

**Cape Express Beach Blast
SIMPLIFIED RULES, July 4, 2018**

These simplified rules are for your convenience, the Cape Express Beach Blast LAWS OF THE GAME are the official rules.

The Penalty area is 10 yards deep by the width of the field. The goalkeeper can use his hands in the Penalty area.

Two teams of five (5) players play the game on each team. One of the five shall be the goalkeeper. Co-Ed Open teams must have at least two women on the field at all times. A coin toss will determine which team has the option between the kick-off and the choice of sides on the pitch.

There are no limits for the number or timing of substitutions and can occur on the fly. Goalkeeper substitutions may only occur when play has stopped and the referee has been notified.

At a kickoff, the players of the opposing team shall stay at least five yards from the ball. A goal cannot be scored directly from the kick-off. All other free kicks are direct.

The game has 3 periods of 12 minutes each with 2 intervals of 3 minutes to allow the teams to change sides. Coin is tossed again at beginning of third period.

Fouls will be penalized by awarding a direct free kick. All players must remain at least 5 yards from the ball. The keeper must remain on his line until the ball is kicked on all foul related direct free kicks. The player fouled must take the kick unless injured. A small mound of sand may be formed for the ball on free kicks, NO OTHER TIME.

If the foul occurs in the penalty area - a penalty kick shall be awarded at the center of the penalty line and all players must remain behind the penalty line.

If the foul occurs in attacking half of the pitch (not in penalty area) - a direct free kick shall be awarded at the location of the foul and all players must remain behind the ball.

If the foul occurs in defensive half of the pitch - no wall may be formed, no player can stand in the triangle formed by the ball and the two goalposts. No player may interfere with the ball except the keeper if it is being shot towards goal or is still in the air. If it leaves that triangle or touches the sand, any player can play the ball.

All keeper re-starts are with hands only; there is no goal kick. The goalkeeper cannot score a goal using his hands.

The goalkeeper is allowed to touch/receive the ball with his hands or arms from either a pass back or header from a teammate **ONCE** during a given possession. However, the keeper shall **NOT BE ALLOWED TO DO THIS A SECOND CONSECUTIVE TIME** during a given possession without the ball touching an opponent player.

Defenders must remain 5 yards from the ball on a corner kick.

Ball can be inbounded from the sidelines using either hands or feet. A goal cannot be scored directly from an inbounds. The keeper can receive an inbounds with his hands; this counts as first pass back.

There are no offsides.

There is no slide tackling.

No deliberate heading for U11 and under.