

RULES OF PLAY FOR EACH AGE GROUP

ALL NFHS RULES APPLY EXCEPT AS NOTED FOR EACH AGE GROUP. For complete NFHS rules see section titled Soccer Rules Book.

Kindergarten, 1st Grade, 2nd Grade - The number of players on the field is 4v4 for kindergarten and 1st Grade, 2nd Grade is 5v5, playing with a number 3 ball. There will be no keeper (goalie) or offsides. Only indirect kicks will be used in fouls. Corner kicks and goal kicks will be used along with throw ins from the sidelines. Intentional heading is prohibited and will result in an indirect kick from the spot of the foul. One hour is allotted. The first 10 minutes are used for warm up and practice. The remaining time is used as game time playing 20-minute halves with a 5-minute half-time. Substitutions can be made by either team when play has stopped for an out of bounds ball or goal. Teams are expected to practice during the week. Coaches will referee their own games. Coaches are allowed on the field during play.

OBJECTIVE: *to teach all players the basics of soccer.*

3rd and 4th Grade - The number of players on the field is 7v7 playing with a number 4 ball. The time allotted is one hour used as game time. Play shall consist of two 25-minute halves with a 5-minute half-time. There will be a Goalkeeper (different jersey). There will be no offsides. Only indirect kicks will be used in fouls. Corner kicks and goal kicks will be used along with throw ins from the sidelines. Intentional heading is prohibited and will result in an indirect kick from the spot of the foul. Substitutions can be made by either team when play has stopped for an out of bounds ball or goal. Teams are expected to practice during the week. Coaches are allowed on the field during play. A single referee will officiate the game. Referee's decisions are final. *On goal kicks, the opposing team will remain behind the build out line until the ball is kicked into play*.

OBJECTIVE: *to learn proper position and team chemistry.*

5th and 6th Grade - The number of players on the field is 7v7 playing with a number 4 ball. Game time shall consist of two 30-minute halves with a 5-minute half-time. Full NFHS Rules apply. Please see the section titled NFHS - Soccer Rules Book with the following exception: intentional heading is prohibited and will result in an indirect kick from the spot of the foul. Teams are expected to practice during the week. A single referee will officiate the game. Referee's decisions are final. On goal kicks, the opposing team will remain behind the build out line until the ball is kicked into play. Goalie does NOT have to wait for the opposing team to be behind the build out line.

OBJECTIVE: *to improve ball skills and prepare players for the next level.*

NFHS Soccer Rules Book

THE REFEREE: The decisions of the referee are final.

START AND RESTART OF PLAY: The winner of the coin toss shall choose a goal to defend or to kick off first. The loser of the coin toss shall default to the other option. In the second half of the match the teams change ends and attack the opposite goals.

KICK-OFF: A kick-off is a way of starting or restarting play:

- a. At the start of the match
- b. After a goal has been scored
- c. At the start of the second half of the match
- d. After the kickoff, the ball may be played by any player except the one who kicked off. **Penalty:** *indirect free kick awarded to the opponent at the spot of the foul.*
- e. After a team scores a goal, the kick-off is taken by the other team
 - A goal may be scored directly from the kick-off.
 - The ball is in play when it is kicked and moves in any direction.
 - If the kickoff is taken improperly, it must be retaken.

BALL IN AND OUT OF PLAY:

The ball is **out of play** when:

- a. it has wholly crossed the sideline or endline, either on the ground or in the air
- b. play has been stopped by the referee.

The ball is **in play** at all other times including when:

- a. it rebounds from a goalpost, crossbar, or corner flag post and remains in the field of play
- b. it rebounds from the referee when they are on the field of play

METHOD OF SCORING: A goal is scored when the entire ball passes beyond the goal line, between the goal posts and under the crossbar provided it has not been deliberately thrown, carried, or propelled by the hand or arm of a player of the attacking team.

OFFSIDE POSITION: It is not an offense in itself to be in an offside position. A player is in an offside position when nearer to the opponents' goal line than the ball, unless:

- a. The player is in the player's own half or the field of play; or
- b. The player is not nearer to the opponent's goal line than at least two opponents.

Player is offside and penalized if, at the time the ball touches or is played by a teammate, the player is an offside position becomes involved in active play by:

- a. Interfering with play or with an opponent; or
- b. Gaining an advantage by being in that position

Penalty: *indirect free kick at the spot of infraction*

FOULS AND MISCONDUCT

DIRECT KICK: A direct kick is given to the opposing team if a player commits any of the following:

- a. Offenses in a manner considered by the referee to be careless, reckless, or using excessive force: Kicking, Striking, Tripping or Jumping at an opponent.
- b. Deliberately handling the ball with arm or hand
Holding and pushing an opponent
- c. Charging an opponent

Penalty: *Direct free kick taken at the spot of the infraction. If a direct kick is kicked directly into an opponent's goal, a goal is awarded. If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.*

PENALTY KICK: A penalty kick is awarded against a team which commits one of the above offenses for which a direct kick is awarded inside its own penalty area while the ball is in play. A goal may be scored directly from a penalty kick.

- a. The ball is placed on the penalty mark
- b. The goalkeeper must remain on his goal line until the ball has been kicked.
- c. All players beside the player taking the penalty kick must be inside the field of play, behind the penalty mark at least 10 yards and outside the penalty area

INDIRECT KICK: An indirect kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offenses:

- a. takes more than six seconds to release the ball after he has established control with his hands
- b. touches the ball again with his hands after it has been released from his possession and has not been touched by another player
- c. touches the ball with his hands after it has been deliberately kicked to him by a teammate
- d. touches the ball with his hands after he has received it directly from a throw in taken by a teammate

INDIRECT KICK: is awarded to the opposing team if a player, in the opinion of the referee, engages in or does any of the following:

- a. Dangerous play
- b. Obstruction
- c. prevents the goalkeeper from releasing the ball from his hands

Penalty: *indirect kick is taken from where the offense occurred.*

- A goal can be scored only if the ball touches another player before it enters the goal.
- If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.
- If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

FREE KICKS: Free kicks are either direct or indirect. For both direct and indirect free kicks, the ball must be stationary when the kick is taken, and the kicker does not touch the ball a second time until it has touched another player.

1. POSITION OF FREE KICK: Outside the Penalty Area
 - all opponents are at least 10 yards from the ball until it is in play
 - the ball is in play when it is kicked and moves the free kick is taken from the place where the foul occurred.
2. POSITION OF FREE KICK: Inside the Penalty Area Direct or indirect free kick taken by the defending team:
 - all opponents must be 10 yards from the ball
 - all opponents must remain outside the penalty area until the ball is in play
 - the ball is in play when it is kicked directly beyond the penalty area
 - a free kick awarded in the goal area is taken from any point inside that area
3. POSITION OF FREE KICK: Indirect free kick taken by the attacking team:
 - all opponents must be 10 yards from the ball until it is in play unless they are on their own goal line between goalposts
 - the ball is in play when it is kicked and moves

An indirect free kick awarded inside the goal area is taken from that part of the goal area line which runs parallel to the goal line, at the point nearest to where the infringement occurred.

ADVANTAGE: A prerequisite to any call is the advantage rule. IF a team that commits a foul will benefit by the call, the referee should not assess a penalty and indicate "Play On". Therefore, an infraction of the rules will not always result in a penalty being called.

THROW-IN: A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in. A throw-in is awarded when the whole of the ball passes over the touch line (sideline); either on the ground or in the air from the point where it crossed the touch line to the opponent of the player who last touched the ball.

At the moment of referee delivering the ball, the thrower will:

- a. face the field of play
- b. place part of each foot either on the touch line or on the ground outside the touch line
- c. use both hands and delivers the ball from behind and over his head

The thrower may not touch the ball again until it has touched another player. The ball is in play immediately as it enters the field of play.

GOAL KICK: A goal kick is awarded when the whole of the ball, having last touched a player of the attacking team, passes over the goal line; either on the ground or in the air and a goal is not scored. A goal may be scored directly from a goal kick.

- a. The ball is kicked from any point within the goal area by a player of the defending team
- b. Opponents must remain outside the penalty area until the ball is in play
- c. The kicker does not play the ball again until it is touched by another player
- d. The ball is in play when it moves

CORNER KICK: A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line; either on the ground or in the air and a goal is not scored.

- a. A goal may be scored directly from a corner kick
- b. The ball is placed inside the corner arc at the nearest flag post
- c. Opponents must remain at least 10 yards from the ball until it is in play
- d. The ball is in play when it moves
- e. The kicker does not play the ball a second time until it has touched another player

SUBSTITUTIONS: Substitutions are made when the ball has crossed the touchline (sideline) and:

- a. the team awarded the throw-in is making substitution(s)
- b. If the team awarded the throw in is not making a substitution, then the opposing team may not make a substitution either.
- c. Either team may substitute after a goal or before a goal kick.
- d. Players should wait and enter at the halfway line after being permitted by the referee