

Girls 1 Division – Basic Rules of Play

- Games will be 7 v 7 (with goalkeepers and at least one substitute. If one team has just 7 players, both teams will play one less field player (e.g. 6v6 with a sub instead of 7v7). If one team only has 6 players, teams will play 6v6. If one team doesn't have 6 players, coaches should combine teams to play a scrimmage
- Games are run with **2, 24-minute halves**, with a 5-minute half time and no extra time.
- The games are refereed. The referees are learning just like the young players so treat them with respect. *Any intimidation or mistreatment of referees will not be tolerated.*
- Coaches are not allowed on the field. The coaches should remain on the sidelines, on their own half, and come into the field of play only when needed to assist a player.
- Substitutions are made from midfield, *and are solely at the direction and discretion of the referee*. They can occur only during kick-offs (by either team), goal kicks (by either team), corner kicks (by either team) or throw-ins (by either team). No substitutions during free kicks or drop balls.
- An injured player does not have to leave the field unless attended to. If a substitute replaces an injured player the other team may also substitute a single player (i.e. one-for-one).
- No loss of possession on a on a bad first throw-in. Players are given one more attempt before loss of possession. Determination is at the discretion of the referee.
- **All fouls are awarded as indirect kicks. No penalty kicks or direct kicks are awarded.** For fouls occurring within the penalty box, an indirect kick is awarded just outside the penalty box closest to the offense.
- No Offside calls (subtle warnings to be given to coach for intentional cherry-picking).
- When a goalkeeper has possession of the ball during play, or at the start of a Goal Kick, the opposing team must move behind the build-out line, halfway between the top of the Penalty Box and the Halfway line, parallel to both the top of the Penalty Box and halfway line, running from touch line to touch line. Full rules of the build out line can be found at <https://www.freedomoptsoccer.com/new-rules-for-fall-2025>.
- **Goalkeepers are not allowed to punt or drop-kick the ball.** If the goalkeeper punts or drop-kicks the ball, an indirect free kick will be awarded to the opposing team outside of the penalty box, beyond the penalty box line that's parallel to the goal line and closest to where the offense took place. *This is a US Soccer adopted Player Development Initiative.*
- **No slide tackles** (light warning at first, indirect kick awarded if intentional or repeated occurrences).
- **No heading.** A drop ball will occur for unintentional contact. An indirect kick is awarded for intentional contact. *This is a US Soccer Guideline.*
- Cards are not issued for dangerous play and inappropriate conduct but coaches will be requested to substitute players to address instances.
- Shin guards are *mandatory*, socks over shin guards. Socks should match the uniform color.
- Size 3 soccer ball.