



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. **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.
5. **If a player scores 3 goals in a half,** he/she should be placed on defense or be substituted.
6. Games will be played with a running clock unless otherwise specified by the official

Player Safety

1. If a play is stopped due to injury, that player may be substituted.
2. **As per FIFA rules, there will be NO HEADING. (Indirect restart)**
3. Officials may briefly stop play if/when a goalie reaches for the ball if opposing players are nearby.
4. Girls may cross their arms over their body when going for a chest ball.
5. **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

6. **NO ONE IS PERMITTED TO STAND BEHIND THE GOAL OR END LINES.**
7. **Parents MUST be on the opposite side of the field of the teams.** Referees may award possession to the opposing team if this becomes an issue.
8. Each child should have a chance at a free kick before anyone has a second opportunity.
9. When substituting players, coaches must make sure that there are an equal number of girls and boys that are substituting.
10. Negative comments to the officials may result in expulsion from one or more games.
11. We ask that coaches be aware of players on their team that play on additional, higher caliber teams, such as select and/or travel teams. To ensure competitive play, playing time should be adjusted so that these players are not always playing at the same time.
12. If a team is short players it is up to the coach to inform the other coach of the situation. All teams must have the same number of players on the field (except in special cases of large goal differential- see item 14). The referee must always be informed of this situation. Games will not be rescheduled because teams are missing players.
13. **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 1 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 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: Team 1 Practice
- ii. 9:00 AM - 9:15 AM: Team 2 Practice
- iii. 9:15 AM - 9:45 AM: Teams 1+ 2 Game
- iv. 9:45 AM - 10:00 AM: Break (15 minutes)

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

- i. 10:00 AM - 10:15 AM: Team 3 Practice
- ii. 10:00 AM - 10:15 AM: Team 4 Practice
- iii. 10:15 AM - 10:45 AM: Teams 3 + 4 Game
- iv. 10:45 AM - 11:00 AM: Break (15 minutes)

2. Game Structure:

- a. Coaches will oversee 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!



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. Ex: Handball, Kicking/tripping, Holding/pushing, Dangerous play, Unsportsmanlike conduct/inappropriate language, Cherry picking that may result in a goal
 - 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.



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. Ex: Handball, Kicking/tripping, Holding/pushing, Dangerous play, Unsportsmanlike conduct/inappropriate language, Cherry picking that may result in a goal
 - b. Indirect kicks only (The ball must touch another player before a goal can be scored)
 - c. Officials may remove a player from the field of play if repeated or excessive infringements occur
4. **Goalie Safety**
 - a. All opposing players must retreat at least 10 feet from the goalie once he/she touches the ball with his/her hands.
 - b. 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.
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**
 - a. If a team is losing by more than 4 goals, they may add an extra player to the field to help even the game up. Once they return to a 3 goal margin, the extra player must leave the field of play.
7. For the first half of the season the coaches can 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. Ex: Handball, Kicking/tripping, Holding/pushing, Dangerous play, Unsportsmanlike conduct/inappropriate language, Cherry picking that may result in a goal
 - 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 1st two 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 3rd 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 goal than both the ball and the second last opponent

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. Ex: Handball, Kicking/tripping, Holding/pushing, Dangerous play, Unsportsmanlike conduct/inappropriate language
 - b. Direct kicks will be called for unsportsmanlike conduct
 - c. Penalty shots will be awarded for defensive penalties inside the penalty box
 - d. Officials may remove a player from the field of play if repeated or excessive infringements occur
 - e. Penalty kick rules may be adjusted after week 1 of the season
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 kick
 1. Offsides rules apply
 - ii. Corner kick
 1. Fifa rules apply

***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 goal than both the ball and the second last opponent

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