

### **Soccer Short Rules – Tribal Recreation and Wellness**

Tot Ball – 5 players per team. Game is 3v3, no GK. First half (10 minutes) is a shoot-out (all tots kick the ball to try and score). They will have the option to score 1pt from the Blue line directly lined up with the goal or 2pts from the Red line directly lined up with the goal. The second half (10 minutes) will be live play. Ball to be thrown in. Three minute halftime. Size 3 ball.

6U – 5 players per team. Game is 3v3, no GK. First half (10 minutes) is a shoot-out (all players kick the ball to try and score). They will have the option to score 1pt from the Red line directly lined up with the goal or 2 pts with a directional kick from the Red line. The second half (10 minutes) will be live play. Ball to be thrown in. Three minute halftime. Size 3 ball.

8U – 6 players per team. Game is 4v4, no GK. There are 2 - 10 minute halves with a three minute halftime. Ball to be kicked in. Both halves are live play. Size 3 ball.

10U – 6 players per team. Game is 4v4 includes GK. There are 4 - 10 minute quarters with a two minute break between each quarter. Size 4 ball. Minimum of 4 players to play game.

14/15U - 6 players per team. Game is 4v4 includes GK. There are 4 - 10 minute quarters with a two minute break between each quarter. Size 4 ball. Minimum of 4 players to play game.

**NOTE – HEADERS are NOT allowed for ANY age division of Youth Soccer.**

#### Soccer rules regarding gameplay

A soccer game starts with a coin toss. The captain of the away team calls heads or tails, and the winning captain gets to choose whether their team will take the first kickoff. In the second half, the kickoff is taken by the side that did not take it in the first.

The aim of the game is to score goals by getting the ball into the other team's net. The team with the most goals at the end of the game wins.

Players can score a goal from anywhere on the field, but there are some specific rules. For example, a goal cannot be scored from an indirect free kick.

During the kickoff:

- All players (except the player taking the kickoff) must be in their half of the field
- The ball must be stationary on the center spot
- The kicker taking the kickoff must not touch the ball again until another player touches it
- The opponents of the team taking the kickoff must be at least 9.15 meters (10 yards) away from the ball
- The ball is considered "in play" when it is kicked and moves

Here are some other basic soccer rules (you'll find more specific categories and rules later in this guide):

- **No hands:** The goalkeeper (goalie) is the only player on the field who can use their hands. All other players must use their feet, head, or chest to control the ball. If the player touches the ball, it's considered a handball and a foul.
- **Throw-ins:** When the ball goes out of bounds on the sidelines, the team who didn't touch it last gets to throw the ball back into play.
- **Goal kicks and corner kicks:** When the ball goes out of bounds behind the goal line (not resulting in a goal), the goalkeeper of the team who didn't touch it last gets to kick the ball back into play. If the ball goes out of bounds on the sideline in front of the goal, the team who didn't touch it last gets a corner kick.
- **Direct and indirect kicks:** Players can score on a direct kick, which is a kick that goes directly into the goal without another player touching it. An indirect kick is when another player must touch the ball before it can go into the goal.
- **No time limit for possession:** There is no time limit on how long a team can keep the ball.
- **The clock doesn't stop:** The game clock does not stop, even if the ball goes out of bounds or there is an injury.
- **Stoppage time:** If the referee deems it necessary, he may add extra time at the end of each half. This is called stoppage time or injury time.
- **Offside rule:** The offside rule is one of the most misunderstood rules in soccer. The basic idea is that a player cannot be in an advantageous position when the ball is played to them. Being in an offside position is not in itself an offense. An offside offense occurs when a player is in the opponent's half of the field and closer to their goal than both the ball and the second-to-last opponent.

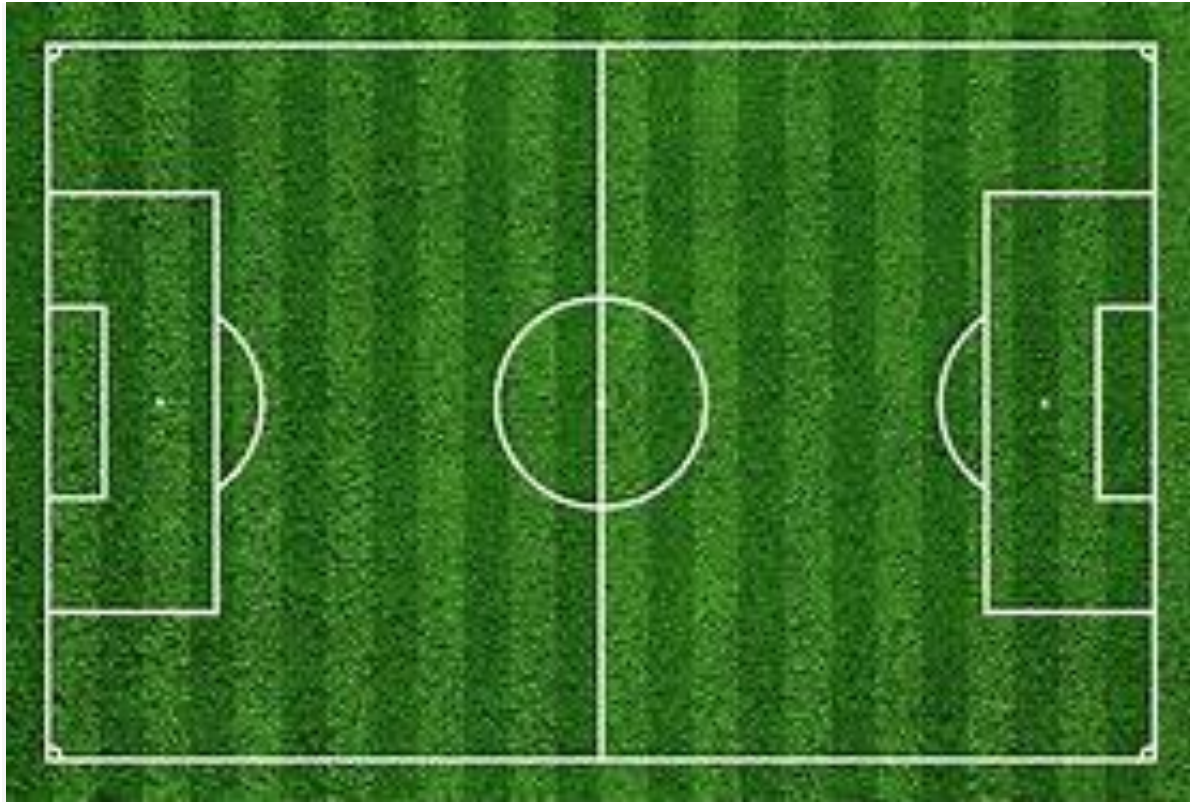
## Soccer rules regarding the field

For MLS Go - Field sizes vary dependent on age groups and number of players on the field, i.e. – 7v7 is 55-65 yards long and 35-45 yards wide (half the size of a standard field)

The field of play is rectangular and has various markings. Some of these markings include:

- **Boundary lines:** The outer lines of the rectangular shape of the soccer pitch are called boundary lines. Referees use these lines to determine if the soccer ball or player has gone out of bounds.
- **Touchlines:** These lines run the entire length of the field and demarcate the playing area. They are the longer lines on the pitch's rectangular shape and are often called the sidelines.
- **End lines:** Also known as bylines, the end lines run along the short end of the soccer pitch.

- **Goal lines:** These lines are located at each end of the field and mark the goal areas.
- **Center line:** This line divides the field in half.
- **Corner arcs:** These curved lines mark the corners of the field.
- **Center circle:** This circle has a 10-yard radius and is located at the center of the field.
- **Penalty area:** The penalty area is located centrally between the corner arcs and is a large rectangular area on each end side of the field.



Now that you have an understanding of the dimensions and markings of a soccer field, let's take a closer look at some of the rules of the field:

- When the ball crosses over the boundary lines, it is out of bounds. Play is temporarily stopped (though the clock keeps running) and the referee will determine which team gets possession.
- When the ball goes out of play, the corner kick, goal kick, or throw-in is awarded to the opposing team (depending on which part of the field the ball went over).
- A throw-in is awarded when the soccer ball crosses the touchline. The player must throw the ball using both hands with both feet on the ground, and the opposing team must be at least 10 yards away from where the throw-in will land.
- The corner kick or goal kick is awarded when the ball crosses over the end line, having last been touched by the defending team.

- The last team to touch the soccer ball before it goes out of bounds is usually the team that awards the other team the restart.
- A goal can only be scored if the entire ball crosses over the goal line, between the goal posts, and under the crossbar.
- If the ball hits either of the side posts or goes under the crossbar but doesn't completely cross the goal line, it is not a goal.

## Soccer rules regarding fouls and penalties

Penalties are up to the referee's discretion and can be given for a variety of reasons. The most common reason is for a player to commit a reckless or violent act against another player.

For minor offenses, a penalty kick or free kick may be awarded to the opposing team.

The penalty spot is 12 yards from the middle of the goal line (this may vary based on MLS Go field sizes, per age group). This is where a player takes the penalty kick.

The opposing team may be awarded a direct free kick for more serious offenses. The offending player may also be given a yellow or red card.

**According to the FA**, the following actions will result in a foul and a free kick will be awarded to the opposing team:

- Tripping
- Pushing
- Holding an opponent
- Hitting
- Kicking
- Spitting on an opponent
- Tackling from behind
- Charging into an opponent
- Touching the ball with your hands (if you aren't the goalkeeper)

Some specific rules apply to the goalkeeper. A goalkeeper cannot:

- Take control of the ball with their hands away from the penalty spot
- Hold the ball for more than 6 seconds
- Touch the ball with their hands after a teammate purposefully kicks it to them
- Touch the ball with their hands directly after a throw-in by a teammate

## Soccer penalty card colors explained

A yellow card is shown to a player as a warning or caution. Two yellow cards in one game lead to a red card, and the player must leave the field.

A red card is given to a player who has committed a serious offense or accumulated two yellow cards. The player must leave the field and can't be replaced for the rest of the game.

The referee can choose to give a yellow card to a player for the following actions:

- Excessive fouls
- Unsportsmanlike behavior
- Dissent by word or action
- Delaying the game
- Failing to respect the required distance on a free kick
- Entering or reentering the field of play without the referee's permission
- Leaving the playing field on purpose without the referee's approval
- Arguing with the referee

The referee also has the power to give a player a red card, kicking them out of the game, for the following actions:

- Serious foul play
- Violent conduct
- Using offensive, insulting, or abusive language
- Receiving a second yellow card in one game

Soccer rules regarding equipment

According to **Law 4 of the Laws of the Game**, there are four main principles regarding players' equipment:

- **Safety is essential.** The players can't wear anything dangerous and must remove all jewelry.
- **A player's compulsory equipment** consists of a shirt with sleeves, shorts, socks, shin guards, and appropriate footwear.
- **Colors distinguish teams.** Each team needs to wear colors that distinguish them from each other. Goalkeepers must also wear colors that are distinguishable from the other players on the team.
- **There are also rules for other equipment and head covers.** Non-dangerous proactive equipment (like facemasks) is permitted. Goalkeepers can also wear caps. Sports spectacles are also allowed. Head covers must be black or the same color as the shirt, not attached to the shirt, and not dangerous to other players.