

Effective Date: June 1, 2026

## Law 1 – The Field of Play

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

Length: 25 yards (75 feet)    Width: 15 yards (45 feet)

Field Markings: Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by the halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of four (4) yards is marked around the center mark. A circle with a radius of two (2) yards is marked in front of the goal from the center of the goal line.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. Goals must be anchored securely to the ground.

## Law 2 – The Ball

Size: Size three (3)

## Law 3 – Players

Number of Players: JASA utilizes a “More Aggressive” and “Less Aggressive” system between two adjacent fields. Coaches will divide the number of players they have evenly between the two fields with one field being your “more aggressive” players and the other being your “less aggressive” players. Teams should be no more than 3-5 players per team to offer more playing time to each player. NO GOALKEEPERS! This setup helps foster competitiveness while also allowing more timid, inexperienced players the opportunity to play and not be intimidated. When the number of available players does not allow for 2 fields to be played, the coaches should determine how best to proceed to allow as many players to play at once as possible. If necessary, you may also speak with a JASA Board member on-site to help determine the best course of action.

Substitutions: Substitutions can be made at any time if it does not interfere with play and is done in good faith so as not to stop the opposing team from a promising attack. This should preferably be done during a stoppage in play (injury stoppage, ball goes out of bounds, goal is scored, etc.).

Playing Time: Each player shall play a minimum of 50% of the total playing time unless medically or otherwise restricted to do so.

## Law 4 – Player Equipment

All players are REQUIRED to wear shin guards which conform to FIFA standards for player safety. Non-uniform clothing is allowed based on weather conditions as long as uniform color is still distinguishable. Hoods attached to sweatshirts must be tucked in under the jersey to prevent being pulled. JEWELRY IS PROHIBITED! This includes but is not limited to earrings, nose rings, necklaces, and bracelets.

### **Law 5 – The Referee**

Coaches act as referee in this age group. Coaches are permitted and encouraged to be on the field but should refrain from trying to control the players and should instead let them play and maintain control of the game by calling excessive pushing, tripping, or kicking. If a player consistently commits aggressive fouls, they should be removed from the game for a minimum of one (1) minute to calm down and prevent further escalation. At this point the player's coach should address their aggressiveness to prevent further issues. Coaches should emphasize teaching the players the rules of the game and avoid stopping play unless necessary.

### **Law 6 – The Assistant Referee**

None at this age group.

### **Law 7 – Duration of the Match**

The match shall be divided into four (4) quarters of six (6) minutes. There shall be a two (2) minute break between quarters.

### **Law 8 – The Start and Restart of Play**

A kickoff is performed at the beginning of each quarter from the center circle. Coaches should agree on which team will kick off first and then alternate each quarter. A kickoff is also performed after any goal scored and is taken by the team that was scored against. Kickoffs are considered an "Indirect Kick" which means the team kicking is not able to score directly off the kickoff. The ball must be touched by an opponent before it can be scored.

### **Law 9 – The Ball In and Out of Play**

JASA utilizes the "New Ball" format to continue play. Each coach carries an extra ball or two with them throughout play. When the ball goes out of play one coach announces loudly "NEW BALL!" and then returns a ball onto the field of play by rolling it onto the field. This is done as quickly as possible by the coach with the express purpose of preventing any stoppage in play. The ball should be rolled onto the field in the general vicinity of the players and close to where the ball went out of play. It should not be rolled toward the opposite goal line as to give a team a chance at a breakaway on goal but should be done in good faith. If there is a player sitting back that is not participating due to being timid a suggestion would be to roll the ball towards them to attempt to get them more involved in the game.

**Law 10 – Method of Scoring**

The entire ball must cross the goal line between the two goal posts and under the crossbar in order to count as a goal.

**Law 11 – Offsides**

No offsides offences will be called.

**Law 12 – Fouls and Misconduct**

Conform to FIFA and IFAB instruction with the exception that all fouls shall result in the player receiving tempered instructions on the nature of their foul. No cards shown for misconduct or infraction. As stated above, if a player continually commits aggressive behavior the player's coach should sit them out for a minimum of one (1) minute to instruct them and allow them to calm down.

**Law 13 – Free Kicks**

No free kicks will be taken.

**Law 14 – The Penalty Kick**

No penalty kicks will be taken.

**Law 15 – Throw-Ins**

No throw-ins will be taken. Utilize "New Ball" method.

**Law 16 – Goal Kick**

No goal kicks will be taken. Utilize "New Ball" method.

**Law 17 – Corner Kick**

No corner kicks will be taken. Utilize "New Ball" method.

**Misc. Notes**

Lastly: there are NO HEADERS permitted in this age group. Per health and safety guidelines and US Soccer guidelines, players are not permitted to head the ball until they are U12 age.

The purpose of these age-specific rules is to promote touches on the ball and more free play of the game by the players. Having fun and being safe are paramount while learning the game of soccer.