The Field

A. Markings

1. A center circle with an **eight (8) yard radius**.
2. Goal Area:
    - Six (6) yards in depth
    - Six (6) yards out from each goal post in width
3. Penalty Area:
    - Ten (10) yards in depth
    - Ten (10) yards out from each goal post in width
    - A penalty kick mark shall be placed **eight (8) yards from the goal line**, centered between the goal posts

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B. Goals

- **Recommended:**
    - Six (6) feet high
    - Eighteen (18) feet wide
- **Allowed:**
    - Seven (7) feet high
    - Twenty-one (21) feet wide

Duration of Play & Ball Size

- Two (2) halves of **25 minutes each**
- **5 - minute halftime**
- Ball size: **Size 4**

Number of Players

A. On the Field

- Maximum of **seven (7) players**, including one goalkeeper

B. Roster

- Maximum roster size: **thirteen (13) players**

C. Minimum Players

- A team must have **five (5) players** to start or continue a match

D. Playing Time

- All rostered players must participate in **each half (50% Playing Time)**

Offside

- There is **NO offside, however referees can award the defending team with a free kick if the attacking team is cherry picking.**

Heading

- **No intentional heading is allowed** (NCYSA 2016 Mandate)
- Infractions result in an **indirect free kick** for the opposing team

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Build-Out Line

A. Definition

- A solid or dotted horizontal line drawn across the field, equidistant between:
    - The penalty area line
    - The halfway line

B. Purpose

- Encourages teams to build possession and play out from the back

C. Rule

- When the goalkeeper has possession (hands or goal kick):
    - The opposing team must remain **behind the build-out line** until the ball is in play

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Punting

- **Is allowed but we should encourage teams to build out from the back**

Substitution Guidelines = Flying Substitutions

- Substitutions are allowed **at any time during the game**
- Includes live play and set pieces
- No stoppage required
- The substituted player must fully exit the field before the new player enters
- Referee will hold play when substitutions occur for throw-ins, kick-offs and goal kicks

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Additional Falcons United Rules:

No Ties

- Matches **cannot end in a tie**
- Games will be decided by **Penalty Kicks**

Penalty Kick Format

- Each team selects **Five (5) players**
- If still tied:
    - One (1) **new player** is selected
    - Continues until a winner is determined

Mercy Rule (Player Advantage)

- If a team is **down by three (3) goals**:
    - That team may add **one additional player** to the field

- Once the goal difference returns to **two (2)**:
    - The extra player must leave the field

Falcons United Philosophy

These rules are designed to:

- Maximize **player development**
- Encourage **possession-based play**
- Ensure **equal participation**
- Create a **positive, fun and competitive environment**