

**REFEREE GUIDE FOR RECREATIONAL SOCCER**  
**ANNANDALE BOYS' & GIRLS' CLUB, INC.**  
**February, 2019 (revised Mar. 19, 2020)**

**ALL GAMES FOR MITEY MITES THROUGH 4<sup>TH</sup> GRADE WILL CONSIST OF 4 QUARTERS. THERE IS NO SUBSTITUTION, EXCEPT FOR INJURY OR TO REPLACE A CHILD WHO IS UNWILLING TO PLAY. ALL PLAYERS ARE TO PLAY AT LEAST HALF THE GAME.**

Coaches will referee the games for Mitey Mites through 1<sup>st</sup> grade.

Continuous play is used for Mitey Mites and Kindergarten.

Referees should use games as learning situations and explain the calls they are making. Referees should be more lenient at the beginning of the season when calling the game.

Regular soccer rules are used except that there are no substitutions, headers, drop kicks, or punts through 4<sup>th</sup> grade.

The **Build Out Line Rules** are used in 3<sup>rd</sup> and 4<sup>th</sup> grades. The Build Out Line between the goal area line and the halfway line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the Build Out Line until the ball is put into play. Once the opposing team is behind the Build Out Line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the Build Out Line and play resumes as normal. The opposing team must also move behind the Build Out Line during a goal kick until the ball is put into play.

The Build Out Line will also be used to denote where offside offenses can be called. Players can not be penalized for an offside offense between the halfway line and the Build Out Line. Players can be penalized for an offside offense between the Build Out Line and goal line.

**If a goalkeeper punts or drop kicks the ball**, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

**No Heading Rule for U11 Age Groups and Younger/U11-U13 Heading Guidelines:**

U11 & Younger: Players in U11 programs and younger shall not engage in heading, either in practice or in games.

U12 & U13 age groups: Players in U12 & U13 programs should be limited to a maximum of 30 minutes per week with no more than 14-20 headers per day, per week.

For U11 & younger: Whenever the ball strikes a player in the head, play is stopped. The proper restart depends upon whether the player deliberately played the ball with his or her head. If deliberate, the proper restart is an indirect free kick to the opposing team. If this occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If the play by the head is deemed inadvertent, the proper restart is a dropped ball.