



RECREATIONAL SOCCER RULES

ALL DIVISIONS

- The first team listed warms up on the north or east goal, sits at midfield on the north or east sideline with their fans on both sides of them, and starts game with the ball defending north or east goal.
 - No coaches or fans behind goals.
- All players receive equal playing time
 - Exception being goalkeeper position
- For a game to be "official" and for standings, within five minutes of scheduled game time, each team must have no fewer than two players less than standard from their own roster or the game will be forfeited. Borrowed players will also result in a forfeit.
- All players must wear:
 - Provided uniform kit with no modifications
 - Shin guards (under the sock)
 - No jewelry allowed (earrings must be removed or taped)
 - Goalkeepers must be in color different from both teams
 - Casts/splints must be foam or bubble wrapped for player safety
- Should participate in postgame elements after each game
 - Thank opponent with handshake line
 - Thank referee with high five or knuckles
 - Thank God with postgame prayer with opponent
 - Thank spectators with applause
- Regular season games end in ties
- If game time temp 100+, 2-minute water breaks (running clock) will be taken midway through each half

GENERAL SOCCER RULES

- **Kickoffs** start each half and after each goal
 - Ball starts at midfield
 - Kicked any direction
 - Cannot score directly from kickoff
 - Players start on own half of field
 - Defense outside of midfield circle
- **Goal Kicks** taken by defending team when opponent touches last on ball crossing end line
 - Ball placed on top of big box
 - Can be kicked by anyone on team
 - Defense retreats to midfield (1st/2nd) or 8 yards back (3rd-8th)
 - Can score directly from goal kick
- **Corner Kicks** taken by attacking team when opponent touches last on ball crossing end line
 - Ball placed in nearest corner

- Can be kicked by anyone on team
- Can score directly from corner kick
- **Throw-ins**
 - Taken at spot along sideline where ball went out of bounds
 - Cannot score directly into the goal
 - No offsides called on throw-ins
 - Technique
 - Both feet on ground
 - Two hands on ball
 - Ball goes directly over head
 - No “re-do’s”; bad throw results in turnover
- **Offsides**
 - Offensive player cannot be between goalie & last defender **when ball is struck**
 - Must be potentially influential to play for offsides to be called
 - Possible to be in offsides position but not be called offsides
 - Cannot be offsides if on own half of field
- **In or out?**
 - Ball must be 100% completely over a line to be called a goal or out of bounds
- **Handball**
 - Did the team gain an advantage from the handball?
 - Handball calls will result in direct kick; defense 8 yds back
- **Fouls**
 - Foul calls will result in direct kick; defense 8 yds back
 - Intentional pass back to goalie (using hands) & obstruction calls will be indirect kicks
 - Option to pull ball to nearest point on box
- **Penalty Kicks**
 - Awarded after handball or foul in goalie box
 - Goalie must stay on goal line but can move laterally
 - All other players must be outside of box and at least 8 yards away from shooter
 - Referee must blow whistle before kick can be taken
- **Substitutions**
 - Coaches who go onto field without referee permission will be given yellow card
 - Require attention and approval of referee
 - May request substitution on any ball out of play
 - Goal kick, corner kick, throw-in, post-goal, etc.
 - May not substitute after fouls (unless replacing injured player) or offsides
 - Referee has right to refuse substitution if being used as perceived stall tactic
- **Drop Ball**
 - Occurs when referee stops play for injury but ball still in play
 - Referee will drop ball at feet of team that touched ball last when play was stopped
 - Drop ball is not contested by defending team; must be 8 yards back

4 YR OLDS-KINDERGARTEN DIVISION

- Five players on field
- 2 x 16 minute halves
- Size 3 ball
- Coaches can substitute after goals or “hockey-style” on the fly if not disruptive to game
- No referees; coaches are on field managing the game and keeping time
- Players coached to:
 - Actively pursue ball
 - No goalies allowed
 - Kickoff to start each half and after each goal
 - Do not switch sides at halftime
- No offsides or penalty kicks

1ST-2ND GRADE DIVISION

- 7 players on field (6 + goalie)
- 2 x 20 minute halves
- Size 3 ball
- No intentional headers
 - Results in indirect kick for opponent
 - Header in box still indirect
 - Option to pull ball to nearest point on box
- Defense must be retreating to midfield line when goal kick is taken
- Defense must be 8 yards back when corner kick, handball, fouls are taken
- Kick-ins, not Throw-ins
 - Taken at spot along sideline where ball went out of bounds
 - Cannot score directly into the goal
- No offsides or penalty kicks

3RD-6TH GRADE DIVISION

- 7 players on field (6 + goalie)
- 2 x 25 minute halves
- Size 4 ball
- No intentional headers
 - Results in indirect kick for opponent
 - Header in box still indirect
 - Option to pull ball to nearest point on box
- Defense must be 8 yards back for goal kicks, corner kicks, handballs, and fouls
- Goal kicks: taken from top of big box
- Offsides & penalty kicks in effect
 - Penalties taken from 10 yards out

Please see the below on how shootouts work. Recreational Leagues will only use shootouts in playoff elimination games & championships.

- 1. How many players per shootout?**
 - o 1st/2nd grade-3 players
 - o 3rd-8th grade-5 players
- 2. Where are the kicks taken from?**
 - o 1st/2nd grade-8 yards
 - o 3rd-8th grade-10 yards
- 3. Who is eligible to take the kicks?**
 - o Anyone on the team.
- 4. Can I change goalies?**
 - o You can change goalies between the game and the shootout but cannot change mid shootout unless there's an injury.
- 5. Which team shoots first?**
 - o Away team shoots first-no coin toss.
- 6. What's the field setup?**
 - o Identify the goal with the least distractions behind it.
 - o Ask all spectators and coaches to clear off that endline.
 - o Opposing goalkeeper typically stands on the goal line but outside of the goalie box.
- 7. Where do players sit?**
 - o Both teams sit behind midfield.
 - o The 3-5 shooters selected sit 5 yards in front of midfield to clearly designate who is taking the kicks.
- 8. What goes on the game card?**
 - o Document jersey number of the players to make sure no one shoots a second time before eligible. Check ahead of time if there are any duplicate numbers so you can document accordingly.
- 9. How does each shot begin?**
 - o The referee makes sure the goalie and shooter are ready then blows the whistle. Any shot taken, made or missed, before the whistle is blown gets reshot.
- 10. Can the goalie move?**
 - o The goalie can move laterally long the lines but cannot move forward off the line prior to the shot.
 - o Referee should stand along the goal line to ensure goalie in proper position and to see if ball fully crosses line or not.
- 11. Can shooter rebound off of a save or post?**
 - o No. One shot, no rebounds.
- 12. What happens if we're tied after our initial 3-5 shooters?**
 - o Coaches each select one new shooter for a "one & one" round. If tied again, send up one more shooter. Keep going until the tie is broken.
 - o If the first player makes it, the second team has a chance to match it.
- 13. Can someone shoot twice?**
 - o No one can shoot a second time until everyone (including goalie) has kicked.
 - o Once everyone has shot, the order of shooters can be changed from first round of shooters