



**Youth Soccer Rules**  
**Level: K-1<sup>st</sup> Grade**  
(revised 1/29/18)

**The Field:** The field of play should be rectangular; its dimensions are 60' W x 105' L

**The Ball:** Size (3)

**The Goals:** 6' Goal

**Number of Players:**

- **Maximum** number of players on the field per team at any given time is **Five (5 v 5)**
  - If a team cannot field the minimum, both coaches along with the referee can agree to change the player minimum for that game
- There will be no goalkeepers
- 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 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 will be divided into (2) 20 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.
- Official score will not be kept (the end of regulation is the end of the game)
- There are no off-sides
- No slide tackling
- One coach is allowed on the field of play during games to help instruct
- If a player throws an illegal throw-in, they will be allowed to keep throwing the ball in until a legal throw occurs.
- Misconduct will not be tolerated. The referee and/or coach will explain all infringements to the offending player.
- The purpose of the referee for this age group is to guide & instruct while teaching players the most basic soccer rules.

## Soccer Terminology

- **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.
- **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.
- **Hand ball**- A player deliberately “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 players 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.**

