

THE GAME – Age Division Specifics

SOCCER FOR LIFE - Under 13 Girls and Boys

1. 2 x 30 minute halves, with a 5 minute break.
2. Teams will play 9 a-side (including a goal keeper).
3. Coaches will ENSURE that all players have the opportunity to participate and develop equally in all positions, including a minimum of 2 different goalies per game.
4. **NO goalie shall play more than 30 minutes per game.**

THE RULES – Age Division Specifics

SOCCER FOR LIFE - Under 13 Girls & Boys

1. Substitutions can be made at a kick off, throw in or goal kick with referee's permission.
2. Offside will be called, foul throws will be taken by the opposing team.
3. A player is offside if they are nearer their opponents goal line than the ball at the moment the ball is played, unless:
 - i. The player is in their own half of the field OR
 - ii. 2 opponents are nearer their goal line than the player is OR
 - iii. The ball has last been played by an opponent

NOTE: A player level with the 2nd last defender in ONSIDE. A player cannot be offside if he receives the ball directly from a goal kick, corner kick or throw in. If a player is in an offside position but not interfering with the play, they should not be penalized.

4. When the goalkeeper has the ball in his hands (in play), the keeper has 6 seconds before releasing the ball back into play.
5. A foul committed by a player inside his own penalty area will result in a penalty kick. All other players, except the goalkeeper, must be behind the ball and outside the penalty area when the kick is taken.
6. All opponents of the opposite team must be on the other side of the **retreat line** during a goal kick. They cannot cross the retreat line until a team-mate of the kicking goalie touches the ball or the ball crosses the retreat line.
7. Although players frequently come in contact with each other, pushing or tripping are NOT permitted. In addition, un-sportsman like behaviour such as yelling and kicking will result in a free kick, either direct or indirect as instructed by the referee.
8. The entire ball must cross the line before it is out of play or a goal is scored.
9. No person shall stand behind the goal line (end of field).