

## Academy Program Rules

- Ball size #3
- 5v5 of which one must be goalkeeper
- There are two 25 minute halves
- Start each half with a kick from center - alternating between teams
- Kickoffs are taken from the center spot, the ball must go forward, a goal **MAY** be scored from the kick off
- Substitutions on the fly or for an injured player.
- Intentional passes back to the goalie are not allowed and are a handball, resulting in an indirect kick from the spot of the foul
- Both teams will stand on the same side of the field. Parents and spectators will stand on the other side of the field.
- The Sportsmanship rule will apply - and **MUST** be enforced by the coaches
- Offside rule **DOES** apply - but not strictly enforced - as long as they are trying to comply with the rule there is no foul - no cherry picking allowed
- Players must wear the official Ela soccer uniform, shin guards, soccer socks over the shin guards, soccer cleats (not football or baseball)
- Players may not wear jewelry of any kind (including starter post earrings), sweatshirts must be under the jersey top with hoods tucked in, only safety glasses are allowed
- All players must stand 8 yards back from the ball for all direct and indirect penalty kicks except PK's
- Build Out Line