



## Soccer Club of Guilford

### Adaptation of FIFA Rules to In-House Recreation Rules

All FIFA Rules Apply to IHR play, except as noted in the chart below

Updated September 2017



FIFA Rule Reference	U08	U09/10
<b>1. Field of Play</b>	105' X 60'	165'x135'
<b>2. The Ball</b>	Size 3	Size 4
<b>3. Number of Players</b>	4 v 4 (no GK)	7v7 (6v6 with GK)
<b>4. Player's Equipment</b>	Cleats, Shin guards, Socks.	Cleats, Shin guards, Socks. Goalkeepers wear contrasting pinnies
<b>7. Duration of the Match</b>	4 * 10 minute periods. 5 Minute break between.	2*25 minute halves. 10 minute halftime
<b>11. Offside</b>	No Offsides will be called.	Blatant offsides is called. Players cannot be called offside between the midfield line and any Build Out Lines.
<b>13. Free Kicks</b>	All Free Kicks are InDirect. Defenders should be 10 feet away from the ball on all restarts.	All Free Kicks will be as per FIFA Rules. Defenders should be 10 yards from ball.
<b>14. Penalty Kicks</b>	No Penalty Kicks. Restarts awarded within 8 yards of the goal will be moved out 8 yards from the goal. Free Kick Rules Apply	All Penalty Kicks will be as per FIFA Rules. Ball will be placed on penalty spot. If penalty spot does not exist then ball will be placed 10 yards from the goal/end line.
<b>15. Throw-in</b>	No Throw-Ins. Pass in only. Free Kick Rules Apply. Defending team must be no closer than 10 feet.	1 redo. Lose possession after 2nd incorrect throw.
<b>16. Goal Kick/Keeper Possession</b>	Goal kick is taken from the vicinity of the goal. Opposing/defending team drops back behind the midfield line. Once ball is played, play resumes as normal.	<b>NO GK PUNTING</b> - Once defending GK gains possession or goal kick is awarded, opposing/defending team drops back behind the Build Out line. Once ball is played, play resumes as normal.
<b>**Slide Tackling**</b>	<b>NOT ALLOWED</b> - An InDirect free kick is awarded to the opposing team.	<b>NOT ALLOWED</b> - A Direct kick is awarded to the opposing team.
<b>**Heading**</b>	<b>NOT ALLOWED.</b> If a player deliberately heads the ball an indirect free kick should be awarded to the opposing team from the spot of the offense.	<b>NOT ALLOWED.</b> If a player deliberately heads the ball an indirect free kick should be awarded to the opposing team from the spot of the offense.
<b>Match Start Time</b>	Commissioners will stress with parents to be at the field and ready before match start. The referees is allowed to delay the match start by 5 minutes if the Coaches request. At the time of request and at the 5 minute mark, referee will let the coaches know the watch has started.	Commissioners will stress with parents to be at the field and ready before match start. The referees is allowed to delay the match start by 5 minutes if the Coaches request. At the time of request and at the 5 minute mark, referee will let the coaches know the watch has started.