



Soccer Rule Book

Revision 3

Mission Statement: "We will provide the most comprehensive and affordable youth sports league focusing on the family's needs and positive experiences"

Soccer Rule Book- Revision 3

Safety/Sportsmanship

This league is intended to teach children the sport of soccer while conveying the importance of sportsmanship, attention, and effort. Safety is the **HIGHEST PRIORITY** at all times. Everyone is in charge of safety, no one will be permitted to play if there is a safety or health concern. At no time will winning come before the safety of anyone. The rules are meant to keep the game fun, exciting, and safe. Unequal playing time, poor sportsmanship, and offensive language will not be tolerated and should be reported to staff immediately. **Trash talking and unsportsmanlike actions are strictly PROHIBITED.**

Practice

- Practice starts one hour before the game (unless there is a double header in which there will be no practice)
- Coaches should practice basics and start each season as though every child is new
- No child will be withheld from practice because they were late or were absent in previous weeks
- Extra practices through the week are **NOT** permitted for any reason

Games

- Games are 5 on 5 or 4 on 4 (with a goalie) but can be played 3 on 3 (without a goalie) if players are absent
- A player can only be on the roster for one team per division
- No player will be withheld from the game because of lateness/absence
- Each child should get a chance to play every position at least once during season
- Only head coaches should approach a referee, arguing judgement calls is prohibited

Before/After Activities

- Coaches must to arrive early before practice and have practice plans ready
- All teams must shake hands at the end of the game
- After activities are complete, children **MUST** leave with a parent or guardian
- Any child which does not have a parent/guardian present will be escorted to the staff tent
- At **NO TIME** will coaches be alone with any child other than their own
- At the end of each game, all balls will be returned to referees

Weather

- Weather delays/cancellations can be found of the 4 Kids Youth Sports website/Facebook page
- On most instances, games that are canceled will be made up with a doubleheader or an extra week of games.
- Every attempt will be made to play an entire 8 game season but the season may be shortened based on field availability

Jerseys/Equipment

- It is recommended that pants/shorts **do not** have pockets
- Coats must be worn under team jersey

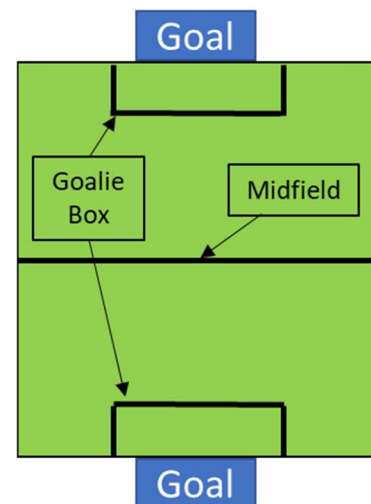
- Jerseys must be tucked in
- No jewelry, except medial alert bracelets, is to be worn during practice/games (taping earrings is acceptable)
- Rubber cleats are permitted, although not required (no steel spikes allowed)
- Goalie vests will be provided and must be worn by goalies
- Shin guards are required at all times

Coaches

- All coaches must have completed the online volunteer application before coaching
- All coaches must have completed concussion training, and turned in the certificate, before being allowed to coach
- Coaches will have their official coach shirt on at all times while coaching
- Coaches are responsible for having a rule book
- Coaches in the Pre-K to 2nd grade leagues are permitted to stay on the field during play, approximately 5 yards away from the players
- Only one coach allowed on the field at any time
- Coaches are NOT allowed to engage in any conversation with anyone on the opposite sidelines (subject to objection)

Field Layout

- The ball starts in the center of the field to start the game
- The field will be roughly 20 yards across by 40 yards long
- The goalie box is roughly 10 feet to the left, right, and in front of the goal



Game Play

- The game begins with a meeting of team captains and head coach with the referee
- The away team starts with the ball and possession alternates after each quarter
- A goal cannot be scored on the kick off
- The ball must completely pass the goal line to be considered a goal (as deemed by the referee)

Goalie

- The goalie is not allowed to touch the ball unless it is inside the goalie box
- The goalie must stay in the box at all times and wear their goalie vest
- The goalie can be changed at any stoppage of play like a normal substitution
- They can throw or kick the ball back into play once they have the ball

Time

- Practices are 1 hour long and precede the game
- The game consists of four 10-minute quarters, 3-minute breaks in between quarters, and a 5-minute halftime

- For doubleheaders **ONLY**, the game consists of four 7-minute quarters with 4-minute breaks in between quarters and a 5-minute halftime
- The referee can stop the clock at any time, otherwise the clock runs continuously (no timeouts)
- Substitutions can be made during any stoppage of play

Offense

- It is the offensive players job to avoid contact
- Blocking, screening, picking is not allowed
- Offensive players are allowed to be anywhere on the field

Defense

- One player from each team must stay on their team's side of the field as a defender
- Defenders cannot run into, block, or intentionally contact a player in any way
- Inadvertent contact is understood but multiple violations will result in a penalty

Mandatory Sit Rule

- Each player must sit for one stoppage period during each quarter
- This is to ensure that that no player will play the entire game

Out of Bounds

- The ball is out of bounds when it completely passes out of bounds line/cones
- Possession goes to the team that did not kick the ball out of bounds
- Any player can put the ball back into play
- The opposing team must stand at least 5 yards back from the player putting the ball into play
 - A **Throw In** takes place when the ball goes out of bounds over a sideline, the ball must be thrown overhand, with two hands on the ball, and both feet on the ground.
 - A **Corner Kick** takes place when the defensive team kicks the ball out of bounds over their goal line, the ball must be placed within 2 yards of the corner marker
 - A **Goal Kick** takes place when the offensive team kicks the ball out of bounds over the defensive goal line. The ball will be kicked by the goalie from inside the goalie box

Penalties

- All penalties result in a direct kick from the spot of the foul
- A goal can be scored on the direct kick
- The defense must stand at least 5 yards away from the player attempting a direct kick
- If the penalty happens inside the goalie box, the direct kick will become a penalty kick
 - Penalties are:
 - Too many players on the field
 - Intentional contact
 - Pushing, tripping, shoving, grabbing, hitting, etc.
 - Handball
 - Interfering with a throw in, corner kick, or goal kick

Unsportsmanlike conduct- Warning, next offense is automatic ejection

- Cussing
- Arguing with officials
- Anything deemed inappropriate by official or staff
- Talking with opposite sideline

Overtime/Penalty Kicks

- There is no overtime in regular season games, tied games will end at their regular time
- During bowl games, overtime will result in penalty kicks
- This is from 5 yards away from the center of the goalie box
- Each team will get 3 kicks by 3 different players of the coach's choice and order
- Away team will kick first followed by the home team and alternating thereafter
- After all 3 players have a chance to kick, if the score is still tied, the away team and home team will each get another kick by a new player
- This will alternate until one team has more points after both the away and home team kick
- Once one team runs out of new players, each team can begin to use players who have already kicked

Mercy

- Mercy rules are to be avoided as much as possible
- Mercy rules come into effect when one team goes up by more than 5 points
- The losing team will play with one extra player until the gap drops below 5
- The game will be ended if the winning team goes up by more than 8 points

Forfeits

- Forfeits are to be avoided at all costs
- Teams showing more than 10 minutes late will forfeit the game but the game can still be played as a scrimmage
- Teams with 3 or less players will forfeit the game but can still borrow players from the other team to complete the game as a scrimmage

Protest

- A coach can protest rule enforcement, not judgement calls
- All judgement calls will be made by referees
- A coach can protest the enforcement of a rule by calling a protest timeout and having a rule book in their possession
- A staff member will be called to determine if the rule was enforced correctly
- If the rule was not enforced correctly, the issue will be corrected and, if deemed appropriate, the play will be redone
- Each team gets one protest time out per half that does not roll over

Ejections

- Anyone who continually argues, uses profanity, threatens, or does anything deemed unsportsmanlike towards anyone else will be warned and subject to ejection
- Those who are ejected will be asked to leave the field
- The field is private property and anyone who does not leave will be **TRESSPASSING**
- They must contact 4 Kids Youth Sports staff with a written apology and guarantee that the actions will not happen again before they will be permitted to return the following week
- Multiple ejections will result in the removal of the individual from the league with no refunds given
- Anyone tampering with equipment will also result in a warning and be subject to ejection
- Anyone caught defacing property will be removed from the league without a refund

Parents

- Spectators are never to be within 5 feet of the sidelines
- Parents are NOT allowed to engage with referees, opposing coaches, or opposing players at any time
- Any issues a parent has should be brought to the attention of 4 Kids staff
- It is a parent's job to motivate, encourage, and support their player!

4 Kids Youth Sports is dedicated to providing the best experience possible for everyone. These rules are meant to keep the game fun, exciting, and safe. 4 Kids Youth Sports reserves the right to change the rules at any time to enhance any one of these three aspects.

Please direct any questions, concerns, or comments to Joel Seibel (jseibel@4kidsyouthsports.com)