



# UNITED SOCCER RULES

## Anthem

### ALL DIVISIONS

- All players receive equal playing time
  - Exception being goalkeeper position
- All players must wear:
  - Provided uniform kit with no modifications
  - Shin guards (under the sock)
- No jewelry allowed (earrings must be removed or taped)
- Casts/splints must be foam or bubble wrapped for player safety
- Coaches and players from both teams on the same sideline
  - Spectators on opposite sideline
  - No one behind goal or coaching from end line
- Should participate in postgame elements after each game
  - Thank opponent with handshake line
  - Thank referee with high five or knuckles
  - Thank God with postgame prayer with opponent
  - Thank spectators with applause

### GENERAL SOCCER RULES

- **Kickoffs** start each half and after each goal
  - Ball starts at midfield
    - Kicked any direction
    - Cannot score directly from kickoff
  - Players start on own half of field
  - Defense outside of midfield circle
- **Goal Kicks** taken by defending team when opponent touches last on ball crossing end line
  - Ball placed anywhere inside goalie box
  - Can be kicked by anyone on team
  - Can score directly from goal kick
- **Corner Kicks** taken by attacking team when opponent touches last on ball crossing end line
  - Ball placed in nearest corner
  - Can be kicked by anyone on team
  - Can score directly from corner kick
- **Throw-ins**
  - Taken at spot along sideline where ball went out of bounds

- Cannot score directly into the goal
- No offsides called on throw-ins
- Technique
  - Both feet on ground
  - Two hands on ball
  - Ball goes directly over head
- **Offsides**
  - Offensive player can not be between goalie & last defender **when ball is struck**
    - Must be potentially influential to play for offsides to be called
      - Possible to be in offsides position but not be called offsides
  - Can not be offsides if on own half of field
- **In or Out?**
  - Ball must be 100% completely over a line to be called a goal or out of bounds
- **Handball**
  - Did the team gain an advantage from the handball?
  - Intention: did hand hit ball or ball hit hand?
  - Handball calls will result in direct kick
- **Fouls**
  - Foul calls will result in direct kick
  - Intentional pass back to goalie (using hands) & obstruction calls will be indirect kicks
    - Option to pull ball to nearest point on box
- **Penalty Kicks**
  - Awarded after handball or foul in goalie box
  - Goalie must stay on goal line but can move laterally
  - All other players must be outside of box and at least 7 yards away from shooter
  - Referee must blow whistle before kick can be taken
- **Substitutions**
  - Require attention and approval of referee
  - May request substitution on any ball out of play
    - Goal kick, corer kick, throw-in, post-goal, etc
    - May not substitute after fouls (unless replacing injured player) or offsides
  - Referee has right to refuse substitution if being used as perceived stall tactic
- **Drop Ball**
  - Occurs when referee stops play for injury but ball still in play
  - Referee will drop ball at feet of team that touched ball last when play was stopped
  - Drop ball is not contested by defending team; must be 7 yards back

### **PRESCHOOL-KINDERGARTEN DIVISION**

- Five players on field
- 2 x 16 minute halves
- Size 3 ball
- Coaches can substitute after goals or “hockey-style” on the fly if not disruptive to game
- No referees; coaches are on field directing traffic and keeping time
- Players coached to:
  - Actively pursue ball
    - No goalies allowed
  - Kickoff to start each half and after each goal
    - Do not switch sides at halftime
- No offsides or penalty kicks

### **1<sup>ST</sup>-2<sup>ND</sup> GRADE DIVISION**

- 7 players on field (6 + goalie)
- 2 x 20 minute halves
- Size 3 ball
- No intentional headers
  - Results in indirect kick for opponent
  - Header in box still indirect
    - Option to pull ball to nearest point on box
- Defense must be behind midline when goal kick is taken
- Defense must be 7 yards back when corner kick, handball, fouls are taken
- Kick-ins, not Throw-ins
  - Taken at spot along sideline where ball went out of bounds
  - Can not score directly into the goal
- No offsides or penalty kicks

### **3<sup>RD</sup>-4<sup>TH</sup> GRADE DIVISION**

- 8 players on field (7 + goalie)
- 2 x 25 minute halves
- Size 4 ball
- No intentional headers
  - Results in indirect kick for opponent
  - Header in box still indirect
    - Option to pull ball to nearest point on box
- Defense must be 7 yards back when goal kick, corner kicks, handball, and fouls are taken
- Offsides & penalty kicks in effect
  - Penalties taken from 10 yards out

### **5<sup>TH</sup>-6<sup>TH</sup> GRADE DIVISION**

- 9 players on field (8 + goalie)
- 2 x 25 minute halves

- Size 4 ball
- No intentional headers
  - Results in indirect kick for opponent
  - Header in box still indirect
    - Option to pull ball to nearest point on box
- Defense must be 7 yards back when goal kick, corner kicks, handball, and fouls are taken
- Offsides & penalty kicks in effect
  - Penalties taken from 10 yards out