

United Soccer: Game Rules



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Game Rules:

4 year olds - Kindergarten



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Players

- Should be at least 4 yrs. old & not past Kindergarten
- Five players on the field at a time (Both Boys and Girls)
- Bench players sit together on sideline
 - NOT touching the sideline barrier



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Game Time

- Will include 2-16 minute halves
 - Scheduled every 50 minutes
- Coaches can sub after a goal, or
 - On the fly if it doesn't disrupt game
- All players should play approx. equally



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Equipment

- Each field will have two goals
- Game played with size 3 ball
- All players need to wear shinguards

Coach Role

- One Coach on the field directing traffic and keeping time
- Facilitate game and referee
- Coach players to:
 - Actively pursue ball
 - NOT sit back and wait for the actions
 - NO goalies allowed
 - Kickoff to start each half and after each goal



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Game Rules:

1st-6th Grade



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Where to Sit

- Coaches & players from both teams on same sideline
- Spectators sit on opposite sideline
- No one behind goalies or on goal line area



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Headers

- Headers are NOT allowed preschool-6th grade
- Headers will result in indirect kick for opponent
- Header in own box still an indirect kick
 - Shooting team may pull ball to nearest point on box



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Game Specifics

Division	Ball	Players	Field Size (approx.)	Goal Size	Duration
1 st /2 nd Grade	Size 3	5 (4 + GK)	50 x 25 yds	6 x 12 ft	20 min halves
3 rd /4 th Grade	Size 4	7 (6 + GK)	65 x 40 yds	6 x 12 ft	25 min halves
5 th /6 th Grade	Size 4	8 (7 + GK)	70 x 45 yds	6 x 18 ft	25 min halves



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Playing Time

- All players should play equally in all games
 - See Program Director for scheduling template
- Exceptions must be communicated to player & parent prior to game



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Game Fields

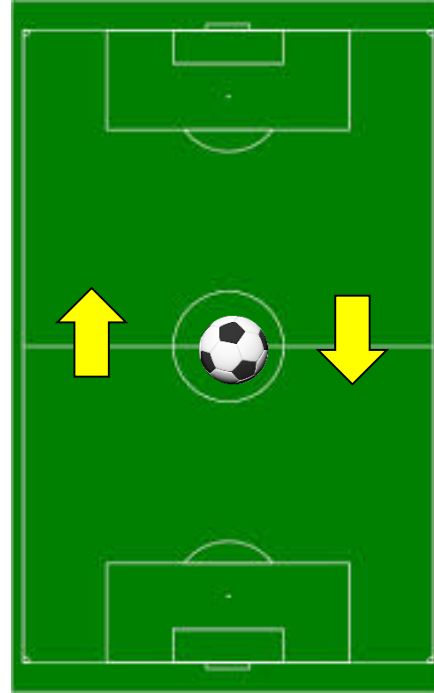
- Coaches & players sit on the sideline between the fields
- Spectators sit on the perimeter sidelines
- No one behind goalies or on goal line



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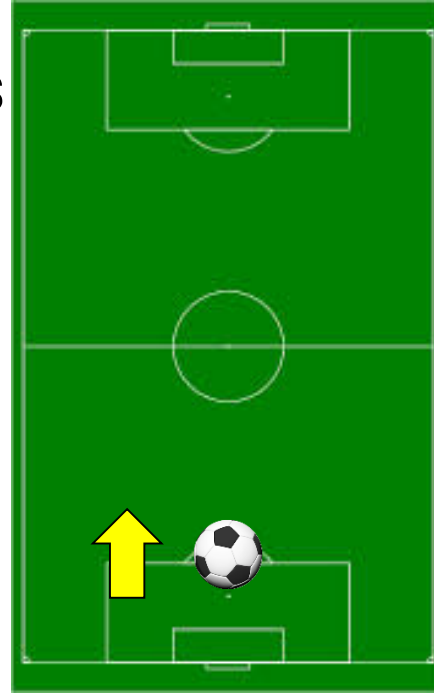
Rules: Kickoffs

- Starts each half & after each goal
- Players start on own half of field
 - Defense outside of circle
- Ball starts at midfield
 - Kicked any direction
 - Can't score directly



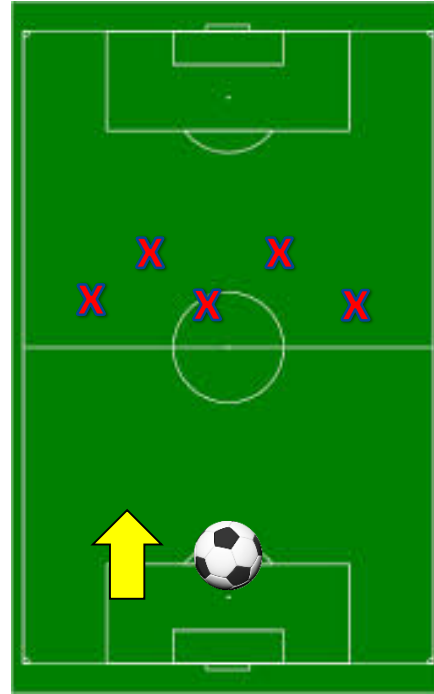
Rules: Goal Kicks

- Taken by defending team when ball crosses goal line last touched by opponent
- Ball placed on top of goalie box
 - Defenders must be 7 yds. Back
- Can be taken by anyone on defensive team
- Can score directly from goal kick



Rules: Goal Kicks (1st/2nd Grade Only)

- Team not taking goal kick must be on own half of field until ball is touched
- Ball is live once kicked



Rules: Corner Kicks

- Taken by attacking team when ball crosses goal line last touched by defending team
- Ball placed in nearest corner
- Can be taken by anyone on attacking team
- Can score directly from corner kick



Rules: Throw-ins

- Taken at spot along sideline where ball went out
- No offsides on throw-ins
- Can not score directly into the goal
- ❖ 1st/2nd grade: kick-ins in lieu of throw-ins
- ❖ Can't score directly from kick-in



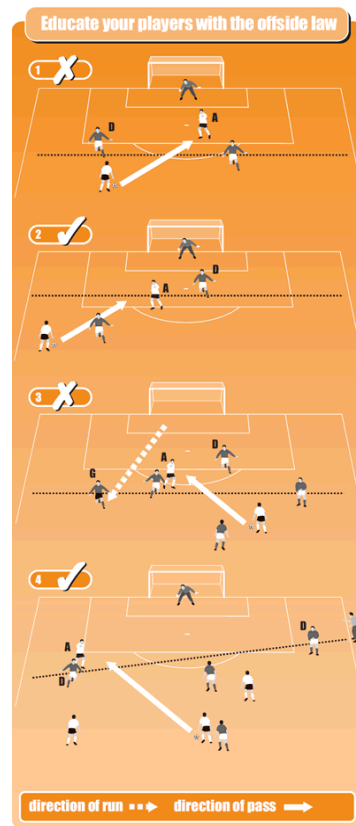
Rules: Throw-ins (cont.)

- Elements to a good throw-in:
 - Both feet on ground
 - Two hands on ball
 - Ball goes directly over head
- One total mulligan per game



Rules: Offsides

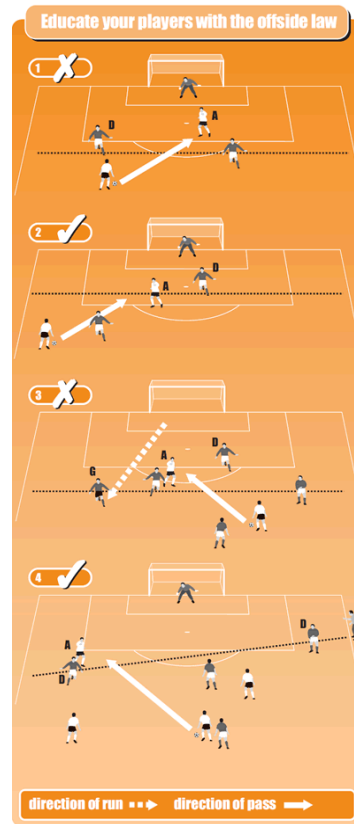
- Offensive player can't be between goalie & last defender when ball is struck
 - Must be potentially influential in play for offsides to be called
 - Could potentially be in offsides position and not be called offsides
- ❖ 1st/2nd grade: no offsides called



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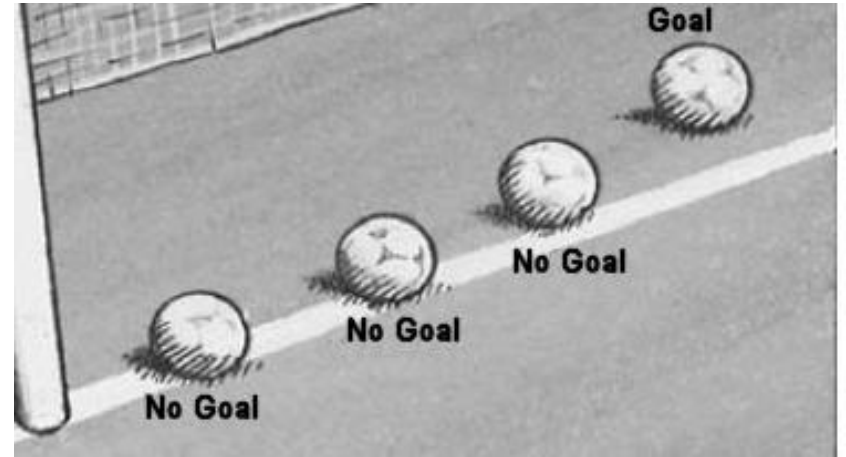
Rules: Offsides (cont.)

- Can't be offside if on own half of field
- Offsides NOT called on:
 - Goal kicks
 - Throw-ins
 - Corner Kicks



Rules: Goal or No Goal

- 100% of ball must cross 100% of line to be goal or out of bounds
- Any part of ball touching any part of line, still considered in play



Rules: Handball

- Letter of law: does someone gain advantage?
- In general: does hand hit ball or ball hit hand?
- Arms extended more likely to be called than hands at side but ultimately, was an advantage gained?



Rules: Fouls

- Fouls & handballs are direct kicks
 - Defense must be 7 yards back
- Indirect kicks for illegal goalie touch & obstruction
 - Indirect kick in box: kicker can pull ball to near edge of box for better angle



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Rules: Fouls (cont.)

- Fouls & handballs inside box: penalty kick
 - Penalty kick taken from:
 - 3rd-6th Grade: top of box
- ❖ No penalty kicks in 1st/2nd grade division

Rules: Substitutions

- Must first get referee attention and approval to substitute
- Coaches may request substitution on any dead ball play
 - Goal kick, corner kick, kickoff, throw-in, etc
- Referee has right to refuse substitution if being used as stall tactic



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Rules: Drop Ball

- When ball is in play but referee stops game due to injury:
- Opposing players face each other at spot where ball was when whistle blown
- Referee drops ball to ground; play starts when ball hits ground
- If one team clearly possessed ball when referee blew whistle,
 - Good sportsmanship would be to concede possession or play ball out of bounds so opponent has throw-in