

# United Soccer: Game Rules



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# Game Rules:

## 4 year olds - Kindergarten



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# Coach Role

- 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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# Players

- Should be at least 4 yrs. old & not past Kindergarten
- 4-5 players on the field at a time
  - Director will clarify prior to games beginning
- Teams sit on one sideline, supporters other sideline
- Ball out of bounds gets kicked in
  - Defending team behind midfield on kickoff



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# Game Time

- Will include 2-16 minute halves
  - Scheduled every 45 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

# Game Rules:

## 1<sup>st</sup>-6<sup>th</sup> 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
- 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

# Game Specifics

Division	Ball	Players	Field Size	Goal Size	Duration
1 <sup>st</sup> -3 <sup>rd</sup> Grade	Size 3	*6 (5 + GK)	~45 x 25 yds	6 x 12 ft	20 min halves
4 <sup>th</sup> -6 <sup>th</sup> Grade	Size 4	7 (6 + GK)	~60 x 40 yds	6 x 18 ft	25 min halves

\*Could become 7v7 if rosters grow



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# Playing Time

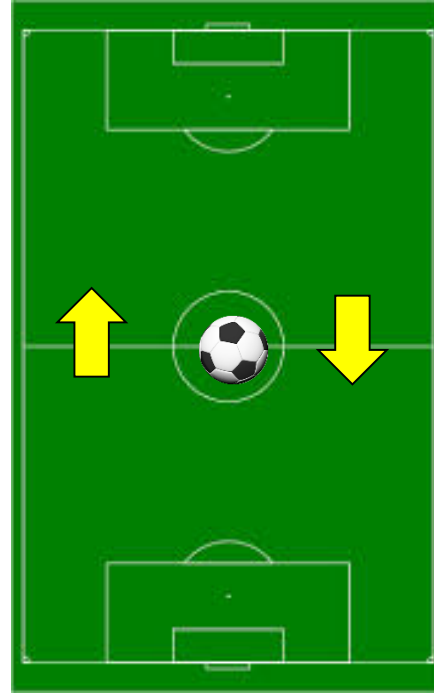
- All players should play equally in all games
  - See Program Director for scheduling template
- Exceptions must be communicated to player & parent prior to game



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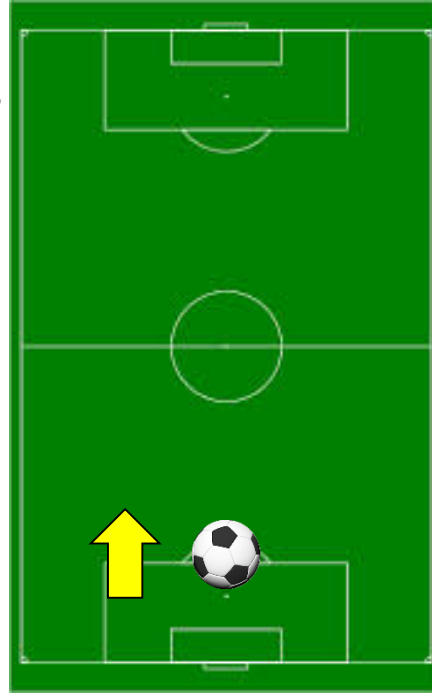
# Rules: Kickoffs

- 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



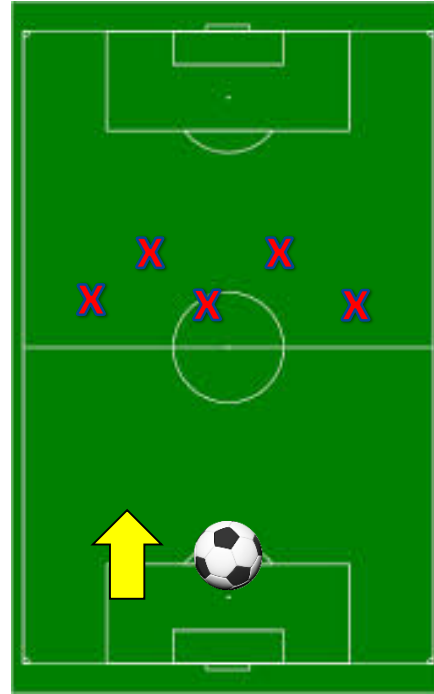
# Rules: Goal Kicks

- 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 (Pre-3<sup>rd</sup> 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
- ❖ **1<sup>st</sup>-3<sup>rd</sup> grade:** kick-ins in lieu of throw-ins
- ❖ Can't score directly from kick-in





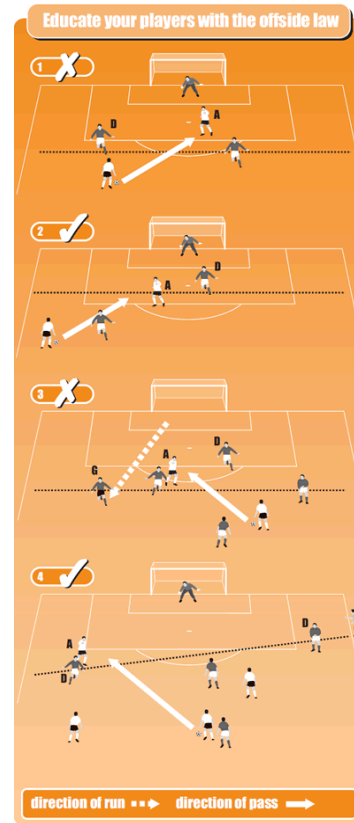
# Rules: Throw-ins (cont.)

- 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

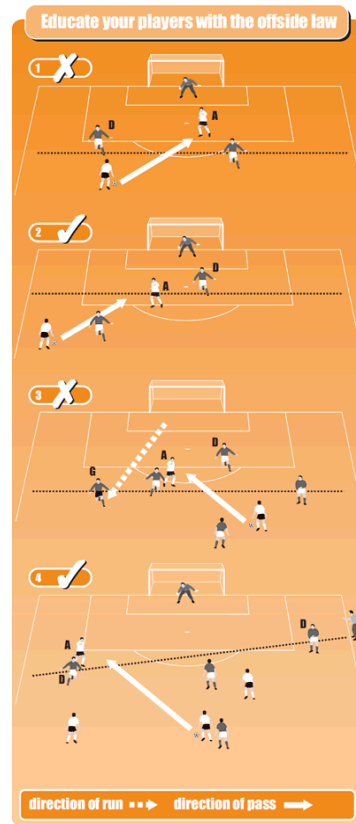
- Offensive player can't be between goalie & last defender when ball is struck
  - Must be potentially influential in play for offsides to be called
  - Could potentially be in offsides position and not be called offsides
- ❖ 1<sup>st</sup>-3<sup>rd</sup> grade: no offsides called



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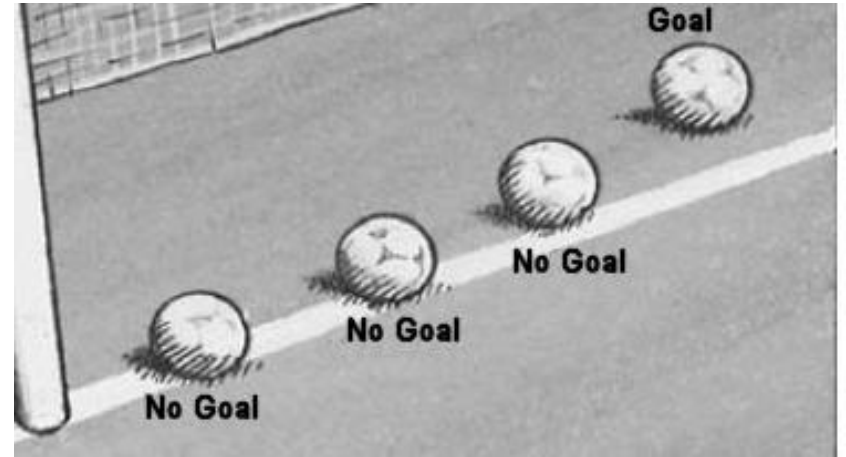
# Rules: Offsides (cont.)

- 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:
    - 4<sup>th</sup>-6<sup>th</sup> Grade: top of box
- ❖ No penalty kicks in 1<sup>st</sup>-3<sup>rd</sup> 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