implement more skill-based drills so as not to run up the score. This is a coach-to-coach rule. Referees will not implement this.
- The field must be set up prior to game time. Team benches are the coach's responsibility. **The first team using a field will be responsible for obtaining one (1) bench from the soccer shed. The last team using a field will be responsible for returning one (1) bench to the soccer shed.** Flags are the referee's responsibility. Lining the fields will be performed by the Recreation Manager or other designated representative.
- For any concerns about the field conditions or rainouts please call or text the Recreation Manager at (210) 485-9034.



Great Northwest 5 & Under Division Rules of Competition Spring 2024

Amended 02/08/2023

GNW modifications to the IFAB Laws of the Game.

IFAB Laws of the Game can be found at www.theifab.com

All changes for Spring 2024 are highlighted and bolded

Law 1 – The Field of Play:

Dimensions: The field of play must be rectangular. The touchline must be greater than the goal line.

Length (touchline):	minimum 20 yards	maximum 35 yards
Length (goal line):	minimum 10 yards	maximum 25 yards

Field Markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line, which joins the midpoints of the two touchlines. The center mark is at the midpoint of the halfway line. A center circle with a radius of four (4) yards is marked around it.

The Goal Area: Two lines are drawn at right angles to the goal line, six (6) feet from the inside each goalpost. These lines extend into the field of play for two (2) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area: Two lines are drawn at right angles to the goal line, twelve (12) feet from the inside of each goalpost. These lines extend into the field of play for six (6) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area.

The Corner Area: The corner area is defined by a quarter circle with a radius of one (1) foot from each corner flagpost drawn inside the field of play.

Technical Area: None

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is six (6) feet and the maximum distance from the lower edge of the crossbar to the ground is four (4) feet.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

Law 2 – The Ball:

Conform to IFAB except for:

Ball size 3



Law 3 – The Number of Players:

Conform to IFAB except for:

A match is played by two teams, each with a maximum of **four (4) players**, with no goalkeeper. A match is not to start or continue if either team has fewer than three (3) players.

Substitutions: Coaches may make substitutions on any dead ball. All substitutions are with the permission of the referee. Substitutions are unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and matches may be coed.

Law 4 – The Players' Equipment:

Basic equipment includes player jersey, proper footwear, shin guards and socks. Shin guards are to be **covered entirely by socks**, made of rubber, plastic, or a similar suitable material, and provide a reasonable degree of protection.

All Items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, hard hair pieces etc.) are forbidden and must be removed. If stud earrings must stay in, it is the players/parent's responsibility to put a band aid on the ear to cover the earring. Hoop earrings are never allowed. No other jewelry may be covered by a band aid or tape.

Shoes must NOT have a front stud (i.e., baseball cleats or football cleats) for safety. Soccer cleats, Indoor Soccer cleats, or running shoes are permitted.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5 – The Referee:

Certified Referee (Grassroots or higher) or Association certified referee will be used.

Law 6 – Other Match Officials:

None shall be used.

Law 7 – The Duration of the Match:

Conform to IFAB except for:

A match lasts for four (4) equal quarters of eight (8) minutes. There shall be a quarter interval of two (2) minutes and a half-time interval of five (5) minutes.

A count-down clock will be used. Once time has expired, the whistle will be blown, and the game will cease. The clock will only stop when there is a major injury, and the coach needs to come on the field or any other extreme delays.



Law 8 – The Start and Restart of Play:

Conform to IFAB except for:

Kickoff at each quarter and after halftime will follow the “ABBA” procedure.

At this age group, the coin toss will be taken by a team captain and head coach.

An indirect free kick is used when restarting play, when, while the ball is still in play, the referee is required to stop play temporarily for any reason not detailed in these rules. The referee will give an indirect free kick where play was stopped and to the team who last touched the ball when play was stopped. If there is a stop in play in the penalty area, a dropped ball will be given to one of the players of the defending goals team. At this age group any injury will **ALWAYS** result in a stop in play.

Law 9 – The Ball In and Out of Play:

Conform to IFAB except for:

Dropped ball if the ball touches the referee or **coach** and goes into the goal, possession changes, or an attacking move starts.

Law 10 – Determining the Outcome of a Match:

Conform to IFAB.

Law 11 – Offsides:

No offsides will be called for this age group.



Law 12 – Fouls and Misconduct:

All fouls and misconduct at this age group will always result in an indirect free kick. Indirect free kicks to the attacking team for an offence inside the opponents' goal area or penalty area are taken from the nearest point on the penalty area line.

No player should be stationed inside the goal area. If a player scores within the goal area, the goal will not count, and the ball shall be awarded to the defending team as an indirect free kick.

No player should be more than at the halfway line when their team is attacking. Once possession has changed players may proceed into their own half. Failure to abide by this rule will result in a warning to the head coach. A second offence will result in an IDFK for the opposing team at the spot of the ball.

All players shall not head the ball directly from the air. If a player deliberately heads the ball, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area from the defending team the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

Law 13 – Free Kicks:

Conform to IFAB except for:

All opponents are at least four (4) yards from the ball until it is in play.

For the defending team free kicks in their penalty area, the ball is in play once it has left the penalty area.

Law 14 – The Penalty Kick:

None

Law 15 – The Throw-In:

Conform to IFAB except for:

At this age group, the thrower has **unlimited** retries.

Law 16 – The Goal Kick:

Conform to IFAB except for:

The goal kick should be taken on or between one of the two corners on the field which are two (2) yards from the goal line and two (2) yards away from the goal post. The ball is in play once it has left the penalty area. Opponents must be in their own half of the field until the ball is in play.

Law 17 – The Corner Kick:

Conform to IFAB.



Great Northwest 7 & Under Division Rules of Competition Spring 2024

Amended 02/08/2023

GNW modifications to the IFAB Laws of the Game.

IFAB Laws of the Game can be found at www.theifab.com

All changes for Spring 2024 are highlighted and bolded

Law 1 – The Field of Play:

Dimensions: The field of play must be rectangular. The touchline must be greater than the goal line.

Length (touchline):	minimum 25 yards	maximum 60 yards
Length (goal line):	minimum 20 yards	maximum 40 yards

Field Markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line, which joins the midpoints of the two touchlines. The center mark is at the midpoint of the halfway line. A center circle with a radius of six (6) yards is marked around it.

The Goal Area: Two lines are drawn at right angles to the goal line, eight (8) feet from the inside each goalpost. These lines extend into the field of play for three (3) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area: Two lines are drawn at right angles to the goal line, twenty-two (22) feet from the inside of each goalpost. These lines extend into the field of play for nine (9) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area, a penalty mark is made six (6) yards from the midpoint between the goalposts. This is ONLY to be used when doing Kicks from the Mark to decide a winner.

The Corner Area: The corner area is defined by a quarter circle with a radius of two (2) feet from each corner flagpost drawn inside the field of play.

Technical Area: None

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is ten (10) feet and the maximum distance from the lower edge of the crossbar to the ground is five (5) feet.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.



Law 2 – The Ball:

Conform to IFAB except for:

Ball size 3

Law 3 – The Number of Players:

Conform to IFAB except for:

A match is played by two teams, each with a maximum of seven (7) players, one must be the goalkeeper. A match is not to start or continue if either team has fewer than five (5) players.

Substitutions: Coaches may make substitutions on any of their own throw ins and/or their own corner kicks. Coaches may also make substitutions on any goal kick, after any goal, or when the other team makes substitutions. All substitutions are with the permission of the referee. Substitutions are unlimited.

When a player is injured and needs to be substituted off the field, the other team, if they choose to do so, may substitute one of their players that is ready to be substituted so it is a fair “1 to 1” substitution. All other substitutes will be substituted at the next appropriate substitution.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and matches may be co-ed.

Law 4 – The Players’ Equipment:

Basic equipment includes player jersey, proper footwear, shin guards and socks. Shin guards are to be **covered entirely by socks**, made of rubber, plastic, or a similar suitable material, and provide a reasonable degree of protection.

All Items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, hard hair pieces etc.) are forbidden and must be removed. If stud earrings must stay in, it is the players/parent’s responsibility to put a band aid on the ear to cover the earring. Hoop earrings are never allowed. No other jewelry may be covered by a band aid or tape.

Shoes must NOT have a front stud (i.e., baseball cleats or football cleats) for safety. Soccer cleats, Indoor Soccer cleats, or running shoes are permitted.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Keepers must wear a jersey or shirt that is neither the color of their own teams’ jerseys nor the opposing teams’ jerseys.

Law 5 – The Referee:

Certified Referee (Grassroots or higher) or Association certified referee will be used.



Law 6 – Other Match Officials:

None shall be used.

Law 7 – The Duration of the Match:

Conform to IFAB except for:

A match lasts for four (4) equal quarters of ten (10) minutes. There shall be a quarter interval of two (2) minutes and a half-time interval of five (5) minutes.

A count-down clock will be used. Once time has expired, the whistle will be blown, and the game will cease. The clock will only stop when there is a major injury, and the coach needs to come on the field or any other extreme delays.

Law 8 – The Start and Restart of Play:

Conform to IFAB except for:

Kickoff at each quarter and after halftime will follow the “ABBA” procedure.

Dropped Ball: The referee will give a drop ball where play was stopped and to the team who touched the ball when play was stopped. If there is a stop in play in the penalty area, a dropped ball will be given to the goalkeeper or one of the players of the defending goals team. All other players (of both teams) must be at least 5 yards away.

Law 9 – The Ball In and Out of Play:

Conform to IFAB.

Law 10 – Determining the Outcome of a Match:

Conform to IFAB.

Law 11 – Offsides:

No offsides will be called for this age group

Law 12 – Fouls and Misconduct:

Conform to IFAB

If, after a throw-in or deliberate pass from a team-mate, the goalkeeper unsuccessfully kicks or tries to kick the ball to release it into play, the goalkeeper can then handle the ball.

All players shall not head the ball directly from the air. If a player deliberately heads the ball, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area from the defending team the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

Law 13 – Free Kicks:



Conform to IFAB except for:

All opponents are at least six (6) yards from the ball until it is in play.

Law 14 – The Penalty Kick:

None

Law 15 – The Throw-In:

Conform to IFAB except for:

If an infraction occurs the thrower gets one (1) retry

Law 16 – The Goal Kick:

Conform to IFAB except for:

The goal kick should be taken on or between one of the two corners on the field which are three (3) yards from the goal line and three (3) yards away from the goal post.

Law 17 – The Corner Kick:

Conform to IFAB.



Great Northwest 10 & Under Division Rules of Competition Spring 2024

Amended 02/08/2023

GNW modifications to the IFAB Laws of the Game.

IFAB Laws of the Game can be found at www.theifab.com

All changes for Spring 2024 are highlighted and bolded

Law 1 – The Field of Play:

Dimensions: The field of play must be rectangular. The touchline must be greater than the goal line.

Length (touchline):	minimum 50 yards	maximum 90 yards
Length (goal line):	minimum 35 yard	maximum 65 yards

Field Markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line, which joins the midpoints of the two touchlines. The center mark is at the midpoint of the halfway line. A center mark is at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

The Goal Area: Two lines are drawn at right angles to the goal line, nineteen (19) feet from the inside each goalpost. These lines extend into the field of play for four (4) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area: Two lines are drawn at right angles to the goal line, thirty-seven (37) feet from the inside of each goalpost. These lines extend into the field of play for twelve (12) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area, a penalty mark is made ten (10) yards from the midpoint between the goalposts. An arc of a circle with a radius of eight (8) yards from the center of each penalty mark is drawn outside the penalty area.

The Corner Area: The corner area is defined by a quarter circle with a radius of one (1) yard from each corner flagpost drawn inside the field of play.

Technical Area: The technical area will be five (5) yards away from the halfway line, three (3) yards off the touchline, have a length of twenty (20) yards, and have a width of five (5) yards

Substitution Area: The Substitution area will be centered on the halfway line, three (3) yards off the touchline, have a length of five (5) yards, and have a width of five (5) yards

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is six (6) yards and the maximum distance from the lower edge of the crossbar to the ground is seven (7) feet.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.



Law 2 – The Ball:

Conform to IFAB except for:

Ball size 4

Law 3 – The Number of Players:

A match is played by two teams, each with a maximum of **nine (9) players**, one must be the goalkeeper. A match is not to start or continue if either team has fewer than five (5) players.

Substitutions: Coaches may make substitutions on any of their own throw ins and/or their own corner kicks. Coaches may also make substitutions on any goal kick, after any goal, or when the other team makes substitutions. All substitutes wanted to come on the field must be in the Substitution Area when the ball becomes dead. All substitutions are with the permission of the referee. Substitutions are unlimited.

When a player is injured and needs to be substituted off the field, the other team, if they choose to do so, may substitute one of their players that is ready to be substituted so it is a fair “1 to 1” substitution. All other substitutes will be substituted at the next appropriate substitution.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. A team’s Keeper is the only exception. Teams and matches may be co-ed.

Law 4 – The Players’ Equipment:

Basic equipment includes player jersey, proper footwear, shin guards and socks. Shin guards are to be **covered entirely by socks**, made of rubber, plastic, or a similar suitable material, and provide a reasonable degree of protection.

All Items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, hard hair pieces etc.) are forbidden and must be removed. If stud earrings must stay in, it is the players/parent’s responsibility to put a band aid on the ear to cover the earring. Hoop earrings are never allowed. No other jewelry may be covered by a band aid or tape.

Shoes must NOT have a front stud (i.e., baseball cleats or football cleats) for safety. Soccer cleats, Indoor Soccer cleats, or running shoes are permitted.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Keepers must wear a jersey or shirt that is neither the color of their own teams’ jerseys nor the opposing teams’ jerseys.



Law 5 – The Referee:

Certified Referee (Grassroots or higher) or Association certified referee will be used.

Team officials guilty of misconduct can be shown a YC/RC; if an offender cannot be identified, the most senior coach in the technical area receives the YC/RC

Law 6 – Other Match Officials:

Certified Referee (Grassroots or higher) or Association certified referee will be used.

Law 7 – The Duration of the Match:

Conform to IFAB except for:

A match lasts for two (2) equal halves of **twenty (20) minutes**. There shall be a half-time interval of ten (10) minutes.

A count-down clock will be used. Once time has expired, the whistle will be blown, and the game will cease. The clock will only stop when there is a major injury, and the coach needs to come on the field or any other extreme delays.

Law 8 – The Start and Restart of Play:

Dropped Ball: The referee will give a drop ball where play was stopped and to the team who touched the ball when play was stopped. If there is a stop in play in the penalty area, a dropped ball will be given to the goalkeeper or one of the players of the defending goals team. All other players (of both teams) must be at least 5 yards away.

Law 9 – The Ball In and Out of Play:

Conform to IFAB.

Law 10 – Determining the Outcome of a Match:

Conform to IFAB.

Law 11 – Offsides:

Conform to IFAB.



Law 12 – Fouls and Misconduct:

Conform to IFAB except for:

When a player commits any cautionable (YC) offence that player must be substituted off the field of play. They may be substituted back on at the next available substitution for that team.

If, after a throw-in or deliberate pass from a team-mate, the goalkeeper unsuccessfully kicks or tries to kick the ball to release it into play, the goalkeeper can then handle the ball.

All players shall not head the ball directly from the air. If a player deliberately heads the ball, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area from the defending team the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

Deliberately heading the ball is not a cautionable (yellow card) or sending off (red card) offence, unless it stops or interferes with a promising attack (yellow card), denies the opposing team a goal or obvious goal-scoring opportunity (red card), occurs often enough to be considered 'persistent misconduct' (yellow card).

Law 13 – Free Kicks:

Conform to IFAB except for:

All opponents are at least eight (8) yards from the ball until it is in play.

When there is a defensive 'wall' of at least 3 players, all attacking team players must be at least 1m from the 'wall'; IDFK if they encroach.

Law 14 – The Penalty Kick:

Conform to IFAB except for:

The penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them.

Law 15 – The Throw-In:

Conform to IFAB.

Law 16 – The Goal Kick:

Conform to IFAB.

Law 17 – The Corner Kick:

Conform to IFAB.



Great Northwest 13 & Under Division Rules of Competition Spring 2024

Amended 02/08/2023

GNW modifications to the IFAB Laws of the Game.

IFAB Laws of the Game can be found at www.theifab.com

All changes for Spring 2024 are highlighted and bolded

Law 1 – The Field of Play:

Dimensions: The field of play must be rectangular. The touchline must be greater than the goal line.

Length (touchline):	minimum 60 yards	maximum 130 yards
Length (goal line):	minimum 40 yards	maximum 100 yards

Field Markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line, which joins the midpoints of the two touchlines. The center mark is at the midpoint of the halfway line. A center mark is at the midpoint of the halfway line. A circle with a radius of ten (10) yards is marked around it.

The Goal Area: Two lines are drawn at right angles to the goal line, five (5) yards from the inside each goalpost. These lines extend into the field of play for six (6) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area: Two lines are drawn at right angles to the goal line, eleven (11) yards from the inside of each goalpost. These lines extend into the field of play for eighteen (18) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area, a penalty mark is made twelve (12) yards from the midpoint between the goalposts. An arc of a circle with a radius of ten (10) yards from the center of each penalty mark is drawn outside the penalty area.

The Corner Area: The corner area is defined by a quarter circle with a radius of one (1) yard from each corner flagpost drawn inside the field of play.

Technical Area: The technical area will be five (5) yards away from the halfway line, three (3) yards off the touchline, have a length of twenty (20) yards, and have a width of five (5) yards

Substitution Area: The Substitution area will be centered on the halfway line, three (3) yards off the touchline, have a length of five (5) yards, and have a width of five (5) yards

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is eight (8) yards and the maximum distance from the lower edge of the crossbar to the ground is eight (8) feet.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.



Law 2 – The Ball:

Conform to IFAB

Law 3 – The Number of Players:

A match is played by two teams, each with a maximum of **eleven (11) players**, one must be the goalkeeper. A match is not to start or continue if either team has fewer than seven (7) players.

Substitutions: Coaches may make substitutions on any of their own throw ins and/or their own corner kicks. Coaches may also make substitutions on any goal kick, after any goal, or when the other team makes substitutions. All substitutes wanted to come on the field must be in the Substitution Area when the ball becomes dead. All substitutions are with the permission of the referee. Substitutions are unlimited.

When a player is injured and needs to be substituted off the field, the other team, if they choose to do so, may substitute one of their players that is ready to be substituted so it is a fair “1 to 1” substitution. All other substitutes will be substituted at the next appropriate substitution.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. A team’s Keeper is the only exception. Teams and matches may be co-ed.

Law 4 – The Players’ Equipment:

Basic equipment includes player jersey, proper footwear, shin guards and socks. Shin guards are to be **covered entirely by socks**, made of rubber, plastic, or a similar suitable material, and provide a reasonable degree of protection.

All Items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, hard hair pieces etc.) are forbidden and must be removed. If stud earrings must stay in, it is the players/parent’s responsibility to put a band aid on the ear to cover the earring. Hoop earrings are never allowed. No other jewelry may be covered by a band aid or tape.

Shoes must NOT have a front stud (i.e., baseball cleats or football cleats) for safety. Soccer cleats, Indoor Soccer cleats, or running shoes are permitted.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Keepers must wear a jersey or shirt that is neither the color of their own teams’ jerseys or the opposing teams’ jerseys.



Law 5 – The Referee:

Certified Referee (Grassroots or higher) or Association certified referee will be used.

Team officials guilty of misconduct can be shown a YC/RC; if an offender cannot be identified, the most senior coach in the technical area receives the YC/RC

Law 6 – Other Match Officials:

Certified Referee (Grassroots or higher) or Association certified referee will be used.

Law 7 – The Duration of the Match:

Conform to IFAB except for:

A match lasts for two (2) equal halves of **twenty-five (25) minutes**. There shall be a half-time interval of ten (10) minutes.

A count-down clock will be used. Once time has expired, the whistle will be blown, and the game will cease. The clock will only stop when there is a major injury, and the coach needs to come on the field or any other extreme delays.

Law 8 – The Start and Restart of Play:

Dropped Ball: The referee will give a drop ball where play was stopped and to the team who touched the ball when play was stopped. If there is a stop in play in the penalty area, a dropped ball will be given to the goalkeeper or one of the players of the defending goals team. All other players (of both teams) must be at least 5 yards away.

Law 9 – The Ball In and Out of Play:

Conform to IFAB.

Law 10 – Determining the Outcome of a Match:

Conform to IFAB.

Law 11 – Offsides:

Conform to IFAB.

Law 12 – Fouls and Misconduct:

Conform to IFAB except for:

When a player commits any cautionable (YC) offence that player must be substituted off the field of play. They may be substituted back on at the next available substitution for that team.

If, after a throw-in or deliberate pass from a team-mate, the goalkeeper unsuccessfully kicks or tries to kick the ball to release it into play, the goalkeeper can then handle the ball.

Law 13 – Free Kicks:



Conform to IFAB.

When there is a defensive 'wall' of at least 3 players, all attacking team players must be at least 1m from the 'wall'; IDFK if they encroach.

Law 14 – The Penalty Kick:

Conform to IFAB.

Law 15 – The Throw-In:

Conform to IFAB.

Law 16 – The Goal Kick:

Conform to IFAB.

Law 17 – The Corner Kick:

Conform to IFAB.



Great Northwest 16 & Under Division Rules of Competition Spring 2024

Amended 02/08/2023

GNW modifications to the IFAB Laws of the Game.

IFAB Laws of the Game can be found at www.theifab.com

All changes for Spring 2024 are highlighted and bolded

Law 1 – The Field of Play:

Dimensions: The field of play must be rectangular. The touchline must be greater than the goal line.

Length (touchline):	minimum 25 yards	maximum 60 yards
Length (goal line):	minimum 20 yards	maximum 40 yards

Field Markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line, which joins the midpoints of the two touchlines. The center mark is at the midpoint of the halfway line. A center mark is at the midpoint of the halfway line. A circle with a radius of six (6) yards is marked around it.

The Goal Area: Two lines are drawn at right angles to the goal line, eight (8) feet from the inside each goalpost. These lines extend into the field of play for three (3) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area: Two lines are drawn at right angles to the goal line, twenty-two (22) feet from the inside of each goalpost. These lines extend into the field of play for nine (9) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. At the top of each penalty area, a penalty mark is made nine (9) yards from the midpoint between the goalposts. An arc of a circle with a radius of fourteen (14) feet from the center of each penalty mark is drawn outside the penalty area.

The Corner Area: The corner area is defined by a quarter circle with a radius of two (2) feet from each corner flagpost drawn inside the field of play.

Technical Area: None

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is ten (10) feet and the maximum distance from the lower edge of the crossbar to the ground is five (5) feet.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.



Law 2 – The Ball:

Conform to IFAB

Law 3 – The Number of Players:

A match is played by two teams, each with a maximum of **five (5) players**, one must be the goalkeeper. A match is not to start or continue if either team has fewer than **three (3) players**.

Substitutions: Coaches may make substitutions on any dead ball. All substitutions are with the permission of the referee. Substitutions are unlimited.

When a player is injured and needs to be substituted off the field, the other team, if they choose to do so, may substitute one of their players that is ready to be substituted so it is a fair “1 to 1” substitution. All other substitutes will be substituted at the next appropriate substitution.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. A team’s Keeper is the only exception. Teams and matches may be co-ed.

Law 4 – The Players’ Equipment:

Basic equipment includes player jersey, proper footwear, shin guards and socks. Shin guards are to be **covered entirely by socks**, made of rubber, plastic, or a similar suitable material, and provide a reasonable degree of protection.

All Items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, hard hair pieces etc.) are forbidden and must be removed. If stud earrings must stay in, it is the players/parent’s responsibility to put a band aid on the ear to cover the earring. Hoop earrings are never allowed. No other jewelry may be covered by a band aid or tape.

Shoes must NOT have a front stud (i.e., baseball cleats or football cleats) for safety. Soccer cleats, Indoor Soccer cleats, or running shoes are permitted.

Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Keepers must wear a jersey or shirt that is neither the color of their own teams’ jerseys or the opposing teams’ jerseys.



Law 5 – The Referee:

Certified Referee (Grassroots or higher) or Association certified referee will be used.

Team officials guilty of misconduct can be shown a YC/RC; if an offender cannot be identified, the most senior coach in the technical area receives the YC/RC

Law 6 – Other Match Officials:

None shall be used.

Law 7 – The Duration of the Match:

Conform to IFAB except for:

A match lasts for two (2) equal halves of **twenty-five (25) minutes**. There shall be a half-time interval of **ten (10) minutes**.

A count-down clock will be used. Once time has expired, the whistle will be blown, and the game will cease. The clock will only stop when there is a major injury, and the coach needs to come on the field or any other extreme delays.

Law 8 – The Start and Restart of Play:

Dropped Ball: The referee will give a drop ball where play was stopped and to the team who touched the ball when play was stopped. If there is a stop in play in the penalty area, a dropped ball will be given to the goalkeeper or one of the players of the defending goals team. All other players (of both teams) must be at least 5 yards away.

Law 9 – The Ball In and Out of Play:

Conform to IFAB.

Law 10 – Determining the Outcome of a Match:

Conform to IFAB.

Law 11 – Offsides:

No offsides will be called for this age group.

Law 12 – Fouls and Misconduct:

Conform to IFAB except for:

When a player commits any cautionable (YC) offence that player must be substituted off the field of play. They may be substituted back on at the next available substitution for that team.

Slide Tackling: There is NO Slide Tackling by Field players in 5v5 Soccer. Field players may, however, slide to save a ball from going out of bounds or to block or save a shot, however no contact may be made with an opposing player at any time. In other words,



sliding where no opponent is present is allowed. A slide tackle infraction results in a Direct Free Kick or a Penalty Kick if inside the defending teams penalty area.

If, after a **kick-in** or deliberate pass from a team-mate, the goalkeeper unsuccessfully kicks or tries to kick the ball to release it into play, the goalkeeper can then handle the ball.

Goalkeeping: During the run of play when the ball is in the hands of the goalkeeper, it may be thrown anywhere or dropped and dribbled inside or outside the penalty area but cannot be drop-kicked or punted. The ball must leave the goalkeeper's penalty area within four seconds or it's an indirect free kick from the top of the penalty arc. A Goalkeeper may not Throw the ball directly into an opponent's goal. Players may not initiate contact with the goalkeeper at any time while they are in the Penalty Area. A goalkeeper outside of the Penalty Arc is to be treated as a field player.

Law 13 – Free Kicks:

Conform to IFAB except for:

All opponents are at least six (6) yards from the ball until it is in play.

When there is a defensive 'wall' of at least 3 players, all attacking team players must be at least 1m from the 'wall'; IDFK if they encroach.

Law 14 – The Penalty Kick:

Penalty Kicks will be taken from the penalty spot located nine (9) yards from the midpoint between the goalposts. Players on the defending team must remain outside the penalty area and behind the penalty arc.

Law 15 – The Throw-In:

Touchline (Sideline) Restarts: In place of throw-ins will be kick-ins OR a dribble in with the ball placed stationary on the touchline. A player may not directly kick a ball into the goal from its stationary restart position. A player may also dribble the ball into play and after the ball makes a full rotation may then be kicked into the goal.

Law 16 – The Goal Kick:

Any time a Goal Kick is required, the goalkeeper will execute a Goal Clearance (ball must leave the Penalty Area). The goalkeeper will start with the ball in their hands inside the goal area and may either (1) Throw the ball, (2) Put the ball down and pass/kick, (3) put the ball down and dribble out of the Goal Area. Once the ball has been put down, the ball is effectively "live". The Goalkeeper has 4 seconds to execute the goal clearance. Failure to execute the Goal Clearance within 4 seconds will result in an Indirect kick at the top of the penalty arc for the opposition. A goal may not be scored directly from a goal clearance. Once the ball is OUTSIDE the Goal Area, a goal may be scored from anywhere on the field. The ball may not be punted or drop-kicked.

Law 17 – The Corner Kick:

Conform to IFAB.