



## Carbondale Jr. Sports Soccer League Rules

Updated 2/23/26

### League-Wide Rules

<b>General</b>	Carbondale Jr. Sports follows the FIFA Laws of the Game with some modifications for youth play. (Available here: <a href="#">FIFA Laws of the Game</a> )
<b>Conduct</b>	Referees, coaches, fans, and players are reminded to conduct themselves in a manner that is respectful to one another and the game. Safety of the players is always of utmost importance.
<b>Roster</b>	A player that is not on your team roster cannot play in a game for your team unless your team does not have enough players and the opposing coach agrees to allow one or more CJS-registered players from another team in your age division to play for your team during that game.
<b>Substitutions</b>	Teams are allowed to make unlimited substitutions during a game. All substitutions for 1 <sup>st</sup> grade and up must be made during a stoppage in play and with the referee's permission. No player should sit out for more than one consecutive quarter. Substitute in extra players regularly so that no one is sitting out for too long.
<b>Playing Time and Positions</b>	<ul style="list-style-type: none"> <li>• <b>All players should play roughly the same amount of time each game.</b></li> <li>• <b>All players should play multiple positions each game.</b></li> </ul>

### 1st-2nd Grade (Coed and Girls) Rules

**Format:** 1-2 weeknight practices per week, plus games on Saturday mornings. There will be a Festival Day each season during which teams will play small-sided games in a tournament-style format in lieu of a regular Saturday morning game.

**Field Location:** Fields 1, 2 and 3 for regular game days.

<b>Duration of match</b>	<ul style="list-style-type: none"> <li>• Four 10-minute quarters</li> <li>• 2-minute breaks between Q1-Q2 and Q3-Q4</li> <li>• 5-minute break at half time</li> </ul>
<b>Number of Players</b>	<ul style="list-style-type: none"> <li>• <b>1<sup>st</sup>-2<sup>nd</sup> COED:</b> Each team will play with <b>7 players*</b> on the field at a time, including the goalie</li> <li>• <b>1<sup>st</sup>-2<sup>nd</sup> GIRLS:</b> Each team will play with <b>8 players*</b> on the field at a time, including the goalie</li> </ul> <p>*Subject to player availability and as agreed by the coaches depending on the number of players available.</p>
<b>Ball Size</b>	Games are played with a Size 3 ball.
<b>Offsides</b>	No offside rule is in effect, but coaches are encouraged to instruct their players not to "cherry-pick".
<b>Headers</b>	No deliberate headers are allowed. If a player deliberately heads the ball (in the referee's determination), the other team will be awarded an indirect free kick. There is no infraction when the ball unintentionally strikes the head.
<b>Throw-ins</b>	A player who commits a "foul" throw-in (lifted foot, jumped, arms did not go fully behind head) will be given a second opportunity.
<b>Free Kicks and Penalty Kicks</b>	All free kicks will be indirect except for clear denial of a goal scoring opportunity in the box (deliberate hand ball or foul), which will result in a penalty kick.
<b>Coaches on Field</b>	Coaches may briefly walk onto the field to provide extra instruction/assistance to players if needed.

### 3rd-4th Grade (Coed and Girls) Rules

**Format:** 1-2 weeknight practices per week, plus games on Saturday mornings. There will be a Festival Day each season during which teams will play small-sided games in a tournament-style format in lieu of a regular Saturday morning game.

**Field Location:** Fields 4 and 5 for regular game days.

<b>Duration of match</b>	<ul style="list-style-type: none"> <li>• Four 12-minute quarters</li> <li>• 2-minute breaks between Q1-Q2 and Q3-Q4</li> <li>• 5-minute break at half time</li> </ul>
<b>Number of Players</b>	<ul style="list-style-type: none"> <li>• <b>3<sup>rd</sup>-4<sup>th</sup> COED:</b> Each team will play with <b>8 players*</b> on the field at a time, including the goalie</li> <li>• <b>3<sup>rd</sup>-4<sup>th</sup> GIRLS:</b> Each team will play with <b>9 players*</b> on the field at a time, including the goalie</li> </ul> <p>*Subject to player availability and as agreed by the coaches depending on the number of players available. Substitute in extra players regularly so that no one is sitting out for too long.</p>
<b>Ball Size</b>	Games are played with a Size 4 ball.
<b>Offsides</b>	Offsides rule is in effect.
<b>Headers</b>	No deliberate headers are allowed. If a player deliberately heads the ball (in the referee's determination), the other team will be awarded an indirect free kick. There is no infraction when the ball unintentionally strikes the head.
<b>Throw-ins</b>	No re-throws given for a foul throw-in.
<b>Free Kicks and Penalty Kicks</b>	No modifications from FIFA laws of game.
<b>Coaches on Field</b>	Coaches are not permitted on field during game play.

### 5th Grade (Coed) and 6th-8th Grade (Coed) Rules

**Format:** 1-2 weeknight practices per week, plus games on Saturday mornings. There will be a Festival Day each season during which teams will play small-sided games in a tournament-style format in lieu of a regular Saturday morning game.

**Field Location:** Fields 1, 2 and 3 for first three regular game days; Field 7 for last two regular game days.

<b>Duration of match</b>	<ul style="list-style-type: none"> <li>• Four 15-minute quarters</li> <li>• 2-minute breaks between Q1-Q2 and Q3-Q4</li> <li>• 5-minute break at half time</li> </ul>
<b>Number of Players</b>	<p><b>First Three Regular Game Days:</b> Each team will play with 6 or 7 players on the field at a time (subject to player availability).</p> <p><b>Last Two Regular Game Days:</b> Each team will play with 11 players on the field at a time (subject to player availability).</p>
<b>Ball Size</b>	Games are played with a Size 5 ball.
<b>Offsides</b>	Offsides rule is in effect.
<b>Headers</b>	Headers are permitted.
<b>Throw-ins</b>	No re-throws given for a foul throw-in.
<b>Free Kicks and Penalty Kicks</b>	No modifications from FIFA laws of game.
<b>Coaches on Field</b>	Coaches are not permitted on field during game play.

## Pre-K and Kindergarten Rules

**Format:** Pre-K and Kindergarten teams will have Saturday morning sessions that include a 30-minute practice followed by a 30-minute small-sided game.

**Field Location:** Pre-K will play on Field 8 which is divided into six small fields (8A-8F). Kindergarten will play on Field 6 which is divided into three small fields (6A-6C).

<b>Duration of match</b>	<ul style="list-style-type: none"> <li>• Four ~5-minute quarters with a 1-minute break between quarters. This doesn't have to be exact – you can take breaks earlier depending on how the kids are doing.</li> <li>• Games end 1 hour after the session began even if you haven't finished playing all four quarters of the game (e.g. if session starts at 9:45 am, games will end at 10:45 am).</li> </ul>
<b>Number of Players</b>	<ul style="list-style-type: none"> <li>• <b>PRE-K: 4 players</b> on the field at a time* with NO goalies. There are no set positions for this division.</li> <li>• <b>KINDERGARTEN: 6 players</b> on the field at a time*, INCLUDING a goalie. There are no set positions other than the goalie for this division.</li> </ul> <p>*Subject to player availability and as agreed by the coaches depending on the number of players available. Substitute in extra players regularly so that no one is sitting out for too long.</p>
<b>Ball Size</b>	Games are played with a Size 3 ball.
<b>Out of Bounds and Restarts</b>	<ul style="list-style-type: none"> <li>• Out of bounds: <b>No throw-ins or kick-ins.</b> When the ball goes out of bounds, the coach will call out "New Ball!" and roll a new ball into play quickly.</li> <li>• After a goal is scored, the other team restarts with a kick-off from midfield</li> </ul>
<b>Safety</b>	<ul style="list-style-type: none"> <li>• No pushing, tripping, or aggressive play</li> <li>• If a player falls or seems hurt, play stops immediately</li> <li>• If a player uses his/her hands, remind them to use their feet only</li> <li>• No headers</li> </ul>
<b>Coaches on Field</b>	<ul style="list-style-type: none"> <li>• Coaches should be on the field to help guide players and to roll out new balls after the ball goes out of play.</li> <li>• There are <b>no referees</b> for this age group so the coaches must intervene in the event of fouls or overly aggressive play.</li> <li>• Coaches manage the "New Ball!" restarts. If you notice that a kid isn't getting a ton of touches on the ball, try rolling some of the restarts to him/her.</li> <li>• Keep things positive and help keep the game moving – focus is on fun, skill development, and good sportsmanship.</li> </ul>