



Laws of the Game
Under 5 – Under 8

All the Laws follow USYS guidelines unless otherwise modified by Colorado Ignite.
Revised January 2023

Opposing coaches should always greet one another prior to the match/practice and work together to ensure a positive, fun, and safe environment.

We are all on the same team!

GENERAL POLICIES U5 - U8

1. Player's Equipment

- a. The basic MANDATORY equipment of a player consists of the following:
 - i. CO Ignite provided jerseys
 - ii. Athletic Shorts or pants without pockets
 1. May be any color
 2. Navy or Black preferred
 - iii. Socks – MUST completely cover the shin guards
 - iv. Shin Guards
 - v. Footwear – tennis shoes or molded-cleated soccer shoes without a toe cleat.
- b. The following items are NOT permitted:
 - i. Hair control devices with any hard parts.
 - ii. Jewelry of any sort, including earrings, metal barrettes, watches and metal belt buckles, regardless of any covering.
 - iii. Metal cleats or shoes with toe cleats (baseball/softball cleats).
 - iv. Baseball caps or sunglasses.
 - v. Shorts/pants with zippers or exposed metal parts (i.e. rivets).
- c. The following items are CONDITIONALLY permitted:
 - i. Religious medals or medical tags which are taped to the body.

- ii. Splints, casts, braces or other joint support devices, which, in the referee's opinion, are not inherently dangerous or are padded with pliable materials to eliminate the dangerous condition.
- iii. If a player must wear prescription glasses, it is recommended that they be special safety glasses (or have straps) that can withstand sudden forceful impact without causing damage to the player's eyes. No sunglasses permitted.
- iv. In the case of cold weather, any player may wear athletic pants or long-sleeves under the jersey. Knitted stocking caps and gloves are permitted during these adverse weather conditions. Hoods must be tucked into jersey.

2. Team Equipment

- a. CO Ignite will provide head coaches with a Ignite Coach's shirt, soccer balls, scrimmage vests, a pop-up style goal, and practice cones. Equipment is usually handed out either at the preseason coaches' meeting or at coaching clinics.

3. Duration of Practice and Coach/Player Contact Policy

- a. 1 practice per week - each practice maximum of 45-60 minutes (U6-45min, U7-U8-60min).
- b. Each team may practice only one night per week. Teams are scheduled for 8 games per season with a guarantee of 6 games, one per week.

4. Referees

- a. A Parent/coach or assistant from either team shall serve as referees and is permitted on the field though not required.
- b. All rule infractions shall be briefly explained to the offending player.

5. Coach/Player/Parent/Spectator Code of Conduct

- a. **T**RUST - Be a good Example; Parents, your kids are watching
- b. **E**VOLVE - Know, understand and respect the laws of the game
- c. **A**MBITION - Positive enthusiasm towards our referees, coaches and other parents
- d. **M**OTIVATION - Drive to hold ourselves up to the highest standards of good sportsmanship
- e. *Working together as a TEAM to create an environment that supports kids learning, playing and thriving in the game. Let's be intentional in making the Ignite team, an experience we all love.*

LITTLE SPARKS UNDER 5 COED

1. Number of Players
 - a. Maximum number of players on the game field per team at any one time: 3
 - b. The recommended number of players on the roster shall be 5-7.

2. The Field
 - a. Dimensions
 - i. The field of play shall be rectangular, its recommended length be 30 yards and width be 20 yards.
 - b. Markings
 - i. Distinctive lines not more than five (5) inches wide.
 - ii. A halfway line shall be marked out across the field.
 - iii. Goal area: A goal box shall be drawn around the goal approximately 3 yards from each post and end line.
 - c. Goals
 - i. The size shall be 4'x 6'.

3. The Ball
 - a. Ball Size – 3
 - b. Ball criteria:
 - i. The ball shall be spherical.
 - ii. The outer casing should be leather or an approved synthetic.
 - iii. The ball should be in good shape and properly inflated.
 - iv. The ball cannot have any loose patches.

4. Laws of the Game
 - a. For U5 – the game shall be divided into 25-30 minute practice and a 25-30 minute game without a halftime. Opposing coaches should greet one another and work together to ensure a positive environment and practice/match concluding on time as to not interfere with the following match's start time.
 - b. The game clock will continue to run throughout the game, even during stoppage of play.
 - c. Playing Time-Players will receive equal playing time.
 - d. Goalkeepers
 - i. No goalkeepers. It is required that coaches do not have a player whose primary purpose is to guard the goal.
 - e. Good Sportsmanship Policy
 - i. If one team is dominating the game, the team which is losing has the option to add one extra player to the playing field. This is to be called the 'Good Sportsmanship Rule'. The intent of this rule is to create an environment that is both fun and challenging for both teams. U5 – U6: Although teams are not to keep score, it is recommended that prior to the

start of the game, both coaches have a friendly agreement that if one team is struggling, that team may add another player to the field.

- f. No spectators or coaches behind the goal line.
 - g. Spectators, players, and coaches must stay 3-5 yards from the playing field boundaries.
5. Start of Play
- a. Choice of field ends, and kick-off is determined by the coaches.
 - b. The team not kicking off must be on or behind the center circle in their own half while kick-off is in progress.
 - c. The ball must be passed (touched) to another player (no dribbling on kick-off).
 - d. The start of play at the beginning of a match or after a goal is a kick-off from midfield.
 - e. A goal cannot be scored directly from a kick-off.
6. Ball in and out of play
- a. NO Kick-ins, Throw-ins, Goal kicks, or Corner Kicks for this age group.
 - b. The ball is out of play during the following circumstances:
 - c. When it has gone completely over the boundary line (on ground or air-borne).
 - d. When the game has been halted due to a foul.
 - e. U5s and U6s will use the "New Ball" technique for restarting play.
 - i. Coaches will always carry around a ball. When the ball goes out of play (other than a goal) one coach shouts "new ball" , pauses a couple seconds to gain the players attention and rolls a new ball onto the field to increase the amount of time the ball is on the field. A good technique is to roll the ball into open space to break up the herd of players. Coaches may use their discretion as to where to roll the ball. They may roll it to the team who did not kick it out, to a player who is struggling to stay engaged, or just open space. Coaches will not roll the ball to an area to gain an advantage, and good sportsmanship is expected. We do not keep score.
 - f. Though the coach is on the field during active play, they should make every effort to not interfere with play. The coach may assist the set-up of his/her players for goal kicks, corner kicks, and kick offs. (Coaches should not physically move the player, but rather, instruct the player and let him/her go to the desired location.)
7. Substitutions
- a. Any stoppage of play (dead ball). A dead ball, or stoppage. It is recommended that coaches work together to substitute players at the same time in order to keep the game flowing.
8. Method of Scoring
- a. Goal is scored when the whole of the ball passes over the goal line.
 - b. The ball must cross the goal line between the goal posts and under the crossbar.

9. Offside

- a. The offside rule does not apply at this age. Players are allowed anywhere on the field at any time, though players should not be coached to stay forward and “cherry pick.”

10. Fouls and Misconduct

- a. All fouls shall result in a direct free kick (the ball does not need to be touched by another player before a goal can be scored).
- b. Opponents must be five (5) yards away before the kick is allowed. (5 giant steps works)
- c. Any player who commits one of the following offenses shall be penalized by the opposing team being awarded a free kick:
 - i. Kicks or attempts to kick an opponent.
 - ii. Trips an opponent.
 - iii. Jumps at an opponent.
 - iv. Charges an opponent.
 - v. Strikes or attempts to strike an opponent.
 - vi. Pushes an opponent.
 - vii. Tackles an opponent but touches the opponent before the ball. **Slide tackles are NOT permitted.**
 - viii. Holds an opponent.
 - ix. Spits at an opponent.
 - x. Handles the ball deliberately.
 - xi. Plays in a dangerous manner.
 - xii. Impedes the progress of an opponent.
 - xiii. No slide tackles!!**
- d. The coach/referee/parent may explain infractions to the offending player before restarting play.

JUNIOR SPARKS UNDER 6 COED

1. Number of Players
 - a. Maximum number of players on the game field at any one time: three (3)
 - b. The recommended number of players on the roster shall be 6-7.

2. The Field
 - a. Dimensions
 - i. The field of play shall be rectangular, its recommended length be 30 yards and its recommended width be 20 yards.
 - b. Markings
 - i. Distinctive lines not more than five (5) inches wide.
 - ii. A halfway line shall be marked out across the field.
 - iii. Goal area: A goal box shall be drawn around the goal approximately 3 yards from each post and end line.
 - c. Goals
 - i. The size shall be 4' x 6'.

3. The Ball
 - a. Ball Size – 3
 - b. Ball criteria:
 - i. The ball shall be spherical.
 - ii. The outer casing should be leather or an approved synthetic.
 - iii. The ball should be in good shape and properly inflated.
 - iv. The ball cannot have any loose patches.

4. Rules of the Game
 - a. For U6 – the game shall be divided into two 20-minute halves and have a 5-minute halftime.
 - b. Teams change ends at half-time.
 - c. The game clock will continue to run throughout the game, even during stoppage of play – except during halftime.
 - d. Playing Time-Players will receive equal playing time.
 - e. Goalkeeper
 - i. No goalkeepers. It is required that coaches do not have a player whose primary purpose is to guard the goal.
 - f. Good Sportsmanship Policy
 - i. If one team is dominating the game, the team which is losing has the option to add one extra player to the playing field. This is to be called the 'Good Sportsmanship Rule'. The intent of this rule is to create an environment that is both fun and challenging for both teams. U5 – U6: Although teams are not to keep score, it is recommended that prior to the

start of the game, both coaches have a friendly agreement that if one team is struggling, that team may add another player to the field.

- g. No spectators or coaches behind the goal line.
- h. Spectators, players and coaches must stay 3-5 yards from the playing field boundaries.

5. Start of Play

- a. Choice of field ends, and kick-off is determined by the coaches.
- b. The team not kicking off must be on or behind the center circle in their own half while kick-off is in progress.
- c. The ball must be passed (touched) to another player (no dribbling on kick-off).
- d. The start of play at the beginning of each half or after a goal is a center kick-off.
- e. A goal cannot be scored directly from a kick-off.

6. Ball in and out of play

- a. NO Kick-ins, Throw-ins, Goal kicks, or Corner Kicks for this age group.
- b. The ball is out of play during the following circumstances:
- c. When it has gone completely over the boundary line (on ground or air-borne).
- d. When the game has been halted due to a foul.
- e. U5s and U6s will use the "New Ball" technique for restarting play.
 - i. Coaches will always carry around a ball. When the ball goes out of play (other than a goal) one coach shouts "new ball", pauses a couple seconds to gain the players attention and rolls a new ball onto the field to increase the amount of time the ball is on the field. A good technique is to roll the ball into open space to break up the herd of players. Coaches may use their discretion as to where to roll the ball. They may roll it to the team who did not kick it out, to a player who is struggling to stay engaged, or just open space. Coaches will not roll the ball to an area to gain an advantage, and good sportsmanship is expected. We do not keep score.
- f. Though the coach is on the field during active play, they should make every effort to not interfere with play. The coach may assist the set-up of his/her players for goal kicks, corner kicks, and kick offs. (Coaches should not physically move the player, but rather, instruct the player and let him/her go to the desired location.)

7. Substitutions

- a. Any stoppage of play (dead ball). A dead ball, or stoppage, is considered one of the following:
 - i. After a goal, by either team.
 - ii. After an injury that has stopped play, by either team.
 - iii. Between periods, by either team.
 - iv. A coach may pause a restarted New Ball and make a substitution when the ball leaves the field of play.

8. Method of Scoring

- a. A goal is scored when the whole of the ball passes over the goal line.
- b. The ball must cross the goal line between the goal posts and under the crossbar.

9. Offside

- a. The offside rule does not apply at this age. Players are allowed anywhere on the field at any time, though players should not be coached to stay forward and “cherry pick.”

10. Fouls and Misconduct

- a. All fouls shall result in a direct free kick (the ball does not need to be touched by another player before a goal can be scored).
- b. Opponents must be five (5) yards away before the kick is allowed. (5 giant steps works)
- c. Any player who commits one of the following offenses shall be penalized by the opposing team being awarded a free kick:
 - i. Kicks or attempts to kick an opponent.
 - ii. Trips an opponent.
 - iii. Jumps at an opponent.
 - iv. Charges an opponent.
 - v. Strikes or attempts to strike an opponent.
 - vi. Pushes an opponent.
 - vii. Tackles an opponent but touches the opponent before the ball. **Slide tackles are NOT permitted.**
 - viii. Holds an opponent.
 - ix. Spits at an opponent.
 - x. Handles the ball deliberately.
 - xi. Plays in a dangerous manner.
 - xii. Impedes the progress of an opponent.
 - xiii. No slide tackles!!**
- d. The coach(s) is the referee and may explain infractions to the offending player before restarting play.

SPARKS
UNDER 7 – COED
UNDER 8 - BOYS & GIRLS

1. Number of Players
 - a. Maximum number of players on the field at any one time: 5 (4-field, 1-GK)
 - b. The recommended number of players on the roster shall be 8-9.

2. The Field
 - a. Dimensions
 - i. The field of play shall be rectangular, its recommended length being 35 yards and its recommended width being 25 yards.
 - b. Markings
 - i. Distinctive lines not more than five (5) inches wide.
 - ii. A halfway line shall be marked out across the field.
 - iii. A center circle with a five (5) yard radius.
 - iv. The field shall be marked with cones at each of the four (4) corners.
 - v. Goal area: 2 yd box
 - vi. Penalty area: 4 yd box
 - c. Goals
 - i. The size shall be 6' high x 12' wide.

3. The Ball
 - a. Ball Size – 3
 - b. Ball criteria:
 - i. The ball shall be spherical.
 - ii. The outer casing should be leather or an approved synthetic.
 - iii. The ball should be in good shape and properly inflated.
 - iv. The ball cannot have any loose patches.

4. Laws of the Game
 - a. The game shall be divided into two 22-minute halves with a 3-minute halftime
 - b. Teams change ends at half-time.
 - c. **The game clock will continue to run throughout the game, even during stoppage of play and halftime, for 47 total minutes beginning precisely at the top of the hour. The game clock starts at the top of the hour regardless if both teams are ready. If coaches take a longer halftime, the 2nd half will be shorter to accommodate that time.**
 - d. Playing Time
 - i. Each player shall receive equal playing time.
 - e. Goalkeeper (GK)
 - i. One GK with a different colored jersey/bib than each team.

- ii. The GK may use his/her hands to pick up the ball anywhere in the penalty area.
- iii. If the GK uses his/her hands outside the penalty area, a direct kick shall be awarded to the opposing team.
- iv. Punting is not allowed. The GK may distribute the ball by either throwing, rolling, or setting it down and kicking it. **The opposing team must retreat to half when a GK gets possession, same as a goal kick. In the event a GK punts the ball, the coach shall give the ball back to the GK to try to distribute again.**
- f. Good Sportsmanship Policy
 - i. If one team is dominating the game, the team which is losing has the option to add one extra player to the playing field. This is to be called the 'Good Sportsmanship Rule'. The intent of this rule is to create an environment that is both fun and challenging for both teams. Although teams are not to keep score, it is recommended that prior to the start of the game, both coaches have a friendly agreement that if one team is struggling, that team may add another player to the field.
 - g. Players and coaches take position on the opposite side of the field from the spectators.
 - h. No spectators or coaches behind the goal line.
 - i. Spectators, players and coaches must stay 3-5 yards from the playing field boundaries.

5. Start of Play

- a. Choice of field ends, and kick-off is determined by a flip of a coin (Or coaches discuss/decide).
- b. The team not kicking-off must be at least five (5) yards from the center mark while kick-off is in progress.
- c. The ball must be passed (touched) to another player (no dribbling on kick-off).
- d. The start of play at the beginning of each half or after a goal is scored is by a kick-off at midfield.
- e. A goal cannot be scored directly from a kick-off.
- f. Goal kicks will be taken within the goal box. Opposing players must be in the opposite half. They can cross the half line as soon as the ball is touched (put in play) by the goalkeeper.

6. Ball in and out of play

- a. The ball is out of play during the following circumstances:
- b. When it has gone completely over the boundary line (on ground or air-borne).
- c. When the game has been halted by an official(COACH).
- d. **Unless acting in the capacity of referee, the coach may not be on the field during the game play.**

7. Substitutions

- a. Any stoppage of play (dead ball). A dead ball, or stoppage, is considered one of the following:
 - i. Prior to a corner kick, by kicking the team.
 - ii. Prior to a goal-kick, by either team.
 - iii. After a goal, by either team.
 - iv. After an injury when the referee/coach has stopped play, by either team.
 - v. Between periods, by either team.
 - vi. Prior to a Kick-In. The defending team may substitute when the kicking team also subs.
8. Method of Scoring
- a. A goal is scored when the whole of the ball passes over the goal line.
 - b. The ball must cross the goal line between the goal posts and under the crossbar.
9. Offside
- a. The offside rule does not apply at this age. Players are allowed anywhere on the field at any time, though players should not be coached to stay forward and “cherry pick.”
10. Fouls and Misconduct - Free Kicks
- a. All fouls shall result in a direct free kick from the spot of the foul.
 - b. Opponents must be five yards away before the kick is allowed.
 - c. Any player who commits one of the following offenses shall be penalized by the opposing team being awarded a direct free kick:
 - i. Kicks or attempts to kick an opponent.
 - ii. Trips an opponent.
 - iii. Jumps at an opponent.
 - iv. Charges an opponent.
 - v. Strikes or attempts to strike an opponent.
 - vi. Pushes an opponent.
 - vii. Tackles an opponent but touches the opponent before the ball. **Slide tackles are prohibited.**
 - viii. Holds an opponent.
 - ix. Spits at an opponent.
 - x. Handles the ball deliberately.
 - xi. Plays in a dangerous manner.
 - xii. Impedes the progress of an opponent.
 - xiii. **Slide tackles are prohibited.**
 - d. For any Direct Free Kick foul committed by a defender in their own penalty area, the restart will be a Penalty Kick for the opposing team. The Penalty Kick will be taken by any player from the fouled team by placing the ball at the top of the penalty area line and kicking the ball forward. All players from the defending team and the kicking team shall be behind the ball and outside the penalty area until the ball is kicked and moved forward.

- e. The coach/referee/parent may explain ALL infractions to the offending player before restarting play.

11. Kick-Ins

- a. When the entire ball has crossed either touchline (sideline), the team who did not play the ball out of bounds shall be awarded a kick-in from the spot where the ball crossed the line.
 - i. Kicking player gets one touch to put the ball back into play.
 - ii. Defending team must give at least 5 yards of space from the kicker.
 - iii. A goal may not be scored directly from a kick-in
 - iv. Kicker should try to put the ball into play within 6 seconds of the ball being placed.

12. Goal Kicks

- a. A goal kick is taken by a member of the defending team when the ball crosses the end line outside of the goal when last touched by a member of the attacking team.
- b. The kick is to be taken anywhere within the goal box by any player on the defending team.
- c. **Opposing players must be in the opposite half. They can cross the half line as soon as the ball is touched (put into play) by the kicker.**
- d. The ball is in play as soon as it is touched. It does not need to leave the penalty area before another player may touch it.

13. Corner Kicks

- a. The attacking team is awarded a kick-in from the corner when the ball passes completely over the goal line outside the goal area after last being played by a member of the defending team.
- b. Opponents must be five yards from the ball.