



Soccer Rules

MATCH CONDUCT

A. GENERAL RULES

- Coaches will be responsible for distributing and informing players and parents of schedules, rules, conduct, and any other information set forth by league coordinators.
- Practice times and locations are determined by coaches for 1st-8th Grade
- Pre-K & Kinder will have a 20 min practice before games.
- Treat schedules and other team related items would be at the discretion of coaches.
- Shin guards are mandatory. Cleats are optional. Can wear sneakers.
- Pre-K- 4th Grade: Substitutions may be made at any stoppage in play
- 5th – 8th Grade: Free substitution on goal kicks and team with possession on throw-ins. Substitutes must be ready to go in when the whistle is blown. Substitutes need to receive okay from referee to enter the game.
- Coaches should focus on teaching skills and sportsmanship during practices and games.
- There will be a site supervisor at the field to assist with questions.

B. COMPETITION:

- **All players attending the game must play at least 50% of the game**
- For grades 1st – 4th there will be one central official. A second official will be there if staffing allows. For 5th -6th grade /7th -9th Grade there will be one center official and one sideline officials (Parents may be asked to stand in as line judges) or two center officials. (if staffing allows)
- We will play by NFHS (High School) rules with the following variations
- 1st Grade and Older: Coaches, officials and spectators shall not enter the field of play unless requested by the referee.

- This is a recreation league we will have a game with the players that show up for each team.

C. MATCH DURATIONS:

Matches shall be of two equal halves, not to exceed the following durations (no stoppage time). Half time periods shall be a minimum of 3 and a maximum of 5 minutes as regulated by the referee.

AGE GROUP	MAX DURATION OF HALF
Pre-K*	10 minutes
Kindergarten**	15 minutes
1 st Grade	20 minutes
2 nd Grade	20 minutes
3 rd /4 th Grade	25 minutes
5 th /6 th Grade	25 minutes
7 th – 8 th Grade	25 minutes

*Pre-K: There will be a 20-minute practice starting at the scheduled game time. After the 20-minute practice, there will be a scrimmage against the team on the opposite side of the field with the coaches refereeing the game.

**Kindergarten: There will be a 20-minute practice starting at the scheduled game time. After the 20-minute practice, there will be a scrimmage against the team on the opposite side of the field with the coaches refereeing the game.

D. SIZE OF BALL

AGE GROUP	SIZE
3 yr-2 nd Grade	3
3 rd -6 th Grade	4
7 th - 9 th Grade	5

E. TEAM SIZE

The following are the recommended team sizes:

Age Group	Players per team on field
Pre-K	5 (No Goalie)
Kindergarten	5 (No goalie)
1 st /2 nd Grade	5 (including goalie)
3 rd /4 th Grade Boys	7 (including goalie)
3 rd /4 th Grade Girls	7 (including goalie)
5 th /6 th Grade	7 (including goalie)
7 th – 9 th Grade	9 (including goalie)

F. PENALTIES AND FOULS

PRE-K – 4TH GRADE

- All free kicks are indirect (An indirect kick must be touched by another player before it can go into the goal)
- Penalty kicks will only be for 5th-6th grade ages (A penalty kick results from a contact foul or hand ball by the defending team within the penalty area)
- If a player lifts one or both feet on a throw in or fails to throw the ball with both hands over the head the ball be rethrown by the same team
- A player cannot kick, trip, jump at, charge, strike, push, hold, or spit at an opponent. Bumping, leaning or going shoulder-to-shoulder while competing for a ball is not a foul until the hands or elbows come up.
- Deliberate heading is not allowed in any age division. If a player deliberately heads the ball in a game, an indirect free kick will be awarded to the opposing team where the player touched the ball with his/her head.
- A player cannot touch the ball twice in a row when putting the ball in play. If a player barely hits the ball and decides to take another kick at it, that is a two-touch. This also applies to throw-ins. A player cannot throw the ball in and then kick it.

5TH – 8TH GRADE

- Slide Tackling: will not be allowed when another player is near the ball. Players must wear shin guards to play. (they are mandatory)

- There will be penalty for 5th -8th grade ages (A penalty kick results from a contact foul or hand ball by the defending team within the penalty area)
- If a player receives a red card, the player will automatically be ejected from the game and the next scheduled game. Any player getting a red card for violent conduct will not participate in the next two scheduled games. Any player that receives two red cards in one season is automatically suspended for the rest of the season.
- If a player receives a yellow card, they are required to sit out for five minutes of game time. When a player is ejected for a red card or must sit out for a yellow card, their team may not send in a player to replace them, they must play shorthanded.

OFFSIDES

- A player is offside if they become involved in active play when any part of their body, is nearer to their opponents' goal line than both the ball and the second-last opponent. The player must also be in their opponent's half of the field to be offside.



The soccer player with the ball is offside

