



Rules & Regulations

JAMBOREES
U7, U8, U9, U10 & U11

2025

1. GENERAL RULES OF COMPETITION

1.1. OVERVIEW

- 1.1.1. The rules in Section 1 apply to all Provincial Competitions managed by the Newfoundland and Labrador Soccer Association (NLSA). Specific rules governing individual competitions managed by the NLSA are outlined in separate manuals and can be found online at www.nlsa.ca.

1.2. GENERAL

- 1.2.1. The Competitions Committee is responsible for the management and control of all competitions.
- 1.2.2. The Competitions Committee is responsible for maintaining these Rules.
- 1.2.3. These rules are subject to all NLSA Policies and Bylaws; in any conflict the NLSA Policies and Bylaws take precedence.
- 1.2.4. Within the constraints of its Policies and Bylaws the NLSA, through its Competitions Committee, may make such temporary rules governing specific situations, not otherwise provided for, as are necessary to achieve the objectives of the NLSA.
- 1.2.5. Failure to comply with any of the requirements within these rules shall render any organization or individual subject to discipline.

2. ADMINISTRATION OF COMPETITIONS

- 2.1. Situations involving infractions requiring disciplinary sanctions occurring while participating in any NLSA competition will be dealt with by the appropriate person having authority over the situation and the individual involved. Disciplinary sanctions shall be in accordance with the NLSA Disciplinary Code.
- 2.2. All incidents of property damage must be communicated to the NLSA Representative for the competition; verbally within one hour after damage is discovered to be followed up in writing within 24 hours.
- 2.3. Damage by a team member(s) to any property, other than his/her (their) own shall be the financial responsibility of and dealt with, equally, by the member(s) of the team involved in the incident causing the damage; and their club.
- 2.4. All youth age players participating at any Youth or Senior Competition must be appropriately supervised by the team staff in accordance with the guidelines set down by the NLSA. Clubs may add to this policy as needed. The NLSA Supervision Policy can be found online in the Risk Management Policy at www.nlsa.ca
- 2.5. Any player aged 10 or over whose last registration was outside the jurisdiction of Canada Soccer must request that the NLSA, through Canada Soccer, obtain the necessary International Transfer Certificate (ITC). Without this certificate, the player is ineligible to play in Canada. The fee per International Transfer is set by Canada Soccer and must be paid accordingly. Exchange students are eligible for International Transfers but may take longer.
- 2.6. For the purposes of these rules, a youth is any person under the age of 18, before January 1st of the current year of competition, participating in an NLSA youth or senior competition.

3. TOURNAMENT ADMINISTRATOR

- 3.1. The Chair of the Competition Committee will appoint a Tournament Administrator for all NLSA Jamborees and Small-sided Mega competitions.

- 3.2. Wherever possible the Tournament Administrator should have no duties in the tournament other than acting as the Tournament Administrator.
- 3.3. The Chair of the Competition Committee will convene a meeting, if deemed necessary, of team representatives immediately prior to the competition.
- 3.4. The Tournament Administrator is responsible for all areas of discipline at the Provincial Jamboree or Tournament and will convene and chair a Competition Discipline Committee, if necessary. Appropriate action will be taken if deemed necessary.
- 3.5. The Tournament Administrator shall investigate any general complaint prior to laying any charges of misconduct with the exception of anything arising from a referee's report on a game sheet.
- 3.6. The Tournament Administrator will ensure that any NLSA Board Members who are present and all NLSA sponsors are recognized during all ceremonies and awards presentations.
- 3.7. The Tournament Administrator will be the final authority on all procedural matters not covered in these Rules and Regulations

4. NLSA OFFICE

- 4.1. The Chair of the Competition Committee will inform the host club and/or region of the teams participating in the competition.
- 4.2. The Chair of the Competition Committee will provide the host club and/or region all online information pertaining to the tournament.

5. NLSA POLICIES

5.1. Code of Conduct and Ethics

- 5.1.1. The NLSA has a Code of Conduct and Ethics which must be adhered to by all members of The Association and can be found online at www.nlsa.ca.
- 5.1.2. All complaints received from members of the NLSA under this Code must be sent to the NLSA Judicial Body ethics@nlsa.ca.

6. Volunteer Screening and Coaching Requirements

- 6.1. The NLSA has a formal policy in regards to Volunteer Screening, and can be found online at www.nlsa.ca.
- 6.2. All staff persons listed on a team roster in any Jamboree must be E-Pic or CPIC with Vulnerable Sector cleared (valid for 12 months) and have completed:
 1. Respect in Sport for Activity Leaders.
 2. NCCP Make Ethical Decisions module and/or Online Education
 3. NCCP Making Headway Module
 4. NCCP Emergency Action Planning Module
 5. NCCP Rule of Two Module
- 6.3. All coaches and assistant coaches of teams in the U7, U8 and U9 age groups must complete the **FUNDamentals** coaching course.
- 6.4. All coaches and assistant coaches of teams in the U10 and U11 age groups must complete the **Learn to Train** coaching course.
- 6.5. The club's technical director is responsible for ensuring a qualified coach is available and listed on the game sheet whenever the head coach or assistant coach is unavailable.

- 6.6. A team's staff must consist of a minimum of two members and may consist of a maximum of three members. One of the members of the team staff must be the same gender as the team and must be on the bench for all games.
- 6.7. During games, Club Technical Directors are permitted to sit on the bench as a 4th staff member provided they are listed on the team registration as staff.
- 7. ALCOHOL, BANNED, AND ILLEGAL DRUGS**
 - 7.1. The NLSA has zero tolerance in regards to the acquiring, possessing, purchasing or consumption of alcohol and banned and illegal drugs for all youth players playing in any NLSA sanctioned event. Such matters will be forwarded to the NLSA Judicial Bodies and may result in sanctions.
 - 7.2. The NLSA has zero tolerance in regards to the acquiring, possessing, purchasing or consumption of banned and illegal drugs for all senior players playing in any NLSA sanctioned event,
 - 7.3. A list of banned drugs can be found on the Canadian Centre for Ethics in Sport (CCES) website.
- 8. DISCIPLINE**
 - 8.1. Discipline at all NLSA sanctioned events will be dealt with under the NLSA Disciplinary Code which is available online at www.nlsa.ca.
- 9. AFFILIATION**
 - 9.1. Players and team staff added to any team after the team's initial registration must be registered to the team by the club before their first game of the tournament.
 - 9.2. All players, team staff and officials on the Jamboree or Small-sided Mega roster must be registered in the NLSA database at least five business days before Game #1 of the league entered.
 - 9.3. Players and team staff added to any team after the team's initial registration must be registered to the team by the club before the first game of the Jamboree or Small-sided Mega.

Mini Soccer Guidelines for U7, U9, U10 and U11 Jamborees

Although these guidelines are designed for provincial competition, all clubs are encouraged to apply them in their house leagues and other competitions to ensure consistency.

Jamboree Rationale

All NLSA Jamboree guidelines and rules are based on the philosophy and recommendations of Canada Soccer's Grassroots Standards.

It is essential to create an environment where young players can actively engage with the ball in a game-like setting that promotes interaction and skill development. Providing ample opportunities for ball contact enables players to gradually transition to the full-field, 11v11 format. This progression is best achieved by fostering decision-making, refining technical skills, understanding positional roles, and cultivating an overall enjoyment of the game.

Fundamentally, triangular formations serve as the foundation for passing and support movements. Encouraging play within an appropriate developmental framework allows players to effectively

practice passing and receiving with greater success. Mini soccer naturally instills an understanding of depth and width, facilitating a seamless progression toward the full 11v11 format.

Jamborees are encouraged because:

1. Small-sided games on a smaller field will allow more contacts on the ball.
2. The field is long enough for these young defenders to pass the ball forward past pressure.
3. Strikers have the opportunity to support deep with width capabilities and lateral support.
4. Goalkeepers have a reduced size of goal allowing most to reach the crossbar.
5. Allows for possession of the ball in a supporting environment for positions (triangles).
6. Laws/structure simplified – throw-ins, offsides, etc.

Mini Soccer Code for Coaches

1. Your responsibility is to ensure that players are having fun. Remember that children are not miniature professionals.
2. Never ridicule or scold a child for a mistake. Remember no child intentionally makes a mistake.
3. Applaud loudly a good effort by your team and the opponent.
4. Coaching at this level is a collective collaboration. If we all work together, all our players will improve.
5. Encourage all players to develop basic skills but remember to be reasonable in your demand for their energy and enthusiasm.

Rules for Mini-Soccer

1. ELIGIBILITY

1.1. Team

- 1.1.1. All teams must register with their recognized Club in order to affiliate with the NLSA.
- 1.1.2. Only teams affiliated with and in good standing with their Club will be eligible to participate in any Jamboree under the jurisdiction of the NLSA.
- 1.1.3. All games are to be played with an emphasis on fun, fairplay, sportsmanship, development, education and respect for teammates, opponents, and referees and shall be non-results oriented.

1.2. Player

- 1.2.1. Only players registered with a Club and entered in the NLSA database shall be eligible to participate in any Jamboree
- 1.2.2. Players participating in any Provincial Competition where there is an age limit must be under that age before January 1st of the year of the competition to be eligible to play in that age category that playing season. Players who reach the limiting age on or after the first day of January in the competing year shall continue to be eligible to play in that age category for the remainder of the playing season. Thus, players born in the years.
 - 1.2.2.1. U11 - all players under 11 years of age prior to the start of the current year.

- 1.2.2.2. U10 - all players under 10 years of age prior to the start of the current year.
- 1.2.2.3. U9 – all players under 9 years of age prior to the start of the current year.
- 1.2.2.4. U8 - all players under 8 years of age prior to the start of the current year,
- 1.2.2.5. U7 - all players under 9 years of age prior to the start of the current year.
- 1.2.3. Clubs at the U7 – U11 levels may request permission to use overage players when a club's technical director has deemed it is in the player's best interest to play at a lower level than his/her age group. This could be deemed appropriate based on the player's date of birth, physical size, technical ability, etc. Permission must be granted by the Chair of the Competitions Committee based on the technical director's recommendation and reasoning.
- 1.2.4. The final deadline for player registration shall be August 31st of the current year of competition.
- 1.2.5. A player may not play in more than one (1) Provincial Youth Competition in the current season without the approval of the Chair of the Competitions Committee.

2. ADMINISTRATION

2.1. Documentation

- 2.1.1. Teams participating in Jamborees must complete online registration and submit their roster by the NLSA's designated deadline. Provided the schedule allows for the addition of an extra team, late entries may be accepted no less than 10 days before the start of the jamboree and only when accompanied by the late registration fee of \$100.00. Acceptance is at the discretion of the Competitions Committee.
- 2.1.2. If a club makes changes to a team's roster or coaching staff the club is responsible to update the online team registration.
- 2.1.3. All teams entering Jamborees must be prepared to commence play on Friday morning, if necessary.
- 2.1.4. Clubs are responsible for ensuring that any team representing their club is properly registered with the NLSA.

3. TRAVEL AND HOTELS

- 3.1. All teams must make their own arrangements for travel and accommodations.

4. ATTENDANCE AT MEETINGS

- 4.1. Pre-jamboree meetings will be convened by the Chair of the Competitions Committee via an online platform prior to the start of the event. All teams

participating must have a representative present. Failure to do so will result in a fine of \$200.00. In the case of special circumstances, exemptions may apply provided approval has been given. The location and time of the meeting will be published on the NLSA website.

5. PARTICIPATION AWARD

5.1. The NLSA will provide individual participation gifts to every player in the Jamboree.

6. TECHNICAL

6.1. Administration

6.1.1. Only team staff and players listed on the game sheet and registered to the team in the NLSA database shall be permitted to sit on the players' bench and play in any game for the team.

6.2. Team Uniforms

- 6.2.1. When the colours of the competing teams are similar, home teams shall use alternate colours. At jamborees the host must have a set of jerseys or pinnies available in case there is a conflict in colors.
- 6.2.2. Goalkeepers shall wear colours that plainly distinguish them from all other players and game officials.
- 6.2.3. All jerseys must be clearly numbered as per FIFA Rules.
- 6.2.4. Players are not permitted to wear anything that is dangerous to themselves or other players. No jewelry: that includes rings, bracelets (except medical alert bracelets that must be either made of Velcro or similar soft material or covered with a sweatband), earrings, necklaces, other visible body piercing, etc. The practice of taping jewelry is not acceptable.
- 6.2.5. Socks: if tape or similar material is applied externally it must be the same colour as the part of the sock it is applied to or clear.
- 6.2.6. The wearing of shin guards is mandatory for all players in all jamborees governed by the NLSA.
- 6.2.7. Appropriate soccer socks, which completely cover the shin guards, must be worn.
- 6.2.8. No player registered as a youth will be permitted to play while wearing a cast of any kind – hard or soft.

6.3. Format

- 6.3.1. Each team is guaranteed a minimum of four (4) games.
- 6.3.2. Based on Canada Soccer Grassroots Standards medals and standings are not awarded in the Jamborees.
- 6.3.3. The schedule will be done by the Chair of the Competition Committee and the format will depend on the number of teams registered for the event.
- 6.3.4. When drawing up the schedule the NLSA will ensure that each team has at least the equivalent of one game rest period between the end of one game and the start of another.

TABLE			
	Under 7	Under 8/9	Under 10/11
Retreat Line	Retreat Line will be set up at the half way line	Retreat Line will be set up at the half way line	Retreat Line will be 1/3 distance from either end of the field
Ball Size	3	3	4
Penalty Kick	None	None	None
Assistant Referee	None	None	None
Off-side	None	None	None
Game Format	4 x 4 including GK	5 x 5 Including GK	7 x 7 including GK
Squad Size	6 - 9 Players	8 - 12 Players	10 - 14 Players
Game Duration	8 x 5 min	10 x 5 min	6 x 10 min
Field Size Min/Max width	18 - 22m	25 - 30m	30 - 36m
Field Size Min/Max length	25 - 30m	30 - 36m	40 - 55m
Goal Size (recommended)	5ft X 8ft	5ft X 8ft	6 X 16ft
Field Markings	<p>If possible, the halfway line and center circle should be marked. The penalty/goal area is combined. This is a rectangle formed by lines extending from the goal line 5m along the line from each post goal line and extending 5 m into the field.</p> <p>NB: All field markings may be marked by the means of cones (woz-makers)</p>	<p>If possible, the halfway line and center circle should be marked. The penalty/goal area is combined. This is a rectangle formed by lines extending from the goal line 8m along the line from each post goal line and extending 8m into the field.</p> <p>NB: All field markings may be marked by the means of cones (woz-makers)</p>	<p>If possible, the halfway line and center circle should be marked. The penalty/goal area is combined. This is a rectangle formed by lines extending from the goal line 11m along the line from each post goal line and extending 11m into the field.</p> <p>NB: All field markings may be marked by the means of cones (woz-makers)</p>
Corner Flags	<p>Corner flags/cones are optional but must be safe. Cones can be used for other field markings but must not endanger the players in any way. Ideally field markings should be by lines not more than 15 cm wide.</p> <p>NB: All field markings may be marked by the means of cones (woz-makers)</p>	<p>Corner flags/cones are optional but must be safe. Cones can be used for other field markings but must not endanger the players in any way. Ideally field markings should be by lines not more than 15 cm wide.</p> <p>NB: All field markings may be marked by the means of cones (woz-makers)</p>	<p>Corner flags/cones are optional but must be safe. Cones can be used for other field markings but must not endanger the players in any way. Ideally field markings should be by lines not more than 15 cm wide.</p> <p>NB: All field markings may be marked by the means of cones (woz-makers)</p>

Corner Arcs	None	None	None
Substitutions	<p>Each half is divided into 4 5-minute shifts. The whistle goes at the end of each shift and the players change. There is no double shifting unless the team has less than 8 players. No player can play 3 shifts in succession unless there are less than 6 players.</p> <p>Substitutions can only happen at a stoppage in play and approved by the referee. Not on the fly.</p>	<p>Each half is divided into 5 5-minute shifts. The whistle goes at the end of each shift and the players change. There is no double shifting unless the team has less than 10 players. No player can play 3 shifts in succession unless there are less than 8 players.</p> <p>Substitutions can only happen at a stoppage in play and approved by the referee. Not on the fly.</p>	<p>Each half is divided into 3 10-minute shifts. The whistle goes at the end of each shift and the players change. There is no double shifting unless the team has less than 14 players. No player can play 3 shifts in succession unless there are less than 11 players.</p> <p>Substitutions can only happen at a stoppage in play and approved by the referee. Not on the fly.</p>
Free kicks	All free kicks are indirect, opponents of the team taking the kick are at least 5 metres from the ball until it is in play.	All free kicks are indirect, opponents of the team taking the kick are at least 5 metres from the ball until it is in play	All free kicks are indirect, opponents of the team taking the kick are at least 8 metres from the ball until it is in play
Playing Time	Playing time shall be based on fair play and players should have equal playing time whenever possible.	Playing time shall be based on fair play and players should have equal playing time whenever possible.	Playing time shall be based on fair play and players should have equal playing time whenever possible.
Goalkeeper Playing Time	<p>Players who play in net are considered to have played a shift. Keepers must rotate the same as out players.</p> <p>No player should play a 2nd shift in net until all players have played in net.</p>	<p>Players who play in net are considered to have played a shift. Keepers must rotate the same as out players.</p> <p>No player should play a 2nd shift in net until all players have played in net.</p>	Keepers are not to play more than 50% of the game in net
Start and Restart of Play	Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least 5 metres from the ball until it is in play.	Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least 5 metres from the ball until it is in play.	Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least 8 metres from the ball until it is in play.

	<p>Dropped balls are used to restart play if play is stopped for injury or other reason as per FIFA.</p> <p>A goal cannot be scored in the opponent's goal directly from a kick-off, goal kick or corner kick.</p>	<p>Dropped balls are used to restart play if play is stopped for injury or other reason as per FIFA.</p> <p>A goal cannot be scored in the opponent's goal directly from a kick-off, goal kick or corner kick.</p>	<p>Dropped balls are used to restart play if play is stopped for injury or other reason as per FIFA.</p> <p>A goal cannot be scored in the opponent's goal directly from a kick-off, goal kick or corner kick.</p>
Corner Kicks	<p>Conform to FIFA with the exception that opponents remain at least 5 metres from the ball until it is in play.</p> <p>A goal cannot be scored directly from a corner kick.</p>	<p>Conform to FIFA with the exception that opponents remain at least 5 metres from the ball until it is in play.</p> <p>A goal cannot be scored directly from a corner kick.</p>	<p>Conform to FIFA with the exception that opponents remain at least 8 metres from the ball until it is in play.</p> <p>A goal cannot be scored directly from a corner kick.</p>
Fouls and Misconducts	<p>Conform to FIFA with the exception that all fouls shall result in an indirect free kick.</p> <p>Fouls in the penalty/goal area are indirect kicks taken from the edge of the penalty/ goal area. In U7 the referee should explain all infringements to the offending player.</p> <p>No cards are shown to players. Misconduct is dealt with through the coach.</p>	<p>Conform to FIFA with the exception that all fouls shall result in an indirect free kick.</p> <p>Fouls in the penalty/goal area are indirect kicks taken from the edge of the penalty/ goal area.</p> <p>No cards are shown to players. Misconduct is dealt with through the coach.</p>	<p>Conform to FIFA with the exception that all fouls shall result in an indirect free kick.</p> <p>Fouls in the penalty/goal area are indirect kicks taken from the edge of the penalty/ goal area.</p> <p>No cards are shown to players. Misconduct is dealt with through the coach.</p>

Laws of the Game - Under 7, 8, 9, 10 and 11

Law 1

The Field of Play

Length and width of the field See Table above

Law 2

The Ball

The ball must conform to FIFA standards and to FIFA inflation specifications. For appropriate size see Table 1 above .

- Law 3** **The Players** - See Table 1
Note: When playing with a goalkeeper at the U7 age group, all players should take turns in all field positions including goalkeeper
- Law 4** **The Players' Equipment**
a) Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. The goalkeeper should wear a colour that distinguishes him/her from both teams. Shin guards are mandatory and must be worn under the socks.
b) Jewelry is not permitted, taped or not, apart from medic alert bracelets. Players who cannot remove jewelry cannot play.
c) No player may play with a cast of any kind whether padded or not.
d) A player who is asked to leave the field of play because of defective or dangerous equipment may not re-enter until the referee is satisfied that the equipment has been repaired.
- Law 5** **The Referee**
Only referees who have successfully completed the NLSA youth course or entry level course, and are currently registered with the NLSA, can be used. The referee's role is to keep the players safe and ensure that the game is played under the "fair play" code.

The referee shall:
a) enforce the Laws of the Game;
b) refrain from penalizing in cases where the offending team may gain an advantage;
c) report in writing to the appropriate authority, any misconduct by players, parents, spectators or other persons which takes place on the field of play or its vicinity at any time during the game;
d) control who may enter or leave the field of play;
e) stop the game immediately if a player appears to be injured;
f) signal to start the game and to restart it after stoppage;
g) decide if the field of play and all applicable equipment is suitable.
- Law 6** **The Other Match Officials** - None required
- Law 7** **The Duration of the Match** - See Table 1
- Law 8** **The Start and Restart of Play** - See Table 1
- Law 9** **The Ball In and Out of Play** - as per FIFA Laws of the Game (LOTG)
- Law 10** **Determining the outcome of a match** – as per the LOTG, with the exception that a goal cannot be scored from a dead ball kick of any sort.

- Law 11** **Offside – None**
Coaches will be informed that positioning players in the opponent's goal area to take advantage of long balls is unsporting and contrary to principles of player development. The referee will report the use of such tactics to the competition authorities or field marshals but will take no action on the field.
- Law 12** **Fouls and Misconduct - See Table 1**
- Misconduct:** No cards are used. The player is warned verbally in hearing of the coach for offences normally cautionable (reckless challenges, dissent, persistent infringement etc). It is particularly important to warn players if their fouls are likely to cause injury to other players.
- For offences that require dismissal, the player is asked to leave the field and the coach is told the player cannot return to the field (foul and abusive language, serious foul play, violent conduct, second caution). The referee must report this to the competition authorities. Teams can replace the player thus dismissed.
- Denying an obvious goal scoring opportunity is considered a cautionable offense only.
- If misconduct is by the coach, or the coach refuses to support the referee in terms of cautions or dismissals, the game is halted and the referee informs the field marshal who will take appropriate action. The game should only be restarted after the field marshal is satisfied that the situation has been dealt with.
- Law 13** **Free Kicks - See Table 1**
- Law 14** **The Penalty Kick – None; See Table 1**
- Law 15** **The Throw-In**
Conform to the LOTG apart from the U-7 age group where if the player fails to throw the ball in correctly, s/he shall be permitted a second attempt. If the second attempt is unsuccessful, a throw-in shall be awarded to the opposing team. The referee should give the player direction as to why it was a foul throw.
- Law 16** **The Goal Kick**
Conform to LOTG except that it shall be taken from anywhere within the penalty/goal area. The retreat line is in operation for all goal kicks. A goal cannot be scored directly from a goal kick.
- Law 17** **The Corner Kick - See Table 1**
- The Retreat Line**
When a goal kick is called or when the goalkeeper has the ball in his or her arms, the opposing team members must drop back behind the retreat line. Once those players have retreated to the line, the goalkeeper may play the ball to a teammate without the pressure of an opposing player nearby. When the goalkeeper's teammate touches the ball, play will

resume as normal and the opposing players can apply pressure once more.

Should a member of the opposing team enter inside the Retreat Line too soon (and interfere with play), OR touch the ball inside that area before the goal keeper's teammate, the referee must blow their whistle and the initial distribution must be retaken (ie. retake the goal-kick, or if the ball was distributed from the goal-keeper's hands, restart with a goal kick).

Should the ball leave the field of play prior to the goalkeeper's teammate touching the ball, play will resume from a throw-in or corner kick as appropriate according to the Law.

The Retreat Line will be marked by off-field pylons, circle cones, flags or other appropriate markers. The Retreat Line will be set up by the Field Marshall prior to the start of the game.

For U7 and U9 games, the retreat line will be the $\frac{1}{2}$ way line. For U11, markers will be set up at one-third of the length of the field to mark the line.

Coaches should not coach his or her players to delay touching the ball after the goalkeeper has passed it to them to waste time or to gain an unfair advantage. This rule has been introduced to aid the technical development of players and should not be used as a time wasting tactic. Coaches that allow this to take place will be spoken to by the field marshal and may be dealt with further by the NLSA.

After a save, goalkeepers may lay the ball on the ground in order to pass to their teammate. This does not make the ball in play and the opposing team must still wait until the teammate touches the ball.

Goalkeepers may choose not to "play out of the back" and instead to kick the ball directly over the Retreat Line. This is not against the rules and the game should not be stopped. Once the ball crosses the Retreat Line, it can be touched by any player on the field and can be deemed "live and in play." Goalkeepers may also choose to play the ball quickly from a goal kick or after making a save. In this case it is permissible for the goalkeeper to play quickly without having to wait for all players to retreat as this supports the development of decision-making skills in young players.