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: 55 yards (165 feet) Width: 40 yards (120 feet) Other Dimensions: See JASA Field Chart

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.

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: A total of four (4) or five (5) field players plus a goalkeeper making no more than six (6) total players on the field for each team.

Substitutions: Substitutions can be made at any 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. One coach from each team shall take one half of the field and help to call obvious fouls (pushing, tripping, kicking, abusive behavior, etc.) but should refrain from trying to control the players and should instead focus on letting them play. 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.

Any player, parent or coach misconduct which is deemed by the JASA Board of Directors to violate the JASA Code of Conduct will be dealt with via disciplinary action up to and including permanent removal from JASA facilities and/or programs.

Law 6 – The Assistant Referee

None at this age group. See Law 5.

Law 7 – Duration of the Match

The match shall be divided into four (4) quarters of eight (8) minutes. There shall be a two (2) minute break between the first and second quarters as well as the third and fourth quarters with a four (4) minute break between the second and third quarters (halftime).

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

The ball will be considered "out of play" when the entire ball completely crosses over either the goal line or the touch line.

Law 10 – Method of Scoring

The entire ball must cross the goal line between the two goal posts and under the crossbar to count as a goal. If the ball does not fully cross the goal line between the goal posts and under the crossbar, it is not a goal and play continues.

Law 11 – Offsides

No offsides offences will be called, however coaches are asked to begin teaching the offsides rule. A player shall be considered in an offsides position if they are positioned between the second to last defender and the opposing team's goal line. Players may be in an offsides position, but if a ball is played towards them, they would be called for offsides. We ask coaches to begin teaching this law, but it should not be enforced during games at this age group.

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. Our goal at this age is still to teach the game of soccer and as we do not have referees for the age group, coaches should focus on their team and attempt to prevent aggressive behavior and encourage proper soccer skills and tactics.

Law 13 – Free Kicks

No free kicks will be taken except for excessive or aggressive fouls or in an instance of obvious handling where the arm is extended out from the body, or the player intentionally uses their hand to stop the ball.

Law 14 – The Penalty Kick

No penalty kicks will be taken.

Law 15 – Throw-Ins

Any ball that is kicked or touched out of bounds over the touchline will be awarded a throw-in to the opponents of the player who last touched the ball before it completely crossed the touchline. The player throwing it in will have two (2) attempts to legally throw the ball in-bounds. The player must keep both feet on the ground, behind the touchline and the ball must come over their head completely to constitute a legal throw. If the player is unable to perform a legal throw after two (2) attempts the throw-in is awarded to the opposing team. They will be afforded the same two (2) attempts and if not done correctly the original team will retain the throw again. This will continue until a legal throw is performed.

Law 16 – Goal Kick

Any ball that is kicked or touched out of bounds over the goal line but not within the frame of the goal will be a goal kick to the defending team, regardless of what team last touched the ball. The ball must be placed inside the goal box (the smaller box in front of the goal) and kicked from the ground by a defending team's player. The opposing team must retreat behind the build-out line (dashed line between the center circle and penalty box) and may not cross the line until a player from the defending team touches the ball after the goal kick. If the ball crosses the build-out line before a second defending team player touches the ball play is resumed as normal.

Law 17 – Corner Kick

Any ball that is kicked or touched out of bounds over the touchline will be awarded a throw-in to the opponents of the player who last touched the ball before it completely crossed the touchline. The player throwing it in will have two (2) attempts to legally throw the ball in-

bounds. The player must keep both feet on the ground, behind the touchline and the ball must come over their head completely to constitute a legal throw. If the player is unable to perform a legal throw after two (2) attempts the throw-in is awarded to the opposing team. They will be afforded the same two (2) attempts and if not done correctly the original team will retain the throw again. This will continue until a legal throw is performed.

Law 18 – The Build Out Line

To encourage players to build out from the back of the field, JASA uses the "Build Out Line" for all Goal Kicks and whenever the goalkeeper gains possession of the ball with their hands. Players from the attacking team must retreat behind the Build Out Line (dashed line between the center circle and penalty box) as soon as the goalkeeper gains possession or the ball goes out of bounds for a goal kick. The attacking team players must retreat and remain behind the line until either (a) a second player from the defending team touches the ball AFTER the goalkeeper releases the ball into play, or (b) the ball is kicked passed the Build Out Line, in which case active play is resumed and anyone can touch the ball.

Misc. Notes

Any ball that is caught or stopped by the goalkeeper with their hands or arms will be considered to be in possession by the goalkeeper. The attacking team's players must retreat behind the build-out line (see Law 18). The goalie may release the ball into play by either throwing the ball or placing it on the ground and kicking it to a teammate. NO PUNTING!

The goalkeeper will be in possession of the ball if he or she has control of the ball with his hands or arms. If the goalkeeper has the ball pinned to the ground with any part of his or her hands or arms, they will be considered in possession and if any player kicks or attempts to kick the ball out of their control a direct free kick to the goalkeeper's team will be awarded. Coaches are asked to help protect goalkeepers as they are often in vulnerable positions in attempting to save the ball and safety is our utmost concern.

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 in the U12 age group.

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