



2025 Soccer Rules

General Game Rules

1. FIFA rules apply except for specific house rules.
2. **Referee's decision is FINAL!!!**
3. **THERE IS NO SLIDE TACKLING!**
4. Each child should have equal playing time.
5. Games will be played with a running clock unless otherwise specified by the official

Player Safety

1. All players on the field **MUST** have on shin guards and closed-toed athletic shoes (no crocs).
 - a. Cleats are strongly recommended. Cleats with toe studs and/or metal studs are not allowed.
2. If a play is stopped due to injury, that player may be substituted.
3. **As per FIFA rules, there will be NO HEADING. (Indirect restart)**
4. Officials may briefly stop play if/when a goalie reaches for the ball if opposing players are nearby.
5. Girls may cross their arms over their body when going for a chest ball.
6. **If a player is injured, please encourage them to sit down.** Having the player sit signals the referee that the player cannot continue play. Also, referees are encouraged to stop play if a player is suspected of an injury.

League Rules/Guidelines

1. **NO ONE** IS PERMITTED TO STAND BEHIND THE GOAL OR END LINES.
2. **Parents MUST be on the opposite side of the field of the teams.** Referees may award possession to the opposing team if parents refuse to move and/or impact the coaches ability to coach.
3. Each child should have a chance at a free kick before anyone has a second opportunity.
4. When substituting players, coaches must make sure that there are an equal number of girls and boys that are substituting.
5. Negative comments to staff, officials, coaches, or players may result in expulsion from one or more games.
6. To ensure competitive play, we ask that coaches monitor players on higher-level teams (select/travel) and adjust playing time to avoid them playing simultaneously
7. If a team is ahead by 6 or more goals, the referee may REQUIRE the stronger players be substituted more frequently and/or remain behind the midfield line.
8. If a player scores 3 goals in a half, the referee may REQUIRE he/she be placed on defense or be substituted.
9. If a team is short players, they may borrow players **ONLY** from their opponent.
 - a. If the opponent has enough players to do so, they **MUST** provide enough players to ensure even sides. They may choose to switch out which player(s) they provide with acknowledgment from the official.
 - b. Games will not be rescheduled because teams are missing players.
10. **Mercy Rule:** If a team is up by 3 goals, the opposing team may add a player to the field if desired
 - a. If a team is up 6 goals, the opposing team may add another player, and so on...
 - b. If a team drops under a threshold (eg. Down 6 to down 5) they must remove the correlating extra player

*****We do not issue red/yellow cards in this recreational league. However, we do empower the referees to send a player to the bench for repeated offenses during play. Depending on the severity of the infraction, the player may be subject to additional punishment up to and including being suspended for a game and/or expulsion from the league.***



Micro Rules

45 minutes | 4 players (no goalie) | Size 3 ball

1. Game Day Schedule:

a. **9:00am Practice & Game:**

- i. 9:00 AM - 9:15 AM: Teams 1 & 2 Practice
- ii. 9:15 AM - 9:45 AM: Teams 1 & 2 Game
- iii. 9:45 AM - 10:00 AM: Extra time (if needed)

b. **10:00am Practice & Game:**

- i. 10:00 AM - 10:15 AM: Teams 3 & 4 Practice
- ii. 10:15 AM - 10:45 AM: Teams 3 & 4 Game
- iii. 10:45 AM - 11:00 AM: Extra time (if needed)

2. Game Structure:

- a. Coaches will oversee practice & gameplay
- b. Each game will consist of two 15-minute halves.
- c. Parents and coaches assist in keeping the players on the field and the ball in play.
 - i. Play may continue beyond the field boundaries (within reason).
- d. All restarts will begin as a free-kick.
- e. **The emphasis during games will be on participation, fun, and learning.**
- f. Coaches are encouraged to rotate players to ensure everyone gets playing time.
- g. Teams will rotate matchups weekly!
- h. Games may be played 5v5 if appropriate



Kinder Rules

37 minute games | 5 players (including goalie) | Size 3 ball

1. Timing:
 - 4 Eight minute quarters
 - 1 Minute quarter breaks
 - 3 Minute half time
2. No Offsides, but keep an eye on cherry picking.
3. Substitutions- ONLY during stopped play.
4. Fouls/Infringements: Indirect kicks only (The ball must touch another player before a goal can be scored)
 - a. Fouls and infringements include handballs, kicking, tripping, holding, pushing, dangerous play, unsportsmanlike conduct/inappropriate language, Cherry picking that may result in a goal, etc
 - b. Officials may remove a player from the field of play if repeated or excessive infringements occur
5. Restarts:
 - a. **SIDELINE**- Throw in. If the player steps in the field of play while throwing, re-throw. Opposing team should be at least 10 steps away.
 - b. **ENDLINE**: Goal kick/corner kick will be set up.
 - i. On goal kicks, opposing players may start no closer than halfway between the midline and the ball to give the team kicking the ball room to start play.
 - ii. On corner kicks, opposing players must be at least 10 ft away from the ball at the start of play
 - c. **GOALS**: Play will be restarted at midfield with a kick off.
6. Goalies:
 - a. Goalies **MUST** wear a pinnie or uniform that marks them as the goalie.
 - b. Once the goalie initiates the act of picking the ball up, all other players must immediately back away
 - c. Officials reserve the right to briefly stop play while the goalie reaches for the ball to ensure player safety
 - d. If the goalie has the ball in their hands, the opposing team must be at least 10 yards downfield of the goalie



1st & 2nd Grade

(7 players including goalie, Size 4 ball, 45 minute games)

1. Timing:
 - 4 Ten minute quarters
 - 1 Minute quarter breaks
 - 3 Minute half time
2. Offsides:
 - a. No offsides (watch Cherry Picking)
2. Substitutions:
 - a. Only during stopped play.
3. Fouls/Infringements:
 - a. Fouls and infringements include handballs, kicking, tripping, holding, pushing, dangerous play, unsportsmanlike conduct/inappropriate language, Cherry picking that may result in a goal, etc
 - b. Officials may remove a player from the field of play if repeated or excessive infringements occur
 - c. Indirect kicks only (The ball must touch another player before a goal can be scored off of a free kick)
4. Goalie Safety
 - a. Goalies MUST wear a pinnie or uniform that marks them as the goalie.
 - b. Once the goalie touches the ball with his/her hands, all opposing players must retreat at least 10 feet away
 - c. The goalie has roughly 10 seconds to throw/punt the ball, or he/she must drop it and can only use his/her feet until an opposing player touches the ball.
 - d. Officials reserve the right to briefly stop play while the goalie reaches for the ball to ensure player safety
5. Throw ins:
 - a. Players have 2 chances to correctly perform a throw-in. After this it will be a free kick for the opposing team
 - b. Legal throw-in: 2 hands on the ball, 2 feet on the ground, feet outside the lines
 - c. 5 yards must be given to a player performing a throw-in.
6. Extra Players
 - c. If a team is losing by more than 3 goals, they may add an extra player to the field to help even the game up.
 - d. If a team is up 6 goals, the opposing team may add another player, and so on...
 - e. If a team drops under a threshold (eg. Down 6 to down 5) they must remove the correlating extra player
7. For the first half of the season, Coaches may coach on the field.



3rd & 4th Grade

45 minute games | 7 players (including goalie) | Size 4 ball

1. Offsides:
 - a. No offsides until week 4 *** See offsides rules
2. Timing:
 - 4 Ten minute quarters
 - 1 Minute quarter breaks
 - 3 Minute half time
3. Substitutions:
 - a. Only during stopped play.
4. Fouls/Infringements:
 - a. Fouls and infringements include handballs, kicking, tripping, holding, pushing, dangerous play, unsportsmanlike conduct/inappropriate language, Cherry picking that may result in a goal, etc
 - b. Indirect kicks only (The ball must touch another player before a goal can be scored)
unless the penalty occurs inside of the Penalty Box
 - 1 Any foul inside the goal box will result in a penalty kick
 - c. Officials may remove a player from the field of play if repeated or excessive infringements occur
5. Throw-ins:
 - a. For the first three weeks, players will get two chances to perform a proper throw-in. After the 2nd attempt, the ball will be turned over for an improper throw-in.
 - b. Starting in the 4th week, there will be no second attempt on a throw-in.
6. Coaches must stay on the sideline!

OFFSIDE RULE

A player is offside when all 3 of the following statements are true:

1. They are on their opponent's half of the field
2. They are deemed to be "in active play"
3. They are closer to the opponent's goal than both the ball and the last defender

A player is NOT offside on a throw-in, a corner kick, or a goal kick if they receive the ball directly (No other player touches the ball first). If another player touches the ball, normal offsides rules apply.

An offside call by the referee will result in an indirect kick for the opposing team at the point of offense.



5th - 8th Grade

Ages 10-14 | 5 players (including goalie) | Size 5 ball

3. Timing:
 - 2 Twenty-two minute halves
 - 5 Minute half time
4. Offsides:
 - a. Will be called
8. Substitutions:
 - a. May be made at any time, as long as the players sub through the midfield area
9. Fouls/Infringements:
 - a. Direct kicks will be called for major infringements such as handballs, kicking, tripping, holding, pushing, dangerous play, and unsportsmanlike conduct/inappropriate language
 - b. Penalty shots will be awarded for defensive penalties inside the penalty box
 - c. Officials may remove a player from the field of play if repeated or excessive infringements occur
 - d. Goalies MAY use their hands on a pass-back if they are inside the penalty box
10. Restarts:
 - a. Sidelines:
 - i. Players must perform a legal throw-in: 2 hands on the back half of the ball, 2 feet on the ground, feet outside the lines
 - ii. 5 yards must be given to a player performing a throw-in.
 - b. Endlines:
 - i. Goal kicks
 1. Can be initiated anywhere inside the goal box
 2. Opposing team must be outside the penalty box
 - ii. Corner kicks
 1. Opponents must stay at least 10 ft. away
 2. The kicker may not touch the ball a 2nd time until another player touches it

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