



YOUTH TRAVEL LEAGUE RULES

- Games are 40 minutes long. The clock does not stop for any reason. There is no half-time and no stoppage time for injuries. Referees are instructed to start the clock promptly at the time the game is scheduled to start.
- Teams play with 6 field players and a goalie. Substitutions are to be made 'on the fly'. A substitute may not enter the field until the player he is replacing is within 10 feet of the team's bench.
- Kickoffs may go forward or backward.
- If the ball goes over the sideline, play is restarted with a kick-in. The kick-in is indirect and may not travel higher than waist height. The ball is placed on the sideline for the kick-in. If the ball goes out of play on the kick-in, the other team will be awarded a kick-in. Teams do not get a re-kick.
- Goalies may distribute the ball by throwing or punting the ball. Goalie distributions may NOT go in the opponent's penalty area in the air. Violation of this rule will result in a direct free kick for the other team, taken from the edge of their penalty area.
- Opposing teams must be at least 7 yards away on all restarts.
- Goal kicks may be taken from anywhere inside the team's penalty area
- Slide tackles are illegal and are considered dangerous play – the opposing team will be awarded an indirect free kick. A player may slide for a ball if no other player is within playing distance of the ball. Goalies may slide to make a save inside their own penalty area, but not outside of the penalty area.
- If the ball hits the ceiling or the lights while still in play, the opposing team will be awarded an indirect free kick from the spot on the field directly below where the ball hit the ceiling. If that spot is inside of the penalty area, the indirect kick will take place at the edge of the penalty area, at the spot nearest where the ball went out of play.
- All restarts will be direct or indirect, based on standard outdoor league rules. Any indirect free kick awarded inside of the penalty area will be brought out to the edge of the penalty area (similar to a penalty called inside of the six yard box in an outdoor game).
- If the referee deems a player to be exhibiting poor sportsmanship, dissent, or is persistently fouling, the referee may issue a yellow card. That player must sit out a minimum of 2 minutes. That player's team may replace the player on the field.
- Any player guilty of any red card violation must leave the field of play for the remainder of the game. The team may not replace that player for 5 minutes, even if the opposing team scores. Fighting will not be tolerated. Players removed from a game for fighting are subject to suspension from future games and possibly permanent expulsion from the facility.
- If the referee stops play for an injury while the ball is in play, the game will be restarted with a drop ball.
- If a goalie uses their hands to play an intentionally passed back ball from the foot of a teammate, an indirect free kick will be awarded at the edge of the penalty area, at the spot nearest where the ball was played by the goalie.
- Penalty shots shall be taken from 10 yards away for a youth game, or 12 yards away for an adult game.