



## Pre-Game

Teams and coaches from both teams meet at midfield for the Uniform and Equipment Check, a Rules Review, and The Coin Toss.

### Uniform and Equipment Check

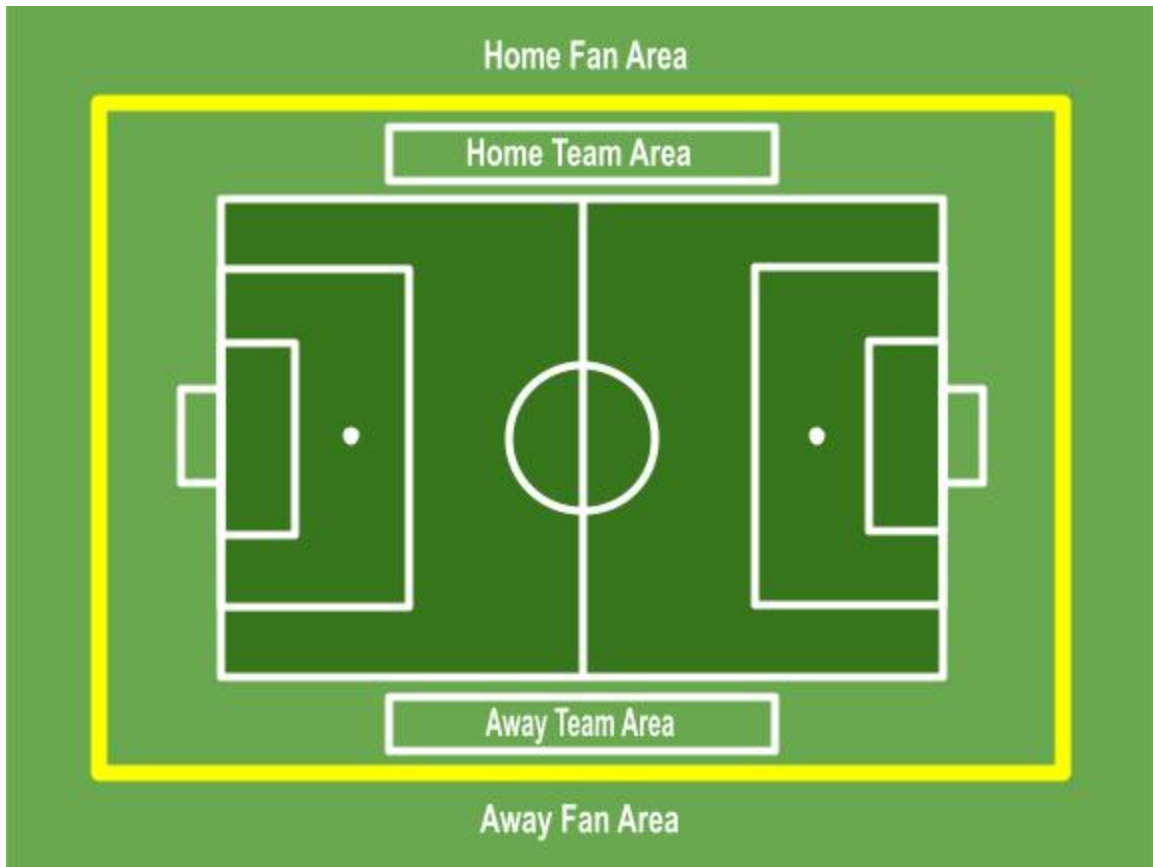
- Each player must have a numbered jersey.
- Players must all have matching black shorts.
- Players must wear shin guards.
- Socks must be worn up and over the shin guards.
  
- No metal cleats.
- No jewelry.
- No hats. Winter caps are allowed.

### Rules Review

- State the game duration and halftime duration.
- Review offsides and slide tackling.
- Discuss parent sideline behavior.
- Discuss coaches sideline behavior.
- Pushing and shoving is not permitted.
- Taunting or bad language will not be tolerated.

### The Coin Toss

- The Away Team Captain chooses heads or tails.
- The winner of the coin toss chooses offense or defense.
- The loser of the coin toss chooses direction.



School Grade	Field Players	Minimum Field Players	Maximum Roster	Soccer Ball Size	Soccer Goal Size (feet)	Game Half Length (minutes)	Halftime (minutes)	Offsides
Pre-School	5	4	9	3	4 x 6	20	5	No
Pre-K	5	4	9	3	4 x 6	20	5	No
K	5	4	9	3	4 x 6	20	5	No
1st	5	4	9	3	4 x 6	20	5	No
2nd	7	5	12	4	6.5 x 12	25	5	Yes
3rd	7	5	12	4	6.5 x 12	25	5	Yes
4th	7	5	12	4	6.5 x 12	25	5	Yes
5th	9	6	16	4	6.5 x 18.5	30	5	Yes
6th	9	6	16	4	6.5 x 18.5	30	5	Yes
7th	11	7	18	5	8 x 24	35	5	Yes
8th	11	7	18	5	8 x 24	35	5	Yes
9th	11	7	18	5	8 x 24	35	5	Yes
10th	11	7	18	5	8 x 24	35	5	Yes
11th	11	7	18	5	8 x 24	40	5	Yes
12th	11	7	18	5	8 x 24	40	5	Yes

## Field of Play

The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line. Interior markings include a halfway line, a center circle, a goal area, a penalty area, a penalty mark, penalty arc, and corner arcs.

Goals will be placed on the center of each goal line.

Teams, Parents and spectators will be on opposite sidelines from each other. Players, coaches and spectators should not be along the penalty area touchlines or behind the goal line.

## The Ball

An age appropriate sized soccer ball will be used for all practices and games.

## The Players

The game is played by two teams and each team has a goalkeeper.

Substitutions may be made, with the consent of the referee, during any stoppage of play or for an injury.

Players not on the field of play must remain one yard behind the touchline and not along the goal area or behind the goal line.

Each player shall receive 50% of the total playing time, unless they are not able to play due to illness or injury. The coach is responsible for enforcing this rule.

## Player Equipment

A uniform consists of a jersey with a number, black shorts, and black socks.

Shin guards are mandatory for practices and games. Socks must be worn up and over the shin guards.

A player must not use equipment or wear anything which is dangerous to himself or another player. This includes any kind of jewelry, with exception of a medical alert bracelet.

Players may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects provided that: (1) The proper team uniform is worn outermost; and (2) Any hat should be without peak, bill or dangling or protruding object of any kind; and (3) Referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.

## Coaches

- Coaches must adhere to the Coaches Code of Conduct.
- Coaches are responsible for their own behavior as well as that of their players, parents, and fans.
- No more than 2 coaches are permitted in the Team Area.
- Coaches must remain in their Team Area and are not allowed on the field of play during the game, unless permission is given by the referee.
- In Kindergarten and younger leagues, one Coach for each team is permitted on the field to help their players.
- Coaching from the sidelines is permitted but not recommended.
- Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.
- The coach or designated adult should attend every practice and every game.
- All coaches, team managers, and assistants must comply with all Risk Management requirements.

## The Referee

2nd Grade and older Games will have a Certified Head Referee. 1st Grade and younger Games will have a Junior Referee. In the event that a referee is not present, both coaches will mutually agree upon a referee. If the coaches cannot agree, a parent or coach from the home team will referee the first half and a parent or coach from the away team will referee the second half. The parent or coach must refrain from coaching while refereeing.

The referee will have the responsibility of ensuring that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee who is satisfied that the bleeding has stopped.

## Start and Restart of Play

Conform to the FIFA Laws of the Game, with the exception that the defending team is at least 10 yards from the ball until it is in play.

Restarting play after a temporary delay, there will be a drop ball for the team that last touched the ball at the spot where the ball was declared dead. The opponents shall be at least 4 yards away. The ball shall be deemed in play when the ball has touched the ground.

Goalkeepers may kick, punt, roll, throw or place the ball down and pass the ball.

## Ball in and out of play

The ball is out of play when it has wholly crossed the goal line or wholly crossed a touchline, whether it is on the ground or in the air. The ball is out of play, when the referee has stopped the game.

## Scoring

A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air between the goal posts and under the crossbar.

## Offside

Conform to the FIFA Laws of the game. An indirect free kick will be awarded to the defending team.

The offside rule will not apply to 1st Grade and younger games, however the intent of the rule will be followed. Positioning a player in front of the opponent's goal irrespective of the location of the ball on the field is contrary to the aims of the program. The referee shall take appropriate action to prevent this kind of play. An indirect kick to the offended team and instructional statements to the violating players and coach.

## Fouls and Misconducts

Play should be stopped when a player acts in a careless, reckless or dangerous manner.

No heading is allowed in 6th Grade and younger games or practice. An indirect free kick is awarded to the opposing team from the spot of the offense.

Slide tackling the ball is not allowed in 4th Grade and younger games or practice.

No contact will be made with the goalkeeper who has possession of the ball. A goalkeeper with one finger on the ball is considered to have possession.

A player or coach who receives an ejection shall not participate in the team's next game.

A spectator who has been asked to leave the field of play shall not attend the team's next game.

## Free Kicks

Conform to the FIFA Laws of the Game with the exception that all opponents are to be at least 10 yards away from the ball until it is kicked.

Direct and Indirect kicks will be awarded.

A goal cannot be scored from an Indirect free kick unless the ball has been played or touched by a player other than the kicker before passing through the goal.

The kicker shall not play the ball a second time until it has been touched or played by another player.

## Penalty Kicks

Conform to the FIFA Laws of the Game.

## Throw In

The ball is out of play when it wholly crosses the whole touchline, whether it is on the ground or in the air. A goal shall not be scored directly from the throw-in.

If an incorrect throw occurs, a throw in shall be awarded to the opposing team.

Kindergarten and younger games do not do Throw Ins. Instead, players Pass In.

## Goal Kick

When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar, either in the air or on the ground, having last been played by one of the players on the attacking team, a goal kick will be awarded.

A goal kick may be taken from anywhere inside the goal area by any member of the defending team.

The kicker shall not play the ball a second time until it has been touched or played by another player.

## Corner Kick

When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar, either in the air or on the ground, having last been played by one of the players on the defending team, a corner kick will be awarded.

Opposing players are to be at least 10 yards from the ball until it is kicked.

A goal may be scored directly from a corner kick.

The kicker shall not play the ball a second time until it has been touched or played by another player.

## Miscellaneous Rules

Parents and Spectators should enjoy and encourage the activity of the players and refrain from coaching during the game. Please cheer and acknowledge players that exhibit good sportsmanship.

All teams are responsible for the cleanup of the fields after each game. Please do not leave garbage on the sidelines.