



Mountain Lakes-Boonton Township-Boonton Soccer Club Division 7 - Rules and Regulations

Equipment:

- Players **MUST** always wear shin guards.
- Use of cleats is strongly encouraged but not mandatory.

Coaching Guidelines:

Players should know and understand the following by the end of the season:

- Field marking (side lines, end lines, mid field, kick-off circle)
- Offense and defense
- Direction of play
- No hands or arms

Ball Size:

Ball size used is #3.

Length of Game:

A game consists of 10 minute quarters with 2 min quarter breaks, and 5 minute half time break. Coaches keep the time.

Number of Players:

Each team has 6 players on the field, with a minimum number of 5 needed to play.

Kick-offs:

At the start of each game the coaches will determine who will kick-off. During the second half, both teams will just switch to the opposite direction of play from the first half (optional at coach's discretion). Kick-offs occur at the beginning of each quarter, half and following the score of a goal. At the kick-off the ball only needs to roll forward. Also, with other "kicks" the ball just needs to move (however kicker still may not touch the ball twice)

Substitutions:

After the first quarter, there will be a mandatory full substitution of all players who did not start the game and they will remain in the game for the remainder of the first half. For the second half there will be liberal substitution.

Throw-ins:

Will not be enforced at this level of play

Corner kicks:

Taken from the corner even with the goal post whenever the ball totally crosses over the end line and is last touched by a defensive player. Coaches should encourage spectators to keep the ball in play.

Goal kicks:

Taken from the front of the goal whenever the ball goes over the end line and is last touched by an offensive player. Coaches should encourage spectators to keep the ball in play.

Offsides:

Will not be enforced at this level of play.

Handball:

Coaches should remind kids not to use hands/Arms

Penalty Kick:

No penalty kicks are taken at this level of play.