



General Soccer Rules



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Where to Sit?

- Coaches and players from both teams sit on the same sideline.
 - Spectators sit on opposite sideline.
- No one sits behind the goalies or on the goal line.



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Rules: Kickoffs

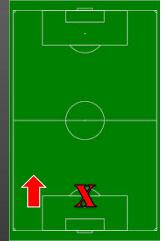
- Taken to start each half or following each goal.
- Players must be on their own half of the field.
 - Defending team must be outside of center circle.
- Ball starts at midfield and kicked any direction.
 - Can not score directly from kickoff.



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Rules: Goal Kicks

- Taken by defending team when ball crosses goal line and last touched attacking team.
- Ball placed on top of goalie box.
- Can be taken by anyone on the previously defending team.
- Can score directly off of goal kick.



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Rules: Goal Kicks Preschool-3rd Grade Only

- Players on team NOT kicking off must start on their half of the field until the ball is touched
 - At that point, the ball is live



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Rules: Corner Kicks

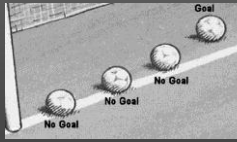
- Taken by attacking team when ball crosses goal line and last touched defending team.
- Ball placed in the nearest corner.
- Can be taken by anyone on the previously attacking team.
- Can score directly off of corner kick.



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Rules: Goal or No Goal?

- For a goal to be counted, the entire ball (100%) must cross the entire line.
- If any part of the ball is touching any part of the line, it is still in bounds/not a goal.
- Same goes for balls out of bounds.



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Headers

- Headers are NOT allowed
- Headers will result in indirect kick for opponent
- Header in own box results in indirect kick
 - Team may pull ball to nearest point of the box



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Rules: Handball

- General rule of thumb: does the ball hit the hand or does the hand hit the ball?
- A player with arms extended like player on top of image will be called more often than player with hands at side & arms tucked.



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Rules: Fouls

- Fouls & handballs are direct kicks.
 - Defense must be 7 yards back from free kick.
- Indirect kicks for illegal goalie touch & obstruction.
 - Indirect kick in box: kicking team can pull ball to nearest edge of box for better angle.
- Fouls & handballs inside box are penalty kick.
 - Penalty kicks taken from top of box.
 - No penalty kicks for Preschool-1st grade



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Rules: Substitutions

- Coaches may substitute on any dead ball play.
 - Goal kick, corner, kickoff, throw-in, etc.
- Must first get referee's attention and approval.
- Referee has the right to refuse substitution request if coach using substitutions as stall tactic.



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Rules: Drop Ball

- Ball in play when referee stops game for injury:
- Referee brings a player from each team to the spot where the ball was when whistle blown.
- Referee will drop ball from waist, in between the players; play starts when ball hits ground.
- If one team clearly possessed the ball at time of whistle, it would be good sportsmanship to concede possession on the bounce or to play it back to opposing keeper for restart.



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Game Rules
Preschool &
Kindergarten-1st Grade
Divisions

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Game Logistics

- Games will be played 3v3 ,4v4, or 5v5.
 - In general,
 - Preschool Girls 3v3
 - Preschool Boys 5v5
 - K-1 5v5
- No goalies.
 - All players pursue the ball.

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Game Time

- Games will include 2-16 minute halves.
- Every 3-4 minutes, coaches will stop the game to make substitutions.
 - Each half basically gets broken into 4 quarters.
- All players should play equally.

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Game Rules

- Kickoffs to start each half and after each goal.
- Any ball out of bounds on sideline will be kicked in; can't score directly.
- Goal kicks & corner kicks in effect.
- No offsides.

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Equipment

- Each field will be set up with two goals.
- Game played with size 3 soccer ball.
- All players need to wear shin guards.

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Coach Role

- Facilitate game and referee.
- On field directing traffic and keeping time.
- Coaching players to:
 - Actively pursue the ball.
 - NOT sit back by the goal and wait for the action (no goalies allowed).
 - Kickoff (either direction) to start each half and after each goal.

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Game Rules 2nd-6th Grade Divisions



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Game Specifics

Division	Ball	Players	Goal Size	Duration
2 nd -3 rd Grades	Size 3	6 (5 + GK)	6 x 12 ft	20 min halves
4 th -6 th Grades	Size 4	8 (7 + GK)	6 x 18 ft	25 min halves

Playing Time

- All players should play equal time in games.
- Any exceptions must be communicated ahead of time to player and parent.



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Rules: Throw-ins

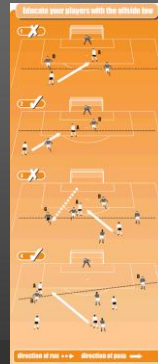
- Throw-in is taken at the spot along the sideline where the ball went out.
 - Can not score directly into the goal.
 - Elements to a good throw-in:
 - Both feet on ground
 - Two hands on the ball
 - Ball goes directly over the head
 - One total mulligan per game.
- *2nd/3rd grade: Kick-ins from sideline (can't score directly)



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Rules: Offsides

- Offensive player can not be between goalie and last defender at the moment when ball is struck.
- Must be potentially influential in play for offsides to be called.
- Could potentially be in offsides position and not be called.



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Rules: Offsides (cont.)

- Can't be offsides if on own half of field.
- Offsides will not be called on:
 - goal kick
 - throw-ins
 - corner kicks
- www.cockeysvillegirlssoccer.com/.../Offside%20Made%20Easy.pdf



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