

## \*LA GALAXY LEAGUES OFFICIAL RULES

1. ELIGIBILITY/AGE CLASSIFICATION: 5v5 Soccer uses a players' Birth Year to categorize and build Age Divisions. Players may always play "up" in age but may not play "down" in age. Girls may play on boy's teams; however, boys may NOT play on a girls' team. In the event a team has 1 boy, that team is considered a boys' team and must be registered as such. Adult team players must be 18 years of age or older to register.
2. PLAYER CARDS: No player cards are necessary to play in our leagues.
3. ROSTER: There is a maximum of twelve (12) rostered players per team. Players MAY play and be rostered on more than one (1) team.
4. EQUIPMENT: Shin guards are optional for all players. Players may wear a cast on the hand, wrist, forearm, elbow, upper arm, or shoulder if it is covered and padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick. The covering must be approved by the referee. Jewelry is not to be worn at any time during play. All field players must wear the same color shirt (numbers are NOT required). If two teams have similar colored shirts, the HOME team must change to a different color. Goalkeepers must wear a shirt of a different color from both teams.
5. HOME VS AWAY/VISITOR: The Home team will be the team listed first on the schedule.
6. MATCH START AND DURATION: Teams must be ready to kick off at game-time or forfeit the game. Minimum # of players to start is 3. Games will start when the minimum # of players have been met, failure to do so or delay, will result in a forfeit. Teams will be given a 5-minute grace period; HOWEVER, the game duration may be shortened to stay on schedule. The duration of play will be two-twenty-five-minute halves with a five-minute halftime. The game is over when the time expires, irrespective of the flight of the ball or if an attack on the goal is in progress. Time may only be extended for the taking of a penalty kick. The goal will count only if it is across the goal line before the whistle is blown. There will be no coin toss prior to the game. The Home team will Kick Off to start the match. The Away/Visitor team will determine which end of the field to defend first. Game length may be adjusted to maintain the schedule or to compensate for severe weather. Games may be played earlier or later to accommodate needed schedule changes. Teams switch ends at half time.
7. OFFSIDE RULES: There is no offside in 5v5 Soccer.

8. **HEADING:** Heading is NOT allowed for all youth ages. Heading is allowed for adult leagues.

9. **SLIDE TACKLING:** There is NO Slide Tackling by Field players in 5v5 Soccer. Field players may slide 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. Inside the Goalkeeper box becomes a penalty kick. A second infraction (same player) will result in a Yellow Card, and a third infraction will result in a Red Card.

10. **DIRECT RESTARTS:** A Kickoff is a Direct Kick. The kick-off may go in any direction and a goal may be scored directly from a kickoff.

11. **TOUCHLINE (SIDELINE) RESTARTS:** In place of throw-ins there will be kick-ins. A player may not directly kick a ball into the goal from its stationary restart position. When the ball contacts the side net, the opposing team will gain possession of the ball. The same is true of any ball that goes out of bounds or over the net. When the ball touches the netting behind the goalkeeper, it will result in a goal kick, even if there is a last touch by a defending player – there are NO CORNER KICKS.

12. **PENALTY KICK:** PKs will be taken seven (7) yards from the goal. Direct Free Kick Fouls (FKA penal fouls) will result in direct free kicks, all others are indirect. Players on the defending team must be a minimum of five (5) yards from the kick.

13. **GOAL KICK:** Any time a Goal Kick is required, the goalkeeper will execute a Goal Clearance (ball must leave the penalty box). The opposing team must be on their half of the field before the goalkeeper kicks or throws the ball. The goalkeeper will start with the ball in their hands and may either (1) throw the ball, (2) put the ball down and pass/kick, or (3) put the ball down and dribble out of the penalty box. 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 box for the opposition. A goal may not be scored directly from a goal clearance. Once the ball is OUTSIDE the penalty box, a goal may be scored from anywhere on the field. The ball may not be punted or drop-kicked. For Goal Clearances, the ball may not go over the halfway line before being touched by another player.

14. **GOALKEEPING:** During the run of play when the ball is in the hands of the goalkeeper, the ball 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 hands within four seconds, or it results in an indirect free kick from seven (7) yards away. A Goalkeeper may not throw the ball directly into an opponent's goal. Players may not contact the goalkeeper at any time while they are in the penalty box. Infractions will

result in a yellow card. A goalkeeper outside of the penalty box is to be treated as a field player.

15. **SUBSTITUTIONS:** Subs for either team may be made with the referee's acknowledgement after any dead ball, including direct and indirect kicks. Repeated substitutions to waste time may not be approved by the referee and may result in cards.

16. **CONDUCT:** The Referee, The Referee Assignor, Event/Facility Host will not tolerate unruly behavior and reserve the right to remove any Coach, Player, or Parent from the premises.

17. **CARDS:** A player receiving 2 Yellow cards in a single match result in a Red Card and carries those sanctions. Ejection (Red card) players may not play in the remainder of the current game and the team's next game. The team of a sent off player may however substitute for the sent off player. Players sent off in two games in one season will not be eligible to play for the remainder of the season.

18. **SCHEDULES:** Each team is guaranteed eight-weeks of regular-season games and two-weeks of playoff games or two-weeks of consolation games.

19. **SCORING:** 3 points for a win; 1 point for a tie and 0 points for a loss.

20. **TIEBREAKERS:** To determine pool play advancement ties will be broken by 1) head-to-head result between tied teams, 2) goal difference in pool play, 3) fewest goals against in pool play, 4) most goals scored in pool play, 5) team shootout (5 players).

21. **PLAYOFF GAME TIEBREAKERS:** Tied Finals or Semifinals will, after a one-minute break, go directly to a 3-minute golden goal period. If the score is still tied at the end of this period, the winner will be decided by a shootout with the 5 players on the field at the end of the golden goal period. There will be **NO OVERTIME, GOLDEN GOAL, OR SHOOTOUT** in pool play games.

22. **FORFEITS:** In the unlikely and or unfortunate event of a forfeit, the score will be reflected as 1-0.

23. **PROTESTS:** The LA Galaxy does not allow protests. Officials' decisions are to be respected regarding the interpretation of facts, judgements, or rules within the game.

24. Have a blast!