



Rules

1. Team Composition

- a. Each team may consist of up to 7 players, but only 4 players are allowed on the field at any given time. There will be no designated goalkeeper.

2. Field Dimensions

- a. The playing area measures 25 x 30 yards.
- b. Goals measure 6 x 4 feet.
- c. A halfway line will be clearly marked.
- d. An arch, 3 yards high and 5 yards wide, will be positioned in front of each goal.

3. Player Specific Rules

- a. When the ball goes out for a goal kick, players must retreat behind the halfway line.
- b. Goal kicks will be taken by a field player from within the arch.
- c. Opposing players may enter the half after the second player touches the ball following a goal kick.
- d. Scoring from within the arch is prohibited. If a goal is scored from within the arch, the opposing team will be awarded a goal kick.
- e. Defending or making blocks within the arch is prohibited. Violation results in the opposing team being awarded a penalty.
- f. Players are allowed to touch the ball inside their own arch when in possession.

4. Restarts

- a. Throw-ins are replaced with kick-ins.
- b. Goal kicks are taken by a field player from within the arch.
- c. All free kicks are indirect, requiring a 5-yard space from the ball.
- d. Penalties are direct and will be a free shot from halfway.
- e. Corner kicks are allowed.
- f. There are no offsides.
- g. Slide tackles are prohibited, with the opposing team being awarded a free kick.

5. Organizer Discretion

- a. Organizers reserve the right to modify rules or regulations as necessary to ensure the safety and integrity of the event.

Player Equipment

All players should be wearing cleats, shin guards and matching uniforms.

Venues

Newark Academy - Coursen or Kacur Turf - 91 S Orange Ave, Livingston, NJ.

Referees

Referees will be provided by Soccer For Life. Referees will be current Soccer For Life players who are part of the clubs Youth Referee Program.

Coaches

All teams in attendance must have at least 1, not more than 2, coaches on the sideline. Coaches must be registered with NJYS.

Spectators

Spectators will have a designated area to relax and watch games. Spectators are expected to act in a positive and supportive manner to all players, coaches & referees at all times regardless of team association. Spectators should encourage all players positively and should never engage in any coaching or use any directional language.

Safety and Well-Being

All team coaches are expected to have a medical first aid kit with them. Newark Academy is equipped with multiple AEDs on all fields in case of a medical emergency.

Soccer For Life will also have additional staff on site to deal with any safety or medical problems should they arise.

SFL will provide some tents and coverage for weather related issues, however it is also advised that teams bring their own tents as well.

Drop Outs

We expect our events to sell out as we do not have room for a high number of teams. Teams who register and do not attend/pay for the date they registered for will be required to pay in advance and double the regular fee on the next event they attend.