



Game Guidelines

SHERWOOD YOUTH SOCCER CLUB

K/1st Grade - Outdoor

Game Times

Games are a 50-minute running clock, broken down as follows:

- 15-minute practice time for coaches to work with their team on soccer skills
- 15-minute 1st half for game play
- 5-minute half time
- 15-minute 2nd half for game play
- Note: Coaches will need to set up smaller goals (10am game) and take them down and return to storage box (after 12pm game)

Game Format

3 v 3 or 4 v 4 as determined by coaches based on number of players at the game. There is no goalie, players may not “guard” the goal.

Equipment

All players must wear shin guards with socks covering the shin guards. No jewelry allowed. Players are also expected to wear their uniform or similar color shirt.

Rules

- Coaches or parent volunteer will act as referees for the game
- Kick Off: Kick off's are taken to start the game, start of the second half, or when a goal is scored. Opposing players need to be outside of the circle on the kick-off.
- Throw-in: The ball will be put back into play on the sidelines by using a throw-in. Reinforce proper throw-in techniques, like keeping their feet planted, staying behind the line and throwing the ball over their head, but allow them to repeat a throw-in if necessary to help work on those skills. Just continue play after the repeated throw-in to keep the game flowing.
- Goal Kick: This happens when the opposing team kicks the ball over the defending team's goal line. Goal kicks can be taken from the goal line or directly in front of the goal. In order to help the team move the ball up the field, the opposing team should stay behind the midline (center line) until the ball is kicked.

- Corner Kick: This happens when the defending team kicks the ball over their own goal line. Corner kicks should be taken from the corner closest to where the ball went out of bounds.
- Fouls: If a foul occurs on the field that a coach feels requires stoppage of play, then you can setup a free kick. There are no direct kicks (shot on goal) allowed at these ages. All free kicks must be indirect (played to another player before shooting on goal).
- Offside: There is no offside at this age. Please encourage players to get involved in the play and not guard the goal. Encourage them to go to the ball versus just running to the goal.

K/1st Grade - Indoor

Game Times

Games are a 50-minute running clock, broken down as follows:

- 10-minute practice time for coaches to work with their team on soccer skills
- 15-minute 1st half for game play
- 5-minute half time
- 15-minute 2nd half for game play
- 5-minute cleanup/exit
- Field House will start 50-min clock at game time
- Coaches will need to set up and take down pop up goals from the front desk

Game Format

3 v 3 or 4 v 4 as determined by coaches based on number of players at the game. There is no goalie, players may not “guard” the goal.

Equipment

All players must wear shin guards with socks covering the shin guards. No jewelry allowed. Players are also expected to wear their uniform or similar color shirt.

Rules

- Coaches or parent volunteer will act as referees for the game
- Kick Off: Kick off's are taken to start the game, start of the second half, or when a goal is scored. Opposing players need to be outside of the circle on the kick-off.
- Throw-in: The ball will be put back into play on the sidelines by using a throw-in. Reinforce proper throw-in techniques, like keeping their feet planted, staying behind the line and throwing the ball over their head, but allow them to repeat a throw-in if necessary to help work on those skills. Just continue play after the repeated throw-in to keep the game flowing.
- Goal Kick: No goalkicks, the players may play off the wall behind the goals.
- Corner Kick: None, see above

- Fouls: If a foul occurs on the field that a coach feels requires stoppage of play, then you can setup a free kick. There are no direct kicks (shot on goal) allowed at these ages. All free kicks must be indirect (played to another player before shooting on goal).
- Offside: There is no offside at this age. Please encourage players to get involved in the play and not guard the goal. Encourage them to go to the ball versus just running to the goal.

2nd Grade - Outdoor

Game Times

Games are a 50-minute running clock, broken down as follows:

- 5-7 minute warmup
- 18-minute 1st half for game play
- 5-minute half time
- 18-minute 2nd half for game play
- Note: Coaches will need to set up smaller goals (10am game) and take them down and return to storage box (after 1pm game)

Game Format

4 v 4 or 5 v 5 as determined by coaches based on number of players at the game. There is no goalie, players may not “guard” the goal.

Equipment

All players must wear shin guards with socks covering the shin guards. No jewelry allowed. Players are also expected to wear their uniform or similar color shirt.

Rules

- Coaches or parent volunteer will act as referees for the game
- Kick Off: Kick off's are taken to start the game, start of the second half, or when a goal is scored. Opposing players need to be outside of the circle on the kick-off.
- Throw-in: The ball will be put back into play on the sidelines by using a throw-in. Reinforce proper throw-in techniques, like keeping their feet planted, staying behind the line and throwing the ball over their head, but allow them to repeat a throw-in if necessary to help work on those skills. Just continue play after the repeated throw-in to keep the game flowing.
 - There are no throw-ins during indoor games, players may play off the side walls.
- Goal Kick: This happens when the opposing team kicks the ball over the defending team's goal line. Goal kicks can be taken from the goal line or directly in front of the goal. The opposing team should stay behind the midline (center line) until the ball is kicked.
- Corner Kick: This happens when the defending team kicks the ball over their own goal line. Corner kicks should be taken from the corner closest to where the ball went out of bounds.
- Fouls: If a foul occurs on the field that a coach feels requires stoppage of play, then you can setup a free kick. There are no direct kicks (shot on goal) allowed at these ages. All free kicks must be indirect (played to another player before shooting on goal).

- Offside: There is no offside at this age. Please encourage players to get involved in the play and not guard the goal. Encourage them to go to the ball versus just running to the goal.

2nd Grade - Indoor

Game Times

Games are a 50-minute running clock, broken down as follows:

- 5-7 minute warmup
- 18-minute 1st half for game play
- 5-minute half time
- 18-minute 2nd half for game play
- Note: Coaches will need to set up and return medium goals to the front desk. Goals to be placed on white lines (shortened field)

Game Format

4 v 4 or 5 v 5 as determined by coaches based on number of players at the game. There is no goalie, players may not “guard” the goal.

Equipment

All players must wear shin guards with socks covering the shin guards. No jewelry allowed. Players are also expected to wear their uniform or similar color shirt.

Rules

- Coaches or parent volunteer will act as referees for the game
- Kick Off: Kick off's are taken to start the game, start of the second half, or when a goal is scored. Opposing players need to be outside of the circle on the kick-off.
- Throw-in: The ball will be put back into play on the sidelines by using a throw-in. Reinforce proper throw-in techniques, like keeping their feet planted, staying behind the line and throwing the ball over their head, but allow them to repeat a throw-in if necessary to help work on those skills. Just continue play after the repeated throw-in to keep the game flowing.
 - There are no throw-ins during indoor games, players may play off the side walls.
- Goal Kick: This happens when the opposing team kicks the ball over the defending team's goal line. Goal kicks can be taken from the goal line or directly in front of the goal. The opposing team should stay behind the midline (center line) until the ball is kicked.

- Corner Kick: This happens when the defending team kicks the ball over their own goal line. Corner kicks should be taken from the corner closest to where the ball went out of bounds.
- Fouls: If a foul occurs on the field that a coach feels requires stoppage of play, then you can setup a free kick. There are no direct kicks (shot on goal) allowed at these ages. All free kicks must be indirect (played to another player before shooting on goal).
- Offside: There is no offside at this age. Please encourage players to get involved in the play and not guard the goal. Encourage them to go to the ball versus just running to the goal.

3rd/4th Grade - Indoor

Game Times

Games are a 50-minute running clock, broken down as follows:

- 20-minute 1st half for game play
- 5-minute half time
- 20-minute 2nd half for game play
- 5-minute cleanup and transition (warm up/check in time for next game)
- Note on game play: the referee will control the time of play, clock will start at game time. To maximize playing time, have your players ready to be checking in by the ref prior to the game (shin guards on, no jewelry, goalie ready to go, starter ready to go)

Game Format

6 v 6 or 7 v 7 as determined by coaches based on number of players at the game. This includes a goalie.

Equipment

All players must wear shin guards with socks covering the shin guards. No jewelry allowed. Players are also expected to wear their uniform or similar color shirt.

Rules

- Kick Off: Kick off's are taken to start the game, start of the second half, or when a goal is scored. Opposing players need to be outside of the circle on the kick-off.
- Offside: There is no offside at this age.
- Goal Kick: This happens when the opposing team kicks the ball over the defending team's goal line and over the wall into the net. The goalie will get the ball in their hands and have the choice to drop kick, throw, or set the ball on the ground and play it. Once the ball leaves the goalie's hand it is considered in play.

- Any ball kicked into the net on the sides or above the field will result in a direct free kick for the opposing team at the location where the ball contacted the net.

3rd/4th Grade - Outdoor

Game Times

Games are a 50-minute running clock, broken down as follows:

- 5-minute warmup/check in
- 20-minute 1st half for game play
- 5-minute half time
- 20-minute 2nd half for game play
- Note on game play: the referee will control the time of play, clock will start at game time. To maximize playing time, have your players ready to be checking in by the ref prior to the game (shin guards on, no jewelry, goalie ready to go, starter ready to go)

Game Format

6 v 6 or 7 v 7 as determined by coaches based on number of players at the game. This includes a goalie.

Equipment

All players must wear shin guards with socks covering the shin guards. No jewelry allowed. Players are also expected to wear their uniform or similar color shirt.

Rules

- Kick Off: Kick off's are taken to start the game, start of the second half, or when a goal is scored. Opposing players need to be outside of the circle on the kick-off.
- Offside: There is no offside.
- Goal Kick: This happens when the opposing team kicks the ball over the defending team's goal line. Similar to indoor, the goalie will get the ball in their hands and have the choice to drop kick, throw, or set the ball on the ground and play it. Once the ball leaves the goalie's hand it is considered in play.
- Throw-in: The ball will be put back into play on the sidelines by using a throw-in.
- Corner Kick: This happens when the defending team kicks the ball over their own goal line. Corner kicks should be taken from the corner closest to where the ball went out of bounds.

5th/6th, 7th/8th , High School - Indoor

Game Times

Games are a 50-minute running clock, broken down as follows:

- 20-minute 1st half for game play
- 5-minute half time
- 20-minute 2nd half for game play
- 5-minute cleanup and transition (warm up/check in time for next game)
- Note on game play: the referee will control the time of play, clock will start at game time. To maximize playing time, have your players ready to be checking in by the ref prior to the game (shin guards on, no jewelry, goalie ready to go, starter ready to go)

Game Format

6 v 6 or 7 v 7 as determined by coaches based on number of players at the game. This includes a goalie.

Equipment

All players must wear shin guards with socks covering the shin guards. No jewelry allowed. Players are also expected to wear their uniform or similar color shirt.

Rules

- Kick Off: Kick off's are taken to start the game, start of the second half, or when a goal is scored. Opposing players need to be outside of the circle on the kick-off.
- Offside: There is no offside in indoor.
- Goal Kick: This happens when the opposing team kicks the ball over the defending team's goal line and over the wall into the net. The goalie will get the ball in their hands and have the choice to drop kick, throw, or set the ball on the ground and play it. Once the ball leaves the goalie's hand it is considered in play.
- Goalie throws and kicks may not cross 3 white lines in the air. This will result in a direct free kick for the opposing team on the white line.
- Any ball kicked into the net on the sides or above the field will result in a direct free kick for the opposing team at the location where the ball contacted the net.
- Substitutions are made at anytime, the player leaving the field should avoid playing the ball while exiting.