

**Youth Soccer Rules**  
**4<sup>th</sup>-5<sup>th</sup> Grade**  
(Revised 1/29/18)

**The Field**     The field of play should be rectangular; its dimensions are 135' W x 200' L

**The Ball:**     Size (4)

**The Goals:**    21' Goal

**Number of Players:**

- *Maximum* number of players on the field per team at any given time is **Eight (8 v 8)**, including the goalkeeper
  - If a team has less than the minimum, both coaches along with the referee can agree to change the player minimum for that game
- There will be 1 goalkeeper
- Each player shall play a minimum of half (50%) of the total playing time each game
- Teams and games are co-ed
  - Coaches can choose to rest players as needed, however, a co-ed atmosphere must be maintained on the field at all times.

**Players Equipment**

- Must wear tennis shoes or soft-cleated (recommended) soccer shoes
- Jerseys of the same color
- Shin-guards are recommended
  - \* If a player has a hard cast anywhere on the body, it must be completely covered with padding or the player may not participate.

**The Game**

- The United States Youth Soccer Association rules will be observed with the following adaptations.
- The game shall be divided into (2) 25 minute halves, with a continuous running clock
- Halftime will be 5 minutes
- Coaches are allowed (2) 1 minute timeouts per half. Any unused timeouts from the first half cannot be carried over to the second half.
- Officials will keep score. If the game is tied at the end of regulation, penalty kicks will be done to determine the winner. Each team will choose any 5 players from their team to take part in the penalty kicks. This includes substitutes at the time regulation has ended. If after the 5 kicks the score is still tied the game will result in a draw for both squads.
- Off-sides will be called in the event of an obvious situation
- Misconduct will not be tolerated. The referee and/or coach will explain all

- infringements to the offending player.
- No slide tackling from behind. Also, anyone attempting to slide tackle must be playing the ball.
- No Heading of the Ball!

### **Soccer Terminology**

- **Indirect Kick** – A goal cannot be scored until the ball has been played or touched by a second player of either team.
- **Throw-Ins** – Used to put the ball in play when it crosses over the sidelines. Both feet must remain in contact with the ground and, using both hands, the ball must pass from behind and then over the top of the head in a continuous motion. If an illegal throw-in occurs, possession of the ball will go to the opposing team.
- **Goal Kick** – Used to put the ball in play after the offensive team causes the ball to cross the goal line. The ball is played in the goal box on the side it went out on and put into play by a kick from the defensive team. The ball must cross the penalty area line before either team can play the ball.
- **Corner Kick** – Used to put the ball in play after the defensive team causes the ball to cross the goal line. The ball is placed at the nearest corner and a free kick is given. A goal may be scored on a corner kick.
- **Penalty Kick** – A free kick at the goal from the designated penalty spot defended only by the goalkeeper, awarded to an offensive player when a defensive player has committed a foul in the penalty area.
- **Offside Rule** - Offside is when a player is past the halfway line, involved in active play, and closer to an opponent's goal than the ball or the second to last defender, without possession of the ball.
- **Minor Fouls** –
  1. Dangerous Play – i.e. pushing, shoving, high kicks in crowded areas where the foot comes above the waist
  2. Obstruction - obstructing another player without playing the ball is a foul. Players must be playing the ball in order to gain position on an opponent.
  3. Charging the goalkeeper – once the goalie has possession of the ball, players must back off and not influence his/her kick or throw. Possession means in the hands of the goalkeeper.
  4. Hand ball- A player handles the ball with the arm resulting in an unfair advantage (i.e. to stop a pass, deny a goal scoring opportunity). If a ball is kicked and accidentally hits a player's hand or arm but there was no intent of that player to deliberately handle the ball, there is no penalty and play will resume. It is the referee's responsibility to use their own judgment on such plays.
- **Yellow Card** – Final warning given to a player, coach, or fan for repeated violations, violent fouls, foul language, or unsportsmanlike conduct. A second yellow card causes the person to be ejected from the site. **Coaches will receive 1 yellow card for the entire season. The**

**second will be an ejection with a 1 game suspension. Any other 3 total yellow cards will result in a removal from coaching.**

- **Red Card** – Immediate ejection for flagrant rule violations, violent fouls, foul language, or unsportsmanlike conduct. The offender must leave the site before play is resumed. **Player/coaches/fans will be subject to a game suspension. 2 red cards will result in a suspension for the remainder of the season.**