

# United Soccer: Game Rules



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# Game Rules:

## 4 year olds - Kindergarten



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# Game Field

- All games are held on field 6
  - Players & coaches only inside the field area
- Playing surface is artificial grass
  - Cleats or tennis shoes are okay
  - Water only inside the field area
  - No tents or chairs that stake into ground



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# Game Field

- Park near south sidewalk
- Field 6 at west end of sidewalk



# Game Field

- Fields run east-west
- Approx. 28 yds. long
- Labeled from north to south: A, B, C



# Players

- Should be at least 4 yrs. old & not past Kindergarten
- Five players on the field at a time
- 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 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
- Divider nets will separate fields and bench areas
- Game played with size 3 ball
- All players need to wear shinguards



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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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# Game Rules:

## 1<sup>st</sup>-8<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 preschool-6<sup>th</sup> 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	Goal Size	Duration
1 <sup>st</sup> /2 <sup>nd</sup> Grade	Size 3	7 (6 + GK)	50 x 25 yds	6 x 12 ft	20 min halves
3 <sup>rd</sup> /4 <sup>th</sup> Grade	Size 4	8 (7 + GK)	65 x 40 yds	6 x 18 ft	25 min halves
5 <sup>th</sup> /6 <sup>th</sup> Grade	Size 4	9 (8 + GK)	70 x 45 yds	7 x 21 ft	25 min halves
7 <sup>th</sup> /8 <sup>th</sup> B	Size 5	11 (10 + GK)	115 x 70 yds	8 x 24 ft	35 min halves
7 <sup>th</sup> /8 <sup>th</sup> G	Size 5	10 (9 + GK)	88 x 48 yds	7 x 21 ft	35 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 Field: 1<sup>st</sup>/2<sup>nd</sup> Grade

- Park near north sidewalk
- All games on field 7
- Labeled from north to south: A, B, C



# Game Field: 3<sup>rd</sup>/4<sup>th</sup> Grade

- Park near north sidewalk
- All games on field 2
- Labeled from west to east: A, B





# Game Field: 5<sup>th</sup>/6<sup>th</sup> Grade

- Park near south sidewalk
- All games on field 4
- Labeled from north to south: A, B



# Game Field: 7<sup>th</sup>/8<sup>th</sup> Grade

- Park near either sidewalk
- Boys games on field 3
- Girls games on field 1



# Game Fields

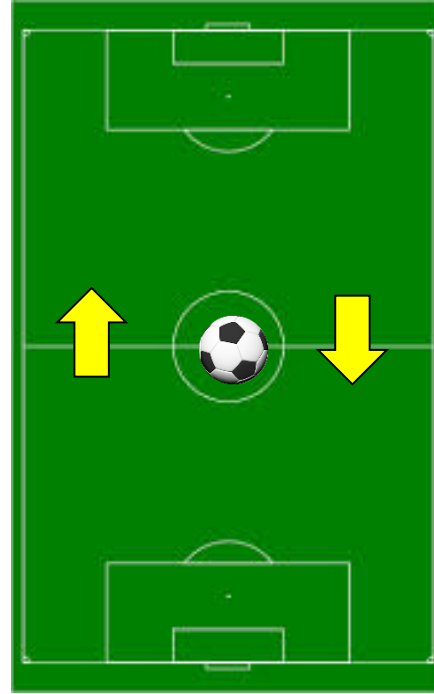
- Coaches & players sit on the sideline between the fields
- Spectators sit on the perimeter sidelines
- No one behind goalies or on goal line



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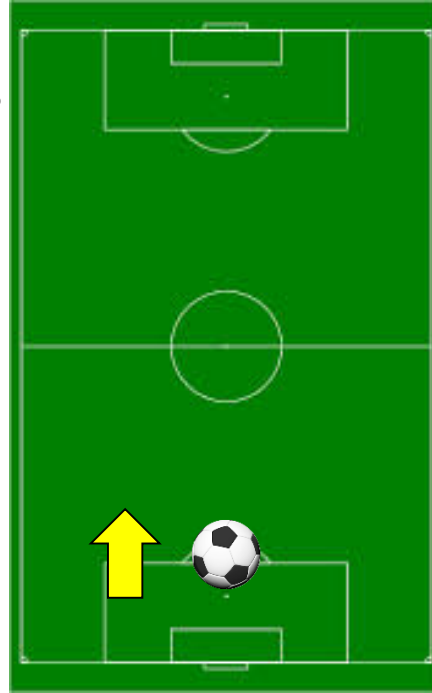
# Rules: Kickoffs

- 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



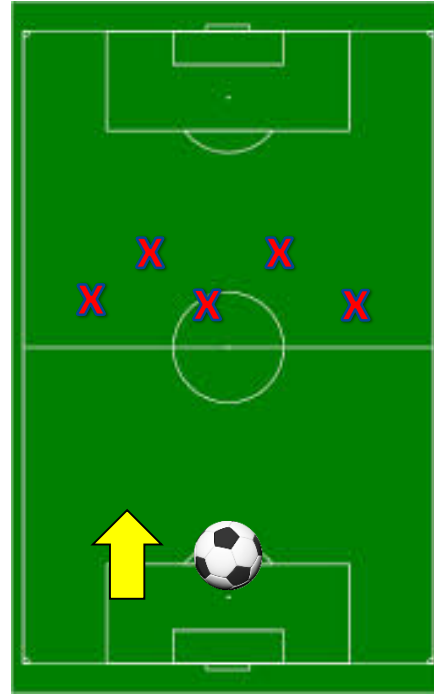
# Rules: Goal Kicks

- 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 (1<sup>st</sup>/2<sup>nd</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>/2<sup>nd</sup> grade: kick-ins in lieu of throw-ins
- ❖ Can't score directly from kick-in





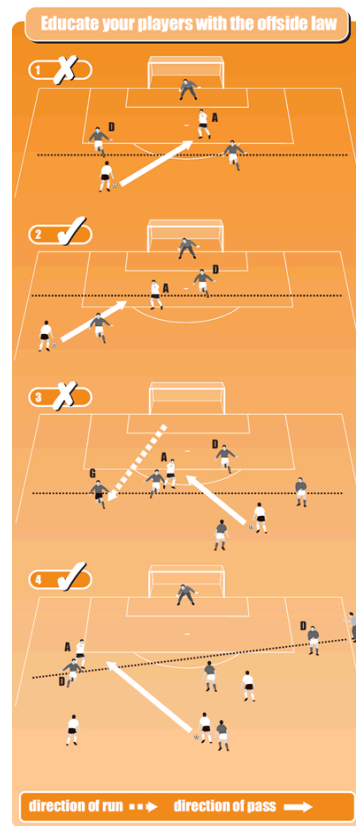
# Rules: Throw-ins (cont.)

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



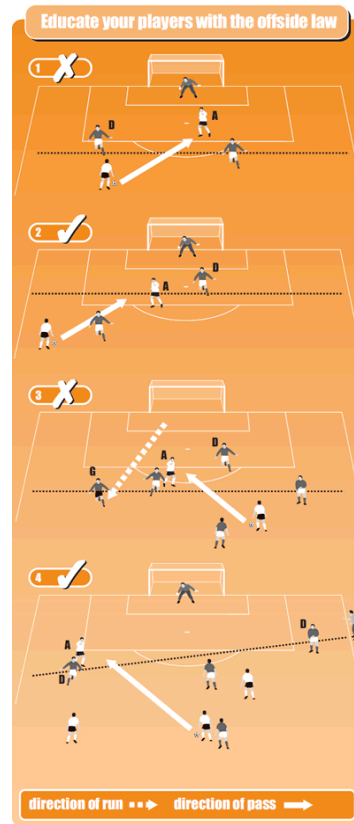
# Rules: Offsides

- 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>/2<sup>nd</sup> grade: no offsides called



# Rules: Offsides (cont.)

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





# 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:
    - 3<sup>rd</sup>-6<sup>th</sup> Grade: top of box
    - 7<sup>th</sup>/8<sup>th</sup> Grade Girls: top of box
    - 7<sup>th</sup>/8<sup>th</sup> Grade Boys: 12 yards out
- ❖ No penalty kicks in 1<sup>st</sup>/2<sup>nd</sup> grade division



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# 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