



RECREATIONAL LEAGUE

SOCCER RULES

CCV STARS

MORE THAN A GAME

Updated 8/5/2026

/ GENERAL RULES



EQUAL PLAYING TIME

- Every player on team = Fair & balanced opportunity to play.
- Does NOT mean the best player plays the entire game while others rotate.



COACH TIP:

Split team into halves – Offense (1st half), Defense (2nd half).



COACH BOX / SEATING



All teams will sit at midfield in a designated seating area.



Only players and coaches may be in the team box area.



On-field coach allowance is determined by the rules of each sport and division.



COACH SHIRT



1. CLEARED

Coaches must be cleared through the CCV Volunteer Security process prior to participating in any game/practice.



2. WEAR OFFICIAL COACH SHIRT

Coaches must wear their appropriate cleared coaching shirt at all games and practices.



3. NOT CLEARED = MAY NOT COACH

Any non-cleared coach will be immediately removed.



CASTS & BRACES



No casts or braces allowed in flag football.



Casts or braces may be worn in soccer but must be taped.



BORROWING PLAYERS

For a game to be official, by 5 minutes after scheduled start, a team must have from their own roster no fewer than 2 players less than standard:

5v5	→	min. 3
7v7	→	min. 5
9v9	→	min. 7



If below minimum, game is scored as 1-0 forfeit win.



Once forfeited, coaches should work together to create the best gameday experience.

ALL DIVISIONS

FIELD AND SIDELINE SETUP

- The first team listed warms up at the north or east goal.
- That team sits at midfield on the north or east sideline, with its spectators seated on both sides.
- The first team listed starts with the ball and defends the north or east goal.
- No coaches or spectators are permitted behind either goal.

OFFICIAL GAME REQUIREMENTS

- Within five minutes of the scheduled start, each team must have at least the standard number of players minus two, all from its own roster.
- If a team does not meet the minimum, the game is recorded as a forfeit. See Borrowing Players Policy.

GAME MANAGEMENT

- Recreational regular-season games may end in a tie.
- Coaches or referees may decide before the game whether in-game water breaks are needed.

PLAYER EQUIPMENT

- Players must wear the provided uniform kit without modifications.
- Shin guards must be worn underneath the socks.
- Jewelry is not permitted.
- Goalkeepers must wear a color that is different from both teams.

POSTGAME GRATITUDE

- Thank the opponent with a handshake line.
- Thank the referee with a high five or knuckles.
- Thank God by joining the opponent for a postgame prayer.
- Thank spectators with applause.

PLAYING TIME

- All players receive equal playing time, except at the goalkeeper position.

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THESE GUIDELINES APPLY TO ALL SOCCER DIVISIONS.

GENERAL SOCCER RULES

KICKOFFS

- Kickoffs start each half and restart play after every goal.
 - The ball starts at midfield.
 - The ball may be kicked in any direction.
 - A goal may be scored directly from the kickoff.
 - Players must start on their own half of the field.
 - Defenders must remain outside the midfield circle.

GOAL KICKS

- The defending team takes a goal kick when the opponent last touches the ball before it crosses the end line.
 - Any player on the defending team may take the kick.
 - REC: Place the ball on top of the large penalty box. Defenders must retreat at least 10 yards.
 - 1st and 2nd Grade: Defenders retreat to midfield.
 - COMP: Place the ball inside the small goal box. Defenders must remain outside the large penalty box.
 - A goal may be scored directly from a goal kick.

CORNER KICKS

- The attacking team takes a corner kick when the opponent last touches the ball before it crosses the end line.
 - Place the ball in the nearest corner.
 - Any player on the attacking team may take the kick.
 - A goal may be scored directly from a corner kick.

THROW INS

- Take the throw-in from the spot on the sideline where the ball went out of bounds.
- A goal cannot be scored directly from a throw-in.
- Offside is not called directly from a throw-in.
- Legal technique:
 - Keep both feet on the ground.
 - Use two hands on the ball.
 - Bring the ball directly over the head.
- Illegal technique results in the opponent's throw-in. If the ball never enters the field, retake the throw.

GENERAL SOCCER RULES CONTINUED

OFFSIDE

- An attacking player cannot be between the goalkeeper and last defender when the ball is played.
 - The player must be potentially involved in the play for offside to be called.
 - A player may be in an offside position without an offside violation being called.
 - A player cannot be offside on their own half or directly from a throw-in, goal kick, or corner kick.
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FOULS

- Fouls result in a direct kick. Defenders must retreat 10 yards, or 8 yards in 1st and 2nd Grade.
 - An intentional pass back to the goalkeeper's hands and obstruction result in indirect kicks.
 - The ball may be moved to the nearest point on the penalty box.
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PENALTY KICKS

- Awarded after a handball or foul inside the goalkeeper box.
 - The goalkeeper must remain on the goal line but may move laterally.
 - All other players must remain outside the box and at least 10 yards from the shooter.
 - The referee must blow the whistle before the kick is taken.
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IN OR OUT

- The ball must be 100% over the line to be called a goal or out of bounds.
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HANDBALL

- Did the ball hit the hand, or did the hand hit the ball? Did the team gain an advantage?
 - A handball results in a direct kick. Defenders retreat 10 yards, or 8 yards in 1st and 2nd Grade.
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SUBSTITUTIONS

- A coach entering the field without referee permission receives a yellow card.
 - Substitutions require the referee's attention and approval.
 - A substitution may be requested during any dead-ball situation.
 - Examples: goal kick, corner kick, throw-in, after a goal, foul, or offside.
 - The referee may refuse a substitution used as a perceived stalling tactic.
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DROP BALL

- Used when the referee stops play for an injury while the ball is still in play.
 - The referee drops the ball at the feet of the team that last touched it.
 - The drop ball is uncontested. Defenders must retreat 10 yards.
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DIVISION GUIDELINES

4 YEAR OLD DIVISION

- Five players on the field.

** Number of players on the field may be modified based on campus participation numbers. Stars Pastors will notify coaches.*

- Two 16-minute halves.

- Size 3 ball.

- Coaches may substitute after goals or hockey-style on the fly, provided substitutions do not disrupt play.

- No referees are used. Coaches remain on the field to manage the game and keep time.

- Players are coached to:

- Actively pursue the ball. No goalkeepers are used.
- Use a kickoff to start each half and restart after every goal.
 - Teams do not switch sides at halftime.

- No offside or penalty kicks.

U6 DIVISION

- Six players on the field.

** Number of players on the field may be modified based on campus participation numbers. Stars Pastors will notify coaches.*

- Two 16-minute halves.

- Size 3 ball.

- Coaches may substitute after goals or hockey-style on the fly, provided substitutions do not disrupt play.

- No referees are used. Coaches remain on the field to manage the game and keep time.

- Players are coached to:

- Actively pursue the ball. No goalkeepers are used.
- Use a kickoff to start each half and restart after every goal.
 - Teams do not switch sides at halftime.

- No offside or penalty kicks.

DIVISION GUIDELINES

U8 DIVISION

- Seven players on the field: six field players and one goalkeeper.
 - Two 20-minute halves.
 - Size 3 ball.
 - Intentional headers are not allowed and result in an indirect kick for the opponent.
 - A header inside the penalty box remains an indirect kick.
 - The ball may be moved to the nearest point on the box.
 - Defenders retreat to midfield on goal kicks and when the goalkeeper has the ball in hand.
- Goalkeepers may not punt. They must roll, throw, or drop the ball to their feet and play.
 - Defenders retreat 8 yards for corner kicks, handballs, and fouls.
 - Kick-ins replace throw-ins.
 - Take the kick-in where the ball left the sideline.
 - A goal cannot be scored directly from a kick-in.
 - Penalty kicks are taken from 8 yards.
 - No offside, but coaches should discourage cherry-picking.

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DIVISION GUIDELINES

U10-U14 DIVISION

- Nine players on the field: eight field players and one goalkeeper.
- U10 and U12: two 25-minute halves. U14: two 30-minute halves. Halftime is 5 minutes.
- U10 and U12 use a size 4 ball. U14 uses a size 5 ball.
- Headers are allowed only in U14.
 - Intentional headers in U10 and U12 result in an indirect kick for the opponent.
 - A header inside the penalty box remains an indirect kick.
 - The ball may be moved to the nearest point on the box.
- Defenders retreat 10 yards for goal kicks, corner kicks, handballs, and fouls.
- Goal kicks:
 - REC: taken from the top of the large box with defenders 10 yards back.
 - COMP: taken from the small box with defenders outside the large box.
- Offside and penalty kicks are in effect.
 - Penalty kicks are taken from 10 yards.
- All tied COMP games go to a five-player penalty-kick shootout from 10 yards. The away team shoots first.

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