



ABSP Laws of the Game & Rulings

LAW / RULE	ABSP RULING
Handshakes	After team Inspection, before talking to team Captains for the coin-toss.
Timeouts	None - Referee's Discretion on very hot days - Running Clock
Team Bench / Spectators	<u>Teams On Opposite Sides - Spectators on Same Side as Team</u>
Substitutions	Both Teams on throw-ins or goal kicks - Either Possession - No Subs on the Fly. One for one substitution if for injury.
Slide Tackles	No - All Age Brackets
Head Balls	U14 - Yes U12 & Below - No - If Intentional - Ind. Free Kick - If Unintentional - Drop Ball to team who last had possession or would have had possession.
Yellow Card	If a player receives a Yellow Card they must be substituted off. They may come back on at the next available substitution. This includes the Goalkeeper.
Red Card	- Any person over the age of 18 who receives a Red Card must immediately leave the field and field area. - If a player on the field receives a Red Card the player must leave the field and is ineligible to play for the remainder of the game. Their team must continue the game with one less player. - If a player on the bench receives a Red Card, the player is ineligible to play for the remainder of the game. Their team does not play short-handed. - Under no circumstances should a player be told to leave the field area without an adult.
Built-Out Line	U8 & U10 - No Punting or Dropkicks by the Goalkeeper.
Ball Size	U14 = Size 5 U12 & below = Size 4
Injury Restart or any unusual stoppage restart NEW - Law clarification	Drop Ball to Team with Possession or clearly would have gained possession. Drop ball to Goalkeeper if inside Penalty Box - either possession.
Entering Penalty Box on Free Kicks From Inside Penalty Box	U8/U10 - BuildOut Line Rules - as soon as ball played U12/U14 - Opposition may enter Penalty Box as soon as ball played
Age Groups / Number of Players / Game Duration ***see below for ABSP special rule	U8 --- 7v7 / 2x20 min. / 1 Ref U10 --- 8v8 / 2x25 min. / 2 Refs U12 --- 8v8 / 2x25 min. / 2 Refs (Default) U12 --- 9v9 / 2x25 min. / 2 Refs (BOTH COACHES MUST AGREE prior to game start) U14 --- 11v11 / 2x30 min. / 2 Refs

Minimum Number of Players - Start / Stop	7v7 - Start 6 / End 5 8v8 - Start 6 / End 5 9v9 - Start 7 / End 6 (U12 may go 9v9, BOTH COACHES MUST AGREE prior to game start) 11v11 - Start 9 / End 7
NEW Goalkeeper - Ball Distribution	*****Ball Distribution by Goalkeeper - Once the Goalkeeper has clear possession with hands or arms and unchallenged (standing or on the ground), he/she has 8 seconds to release the ball - Penalty is a Corner Kick.
Jewelry	NONE - This includes earrings covered with tape or band-aids. Nothing hard in the hair. This includes Barrettes, Bobby Pins, Beads, Etc.
Casts/Braces	Casts are NOT allowed. Foam/padding around an existing cast is NOT allowed. All braces must be free of any rigid/hard plastic/metal support.
All questions may be directed to aobsoccer@gmail.com .	
Effective as of Fall 2025	