

2025* FHYAA SOCCER RULES AND REGULATIONS

1. **Community League** - The FHYAA Soccer Program is a volunteer-led, non-profit community soccer program where youth players should have fun, be taught how to play and understand the game of soccer. They should learn how to be part of a team and understand and experience good sportsmanship in action.

COACHES

2. To allow more teams to gain access to the fields, practice on the Forest Hills Youth Athletic Association (FHYAA) Fleet Street Fields shall be no longer than one (1) hour. The Fields are available for practice*. A minimum of five (5) players from the team is required to “hold” a field for practice.

- As a guide, the fields can be shared as follows:

- A. Field 1 should have no more than three teams practicing simultaneously,
- B. Field 2 should have no more than two teams practicing simultaneously,
- C. Field 3 should have no more than two teams practicing simultaneously,
- D. Field 4 should have no more than one team (due to its smaller size).

THE FHYAA/SOCCER COMMITTEE RESERVES THE RIGHT TO SCHEDULE GAMES (TYPICALLY MAKE UP GAMES) DURING ANY PRACTICE TIME AND AT ANY TIME DURING THE SEASON. OBVIOUSLY, IF A GAME IS SCHEDULED DURING A PREVIOUSLY SCHEDULED PRACTICE TIME, THE TEAMS WILL BE NOTIFIED THAT THEY WILL BE UNABLE TO USE (PRACTICE TIME) THE FIELDS ON THAT DATE AND TIME.

3. Show your players how to play the various positions in soccer, and explain to them the responsibilities of all the positions, not only the one that they are assigned to play.
4. Let the kids play both offense and defense. If you as a coach can show your players both positions, it will make your team a more diverse and competitive team.
5. Soccer is a team sport and should not be dominated by any one player.
6. Have a meeting with the parents and players to explain to them the importance of practice. The more they participate in a group practice with the team, in addition to practicing at home, the better skilled they will get. Ultimately, he/she will develop into a better player and understand how to play the assigned position(s).

7. The FHYAA Soccer Program is designed to ensure that all players play at least 25 minutes of each game (see Rule 14 under Coaches and Parents). As you are aware, and under the structure of the FHYAA Soccer Program all teams shall enter the playoffs at the end of the regular season. The only exceptions to this rule are U6 and U8 (U6 and U8 divisions are instructional and there are no playoffs). The FHYAA program is a community based program designed to ensure that all children play as much as possible during the regular season.
8. If there is any display of foul language, unsportsmanlike conduct or behavior or abusive conduct by a coach that coach will be ejected from the game and/or the field immediately. The coach is automatically suspended for the next game. This type of conduct constitutes an automatic “RED” card. The ability of the individual to coach in the future will be reviewed by the FHYAA Soccer Committee. A decision will be made by the committee after the review has taken place. During the period of time that the committee is reviewing the status, the individual can not coach.
 - A. Unsportsmanlike behavior before or after a game can result in punishment/suspension for players and coaches.
9. **Any coach involved in a physical altercation, including, but not limited to, fighting, wrestling and grappling will be automatically suspended for the season.** The Soccer Committee will review whether the coach shall coach the following season and whether a permanent ban from coaching shall be applied.
10. Any coach that does not comply with the coaching rules of FHYAA as set forth herein, and/or engages in verbal, physical or mental abuse of referees, players, coaches and league officials **will not** coach the following season. The decision concerning the following season and/or permanent ban will be made at the end of the soccer season by the Soccer Committee.
11. **Only one head coach and one assistant coach will be permitted on the sidelines with the players in the U10, U12, U14, Bantam and Juniors Divisions. NO EXCEPTIONS. All other Divisions - one head coach and two assistants will be permitted.**
12. **All Coaches, except for the Coaches for U6, are only permitted on the sidelines. Coaches are not permitted on the field along the goal post or on the sidelines with the parents.**

In addition, the coaches must remain on one half of the field only...the half of the field where a team defends their goal. Coaches are not permitted under any circumstances to cross the mid field line allowing or in any way gaining access to the other half of the field. The referee shall have discretion to issue a warning. The referees may also issue a yellow card for first infraction and a red card for additional infractions.

COACHES AND PARENTS

13. All players must appear at the field at least 30 minutes before game time.

14. All players shall play **at least 25 minutes of each game.**

During the playoffs, all players who attend the game must play in the game. However, there is no requirement that all the players play at least 25 minutes of a playoff game.

15. Please remember that all coaches, assistants, Board Members, members of the Soccer Committee and the individuals who manage/run the FHYAA are volunteers. Any mental, physical, verbal abuse of these individuals will not be tolerated and maybe subject to being banned from the league.

16. **Only one (1) coach (the head coach) and one (1) assistant coach (listed on official team rosters) are permitted on the team sidelines (see paragraph 11) for the U10, 12 and 14 divisions.**

All coaches in every division must be approved by the league and listed on the official register and roster of FHYAA coaches. **Parents are only allowed on the spectator sidelines. In addition, parents must stay off the fields and beyond the secondary sideline. No Exceptions.**

17. If the FHYAA Soccer Committee receives a complaint from a parent about a child not playing pursuant to the league rule, the offending coach will get a warning, if appropriate. The coach will also be required to communicate with the parent to resolve the issues. If the committee receives a second complaint from the same parent about the same child, the Committee reserves all rights as to any action it may take concerning the coach.

18. **Rain** - Teams and players must arrive at the field as scheduled in the event of rain. The league intends to play all games during the season. There will be an attempt to reschedule rain-outs but there is no guarantee that a game will be rescheduled. It is likely that the decision to cancel a game due to rain will only be decided at the start of the game and therefore it is mandatory that your team arrive, assemble and be ready to play or risk a forfeit. Games may be cancelled in the event of any one of the following conditions:

- A. Heavy Rain
- B. Thunder and lightning
- C. Deplorable conditions of the field
- D. In the discretion of the Soccer Committee or Field Committee.

In the event a game has commenced but then must be halted due to rain or field conditions... the game will count in the standings if at least one-half has been played.

19. The teams playing the last games of the day are responsible for ensuring that the fields have been cleaned of debris, clear of spectators and players, and that the gates to the field have been padlocked.
20. **There shall be no smoking permitted on the fields. There shall be no consumption of alcohol, beer or wine on the fields at any time.**

PARENTS

21. **Parents Behavior:** If there is any display of foul language, unsportsman conduct like behavior, or any abusive conduct by a parent, (as also set forth in paragraphs 8, 9 and 10 of the rules) then the parent will be ejected and may be subject to further review by the Soccer Committee.

REFEREES

22. The game referee is in charge of maintaining the official scoring of the matches. The referee will send in the official scores of the games to FHYAA at the end of the day.
 - A. Coaches do not need to report these scores into the league office.
 - B. The game referees will report the official scores into the league office.
 - C. The designated league official will provide the game results to the FHYAA webmaster to post on the league website.
23. The referees will have discretion in each game to add stoppage time for each half of play. The stoppage time can be no more than 3 minutes for each half and the referee shall provide notice to the coaches at some point before the end of each half indicating that stoppage time will be included.
24. Back-Up Referees: Specifically during playoffs and championships, a stand-by or back-up referee may be provided at these matches to ensure that two referees will be attending to the game.
25. Number of referees:
 - A. U6 - 1
 - B. U8 - 1
 - C. U10 - 2
 - D. U12 - 2
 - E. U14 - 2
 - F. Bantam Girls - 2
 - G. Junior Girls - 2

H. Senior Girls - 2

26. The Referee is in charge of the game, and that only the Head Coach of the team can question a call. The key word is “question”- not argue. Remember that the players witness your reactions as coaches to calls and take that as a cue for their behavior.
- A. The Coaches shall always demonstrate good sportsmanship-like conduct, and likewise respect to the referees and your opponents.
 - B. A report of excessive argument with the referee will result in suspension.
 - C. The Coaches shall “line up” his/her team at the conclusion of the game-win or lose, and shake hands with your opponents.

RULES

27. **Heading the ball is banned in both practices and games for all players in the following Division:**

- A. U6
- B. U8

If a player heads the ball in the game, an indirect free kick (IFK) will be awarded to the opposing team from the spot of the offense. The IFK will be awarded in all cases including if the player unintentionally heads the ball.

If a player heads the ball within the goal area then the IFK shall be taken outside the goal line area parallel to the goal line at the point nearest to where the infringement occurred.

28. All teams must change sides at half -time. Therefore coaches, assistant coaches, players are to take all of their possessions and change sides at half-time.

29. **Age Groups/ Division Coed:**

- A. U6 - Players born after December 31, 2019
- B. U8 - Players born after December 31, 2017
- C. U10 - Players born after December 31, 2015
- D. U12 - Players born after December 31, 2013
- E. U14 - Players born after December 31, 2011

Girls:

- A. Bantam - players born after December 31, 2015
- B. Juniors - players born after December 31, 2013
- C. Seniors - players born after December 31, 2010

30. Kick-off: A kick-off is taken at the center mark to start a game; restart play after a goal is scored; start the second half.

- A. Start of game: The team that wins the coin toss shall elect either the ball (possession) or the side of the field.
- B. Face-Off: The ball can be passed to another player in any direction when the ball is inside the center circle.
- C. Restart after a goal: The team scored against kicks off after a goal is scored.
- D. Start of second half: The teams switch sides. The team that did not kick off to start the game now kicks off.
- E. Before signaling for the kick-off, the referee ensures that all players are in their own halves of the field, and that players on the team not kicking off are at least ten yards from the ball (that is, outside the center circle), until the ball is kicked.
- F. The ball must not be moving when it is kicked.
- G. The ball is in play when it is kicked. A kick-off may be kicked forward.
- H. The player kicking off may not play the ball again until it touches another player (either team).
- I. The player kicking off may score by kicking the ball directly into the opponents' goal.

Dropped Ball- When the referee stops play for a reason other than a rule being broken or time running out (a player injury, for example), the referee then restarts play:

- A. If play is stopped inside the penalty area, the ball will be dropped for the goalkeeper.
- B. If play is stopped outside the penalty area, the ball will be dropped for one player of the team that last touched the ball at the point of the last touch.
- C. In all cases, all the other players (of both teams) must be at least 5yds away.
- D. In the event, that the ball touches the referee (or another match official) and goes into the goal, or team possession changes or a promising attack starts, a dropped ball is awarded.

31. In order to substitute players, the coach cannot stop play. The Coach must notify the referee of a substitution in order for the substitution to be permitted. A player must leave the field before the player replacing him (her) enters on to the field. In the event a player enters the field without permission he shall receive a yellow card.

Substitutions can only be made as follows:

- A. When a team has possession and there is a dead ball.
- B. Either team prior to a goal kick.
- C. Either team after a goal is scored.
- D. By a team that does not have possession at the time when a team with possession elects to substitute.

32. NO PROTEST OF GAMES OR CALLS IS ALLOWED.

33. Scoring for FHYAA standings are as follows:

- A. WIN = 3 points
- B. TIE = 1 point
- C. LOSS = 0 point

34. Tie breaker rules for teams tied in the same division in FHYAA are as follows:

- A. Head to Head;
- B. The team that has allowed the fewest goals;
- C. Coin Toss.

35. During inclement weather, long sleeve shirts or sweat pants may be worn under the uniform, preferably the same color as the uniform. By way of example, black sweat pants under black jersey shorts.

36. Passing of the ball back to your own goalie:

- A. When the defensive player passes the ball back to his/her own goalie by using his or her head or chest, the goalie is permitted to use his/her hands;
- B. When the defensive player intentionally passes the ball back to his/her own goalie by foot, or throw in, the goalie is **NOT PERMITTED TO USE** his/her HANDS. In this instance, the other team is awarded an indirect free kick. **This is not a penalty kick or one-touch direct kick.**

IF GOALIE DOES ONE OF THE FOLLOWING:

- Touches the ball again with his hands after it has been released from his possession and has not touched any other player;
- Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate;
- Touches the ball with his hands after it has been deliberately kicked to him by a team-mate;

The sanctions for all of these is an IFK (Indirect Free Kick) for the attacking team at the point of infraction, except, of course, if it occurred in the goal area, the IFK would take place at the top of the penalty box.

37. **The following rule applies only in U6 and U8:**

- **In the event of a goal kick, the opposing team must line up no closer to the goal than the mid-field line.**

38. Yellow Card regulations and rules:

A. Two yellow cards in the same game:

- First yellow card offense: player is warned, and the player still plays.
- Second yellow card offense: player is immediately ejected, and the team plays “manshort” for the rest of the game. The penalized player is suspended for the entirety of the following game. (Team will play full squad at the next game).

B. Two Yellow Cards called over a consecutive, or “back-to-back ” games:

- First yellow card offense: player is warned, and the player still plays.
- Second yellow card offense occurred over consecutive games: The penalized player is suspended from the next game. (Team will also play with a full squad at the next game.)

EXAMPLE 1: penalty to the same player.

Yellow Card in Game 1. Yellow Card in Game 2. Player is suspended from Game 3.

EXAMPLE 2: Yellow Card in Game 1: NO Yellow Card in Game 2. Yellow Card in Game 3.

Player plays in Game 4. (Carryover only applies to “back-to-back” games)

EXAMPLE 3: Yellow Card in Game 1. NO Yellow Card in Game 2. Yellow Card in Game 3. Yellow Card in Game 4. Player is suspended from Game 5. (Carryover applied between Game 3 and Game 4).

39. **The Ball:**

- A. U6 - 3
- B. U8 - 3
- C. U10 - 4

- D. U12 - 5
- E. U14 - 5

Girls:

- A. Bantam 4
- B. Juniors 5
- C. Seniors 5

40. Number of players-Coed:

- A. U6 - 6+1
- B. U8 - 8+1*
- C. U10 - 8+1
- D. U12 - 9+1
- E. U14 - 8+1

* The League reserves the right to change the number of players on the field for these three (3) divisions on or before September 30, 2025.

Girls:

- A. Bantam*: 8+1
- B. Juniors*: 7+1
- C. Seniors*: 9+1

Forfeit:

- A. There is no forfeit for U6 & U8.
- B. U10 - forfeit if a team has 6 players or less.
- C. U12 - forfeit if a team has 7 players or less.
- D. U14 - forfeit if a team has 6 players or less.
- E. Bantam -forfeit if a team has 6 players or less.
- F. Juniors - forfeit if a team has 5 players or less.
- G. Seniors - forfeit if a team has 7 players or less.

The Forfeit rule may be modified periodically throughout the soccer season by either the soccer committee or by agreement between the coaches for any particular match. The Forefeit rules will still apply for all playoff matches unless both head coaches agree to change the rules for a particular playoff game or there has been a change of the rules at the coaches playoff meeting.

All teams must be ready to play at their schedule time. In the event that a team does not have

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***Subject to change throughout the season. - 9 -**

the requisite number of players the team will forfeit. In the event of a forfeit, the winning team shall be awarded the victory and the final score shall be: **Winning team - 3, Team that has Forfeited - 0.**

In the event of a forfeit, and after the winning team has been awarded the victory and the losing team the defeat, the coaches and players are encouraged to utilize the time for a (pick-up or practice) game which will have no bearing in the standings.

In the event that both Head Coaches agree, however, that despite the fact that one team does not have enough players to play a game, a game may be played with fewer players. The result of that game will have a bearing in the standings. This may only happen under both of the following conditions:

- A. Both Head Coaches must agree.
- B. They must notify the referee of their decision.

D. Equipment:

- A. No player will be allowed to play without shin guards. **All shin guards must be worn underneath the players socks.**
- B. No player will be allowed to play wearing jewelry, sunglasses, or caps. Woolen hats and gloves are allowed.
- C. No player will be allowed to play without a full uniform which will include socks worn over the shin guards.
- D. Cleats are preferred. **No metal cleats allowed.**

E. Duration of game:

All games shall consist of 2 - 25 minute halves with a 5 minute intermission. Referee may allowed for a stoppage time for each half but in no event more than 3 minutes. The Referee must notify the coaches prior to the conclusion of each half if there is stoppage time.

Once the game is completed and the players and the coaches shake hands, all players and coaches must leave the playing field and sidelines immediately.

F. Ball In and Out of Play

- A. Out of Play - The ball is out of play when
 - All of the ball is *completely* outside the *outside* edge of the touch line or goal line, either on the ground or in the air.
 - The game is stopped by the referee.
- B. In Play-the ball is in play at all times other than those described under 'Out of Play', including:

- When the ball bounces off a goalpost, crossbar, or corner flag post and stays in the field of play.
- When the ball bounces off the referee or an assistant referee, when that official is in the field of play, and the ball stays in the field of play.

G. Offside:

A player is in an offside position:

- A. The player is in the opponents half of the field (Offense side) and
- B. The player is closer to the opponents goal line than the next to last defender (the goalie is considered as a defender) and the ball at the time the ball is kicked .

The position of a player at the moment the ball is played determines whether the player may be called offside. For example, a player positioned onside at the moment the ball is played by teammate does not become offside by running to an offside position while the ball is in flight.

If a player is called offside, then an in-direct free kick is taken by the opposing team from the position of the offside player.

However, for a player to be called offside, the player has to be in an offside position and involved in the play.

In addition, a player can not be offside from a goal kick, a throw in or a corner kick.

There is no offside for U6 and U8.

H. Fouls and Misconduct

A player may be warned or issued a yellow card at the referee's discretion and will result in a direct free kick:

- A. Kicking or attempting to kick an opponent.
- B. Tripping or attempting to trip an opponent.
- C. Jumping at an opponent (whether or not contact is made).
- D. Charging an opponent.
- E. Pushing an opponent.
- F. High-Kicking
- G. Intentionally tackling an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
- H. Holding an opponent.

- I. Hand ball is a foul when a player touches the ball with any part of the hand or arm while *intending to control the ball*. The referee should not call the hand ball foul if a player:
 - is *not* trying to control the ball
 - is *instinctively* protecting himself or herself from injury-results in an indirect kick.

For the following offense which is also a foul, the referee must immediately issue a red card:

- J. Spitting at an opponent (this is also a sending off offense).

In the event that any of the above offenses in the penalty area then they will result in a **penalty kick (pk)**.

I. Direct Free Kick

A goal may be scored by kicking the ball directly into the *opponents'* goal, without the ball touching any player other than the kicker. (If it does touch another player before it goes into *either* goal, it is also a valid score.)

J. Indirect Free Kick (IFK)

In order to score a goal from an indirect free kick, the ball must make contact with at least two players before crossing the goal line.

K. Penalty Kick (PK)

If a player commits one of the nine fouls within his or her own penalty area, the fouled team is given a penalty kick from the penalty mark, rather than a direct free kick.

- A. Before signaling for a PK to be taken, the referee *must* ensure that all players except the properly identified kicker and the defending goalkeeper are:
 - Inside the field play,
 - Outside the penalty area and penalty arc, and
 - Behind the penalty mark; that is, more than 15 yards from the goal line. (Players are not allowed to be in an offside position during the taking of a PK)
- B. The defending goalkeeper must remain on the goal line, between the goal posts, facing the kicker, until the ball is kicked.
 - The goalkeeper may move laterally along the goal line. If the goalkeeper moves *off* the goal line before the ball is kicked and the shot does not score, the PK must be retaken.

- In youth games, referees should remind the goalkeeper to not move *forward* when the whistle blows, but to wait until the ball is kicked.

- C. No defending or attacking players may enter the penalty area or penalty arc until the ball is kicked (this is called encroachment'). If the attacker encroaches:

- a. a scoring shot is disallowed and the PK is retaken
- b. for a non-scoring shot that stays in play and the encroaching attacker interferes with play, an indirect free kick (IFK) is given to the defending team
- c. for a non-scoring shot that goes directly out of play, the game is restarted with a goal kick
- d. for a shot deflected out of play by the goalkeeper, the game is restarted with a corner kick

- Attacker and defender encroach: The PK is retaken, whether it scores or not.

- D. The ball is in play as soon as it is kicked forward. If it is kicked directly sideways or backward, the PK must be retaken.
- E. Once in play, another player may then play the ball. (Thus a goal may be scored directly or indirectly from a PK.)
- F. The kicker may not play the ball again until it touches another player (either team).
- punishment: IFK for the opposing team.
- G. If a penalty kick is taken in extended time and the ball rebounds off the goalpost or crossbar and hits the goalkeeper, the ground, or both, then enters the goal, it is a valid score.
- H. No penalty kicks in U6 or U8.

L. **Throw-In**

- A. A throw-in is taken to restart the game after the ball goes out of play past the touch line. It is taken within one meter/yard of where the ball crossed the line.
- B. To go out of play, *all* of the ball must *completely* cross the *outside edge* of the touch line, either on the ground or in the air above the line
- C. The throw-in is taken by *any* player on the team that did *not* touch the ball last.
- D. A player may not score a goal by throwing the ball directly into either goal.
- If thrown into the opponents' goal, a goal kick is taken.
- If thrown into the thrower's own goal, a corner kick is taken.
- E. A player who unfairly distracts or impedes the thrower may be cautioned for unsporting behavior .
- F. The thrower faces the field. As the ball leaves the thrower's hands, some

part of both feet must be on the ground, either on the touch line or outside the touch line.

- G. The thrower must throw the ball with essentially equal strength with both hands, in a continuous movement from behind and over the head.
- H. If the ball is not thrown in properly, the opposing team is given a throw-in. (Except the following divisions will receive a second chance after an instruction by the referee: U6 & U8.
- I. A throw-in taken from the wrong location is considered improperly thrown in. The opposing team is given a throw-in from the correct location.
- J. The ball is in play upon being released and as soon as *any part of it* is over the *outside edge* of the touch line.

M. **Goal Kick**

- A. A goal kick is taken by any defending player to restart the game after the ball goes out of play past the goal line (unless it is a valid goal) when the ball last touched an attacking player.
- B. To go out of play, all of the ball must *completely* cross the *outside edge* of the goal line, either on the ground or in the air above the line.
- C. A goal may be scored directly from a goal kick, but only against the opposing team.
- D. The goal kick may be taken anywhere in the goal area.
- E. The team taking the goal kick is entitled to have all *opposing* players stay outside the penalty area, but the kicker may kick the ball without warning if he or she wishes.
- F. The ball must not be moving when it is kicked.
- G. The ball is in play when it leaves the penalty area. The goal kick must be taken if:
 - the ball does not leave the penalty area, or
 - the ball crosses the goal line before leaving the penalty area, or
 - the ball is played again by *any* player before it leaves the penalty area.
- H. A player taking a goal kick may not play the ball again after it is in play until it touches another player (either team).
 - Punishment: IFK for the opposing team.
- I. If the goal kick goes directly into the kicker's own goal:
 - without the ball leaving the penalty area, the goal kick is retaken.
 - if the ball had first gone into play (this is not likely to happen), the opposing team restarts play with a corner kick.
- J. A player in an offside position receiving the ball *directly* from a goal kick is *not* offside.

N. **Corner Kick**

- A. A corner kick is taken by any attacking player to restart the game after the

ball goes out of play past the goal line (unless it is a valid goal) when the ball last touched a defending player.

- B. To go out of play, all of the ball must completely cross the outside edge of the goal line, either on the ground or in the air above the line.
- C. The ball is placed in the corner arc nearest to where the ball went out of play.
- D. The kicker is entitled to have opponents at least 10 yards from the ball when he or she kicks it, but may kick the ball when opponents are closer if the kicker chooses.
- E. The ball must not be moving when it is kicked.
- F. The ball is in play when it is kicked and moves.
- G. The kicker may score by kicking the ball directly into the opponents' goal.
- H. A player taking a corner kick may not play the ball again until it touches another player (either team).
- Punishment: IFK for the opposing team.
- I. A player in an offside position receiving the ball *directly* from a corner kick is not offside.

O. **Playoffs:**

In the event that a playoff game ends in a tie, the following shall constitute the tie-breaker rules:

- A. There will be two 5 minute overtime periods. **There is no sudden death during the overtime periods.** After one 5 minute overtime period, the teams will switch goals.
- B. In the event that the teams remain tied after the two 5 minute overtime periods, the teams will proceed to a shoot out, which will take place as follows:
 - 1. The team to take the first kick will be decided by a coin toss.

Five v. Five-each team shall select five players to shoot against the opposing teams goalie. (Goalies can also shoot). **Only players, who are on the field at the end of overtime period are allowed to participate in the shoot out.** After each team has taken 5 shots, the team with the most goals shall be the winner.
 - 2. All kicks will be taken at one goal ensures that both kick takers and goal keepers face the same field irregularities.
 - 3. All players other than the kicker and goal keeper must remain at mid-field.

Teams can change the goalie once during the shoot out.

4. Each kick will be taken in the general manner of a penalty kick.

The five v. five shoot out will continue until one team has won.
Goals are counted after each team has five players shoot.

5. The goal keeper must remain between the goal post on his goal line until the ball has been kicked.
6. Each kicker can kick the ball only once per attempt. Once kicked, the kicker may not play the ball again. A kick will be successful if, having been touched once by the kicker, the ball crosses the goal line between the goal post and under the cross bar without touching any player official or outside agent other than the defending goal keeper.
7. Teams must take turns to kick from the penalty mark in an attempt to put the ball into the net, until each team has taken five (5) kicks. However, if one side has scored more successful kicks than the other could possibly reach with all of its remaining kicks, the shoot out will end regardless of the number of kicks remaining: this basis is called best of five (5) kicks.
8. If at the end of these five (5) rounds of kicks the teams have scored an equal number of successful kicks, extra rounds of one (1) kick each will be used until the tie is broken (sudden death).
9. A team may replace a goal keeper who becomes injured during the shoot out with a substitute provided that team has not already used a maximum number of substitutes allowed. No player will be allowed to take any extra kicks from the penalty mark until all eligible players have taken a first kick including the goal keeper.
10. If it becomes necessary for players to take an extra kick (because the score has remained equal after all eligible players have taken their first kick), teams will be required to follow the same order of kickers as was used for the first kick.

- P. FHYAA SOCCER COMMITTEE may add additional players to the teams through September 30, 2025. In the event that a player becomes available at any time between the beginning of the season and September 30, 2025, the FHYAA SOCCER COMMITTEE will have discretion to register that child and add he or she to a team in need of a player. Under no circumstances will any child be allowed to join any team after September 30, 2025.

- Q. FHYAA Website will provide the following information:**
- A. The FHYAA website is www.FHYAA.com**
 - B. The season schedule for each team will be posted on the League's website**
 - C. Results of game scores and/or team standings within their divisions will be on this website**
- R. The Soccer Committee has sole and absolute discretion to amend and/or modify the rules in connection with responses to COVID/pandemic protocols, mandates and laws.**