

YOUTH SOCCER RULES & REGULATIONS

1st

GRADE LEAGUES

Game regulations:

Ball size for all leagues is #3. Teams will have 5 players on each field, **no goalkeeper**. All games consist of two twenty-minute halves. Halftime will be 5 minutes long.

League Rules:

Start and re-start of play- Kickoffs are taken at the start of the match, after a goal has been scored and at the start of the second half. Players must be in their own half of the field and the team not taking the kickoff must be at least 5 yards away from the ball. The ball is in play when it is kicked and moves. The kicker may not touch the ball a second time until another player (from either team) has touched the ball.

Ball in and out of play- The ball is out of play when it has **completely** crossed over the goal line or sideline. It is still in play if any part of the ball is on the line.

Method of scoring- A goal is scored when the ball has **completely** crossed the goal line between the goal posts and under the crossbar. **No Offside.**

Fouls- An indirect free kick (indirect means that the ball must touch two players, of either team before going in the goal) is awarded to the opposing team if a player does any of the following in a careless, reckless manner: kicks, trips, jumps at, hits, pushes, holds, spits at an opponent, deliberately touches the ball with his/her hand or arm, **or deliberately plays the ball with his/her head**. An indirect free kick will also be given if a player plays in a dangerous manner or makes a sliding tackle. **Free kick**

procedure- The ball must be stationary when kicked. The kick is taken from the spot of the foul and opponents must be at least 5 yards away from the ball. The ball is in play when it is kicked and moved. The player taking the kick may not touch the ball a second time until it has been touch by another player from either team. If this occurs the opposing team is awarded an indirect free kick.

Throw-in- A throw-in is awarded when the ball completely crosses the sideline and is taken by the opponents of the team that last touched the ball from where it crossed the sideline. In taking the throw, the thrower must face the field, have both feet on the ground on or behind the sideline and use both hands to deliver the ball from behind and over the head.

Goal kick- A goal kick is awarded when the ball, having last touched a player of the attacking team, passes completely over the goal line, but not into the goal. The ball is kicked from anywhere within 3 yards of the

goal line, is in play when it is kicked and moves, and opponents must be at or behind the midfield line, and can move toward the ball once it has been kicked and moves. All other rules for free kick apply.

Corner kick- A corner kick is awarded when the ball, having last touched a player of the defending team, passes completely over the goal line, but not into the goal. The kick is taken from within a yard of the nearest corner flag and is in play when it is kicked and moves. Opponents must be at least 5 yards away from the ball. Kicker cannot touch the ball a second time until another player of either team has touched it. If this occurs, an indirect free kick is awarded to the opposing team.

Substitutions- Substitutions can be made on any dead ball, and players can be substituted onto either field being played on. It is highly recommended that coaches appoint an assistant or team parent to handle substitutions. This allows the coach to stay on the field and speeds up the game considerably.

Coaches and spectators- Spectators will occupy the sideline areas opposite the team area.