



Youth Soccer Rules

----- Field: -----

- Field size:
 - PreK: 60' x 30' | Kinder: 90' x 60' | 1st-4th Grade: 140' x 96'
 - Lines are part of the playing field.
- Goals:
 - Pop up 4' round | Kinder: 4' x 6' | 1st-4th Grade: 6' x 12'
- The entire ball must cross the line to be considered in/out of play or to score a goal.

----- Equipment: -----

- Players may not wear anything that is dangerous to him/herself or other players.
- Casts can be worn if covered and approved by 1) Referee, 2) Player's coach, 3) Opposing coach. If any of these three objects, then the player must comply. **CASTS MUST BE APPROVED PRIOR TO THE GAME.**
- All players must have the following:
 - Tennis Shoes or Cleats; no metal or toe cleats, no open-toed shoes.
 - **SHIN GUARDS ARE MANDATORY** for your child's protection
 - Jerseys must be worn. Warm weather clothing may be worn underneath the jersey. **Home team wears Red | Away team wears Blue.**
 - Goalies must wear a pinnie or different color from both teams (pinnies will be provided at the field). Goalies are permitted to wear gloves if desired.
- Ball Size (Game balls will be provided by Smithfield Recreation):
 - PreK-2nd Grade: Size #3 | 3rd-4th Grade: Size #4

----- Game Duration: -----

- Four Quarters:
 - Pre-K: 5-minute quarters
 - Kinder: Four 8-minute quarters
 - 1st-4th Grades: 10-minute quarters
 - 1-minute interval between quarters
 - 3-minute halftime

----- **Players:** -----

- Players on the field:
 - **PreK 3:** 4 (no Goalie)
 - **PreK 4-5 & Kinder:** 5 (no goalie)
 - **1st- 4th Grade:** 7 (6v6 plus 1 Goalie)
- Substitutions between quarters and halftime. Free substitutions in PreK age groups.
- In the event of a serious injury game will be stopped and player should be replaced.
- In the event of a minor injury play will be stopped at the next dead ball and player will be assessed.
- Goalies can change with any player of his/her team that is already playing.

----- **Fouls and Misconducts** -----

Any direct kick offenses or penalty kick offenses occurring in the Pre-K through 2nd grade age groups will result in an indirect kick.

- Indirect Kick Offenses:
 - Goalie taking more than 6 sec. to get rid of the ball, goalie touching ball after released from possession, goalie touches ball after deliberately played to her/him by teammate.
 - Play of dangerous manner, obstruction, prevent throw-in or goalie release of ball.
 - Offsides (3rd-4th grade only)
- Direct Kick Offenses:
 - Kicking or attempting to kick, trip or attempting to trip, charging, striking or attempting to strike, pushing, holding, spitting at, or jumping at another player.
 - Tackles before contacting ball.
 - Hand ball
- Penalty Kick Offenses
 - Any direct kick offenses charged to a defender inside penalty area will result in a penalty kick.

----- **Offsides (3rd-4th Grade Only)** -----

- Offside position: If you are on opponent's half of field and do not have the ball and there are not 2 defenders between you and the goal you are attacking.
- Cannot be offside on a goal kick, corner kick, throw-in, if you have the ball, or if you are on your half of the field.
- Offside position will not be called until you are part of the play. (with or without ball)
- Offsides result in an **indirect free kick**

----- Starts & Restarts: -----

- Kickoffs:
 - Home team chooses which goal to attack at the start of the game. The away team takes first kickoff. Each team starts on their half of the field. Defensive team must be outside of the center circle.
 - Goals cannot be scored on a kickoff
 - Kickoffs must roll at least one ball rotation in distance otherwise a re-kick is taken.
 - If the kicker touches the ball again an indirect kick is awarded to the other team.
- Throw in:
 - Goals cannot be scored on a throw in.
 - Thrower cannot touch the ball before it is touched by another player or an indirect kick is awarded (after rethrow maximum is reached)
 - Ball must start behind the head and go directly over the head (not to either side).
 - Feet must be planted during release.
 - Rethrows are given for throws that do not make it 100% into play. Or break the above rules.
 - Pre-K-Kindergarten: Re-throw the entire season, 3 try maximum before turnover.
 - 1st-4th: Re-throw ½ season, 3 try maximum before turnover.
- Corner Kick:
 - Goals can be scored on a corner kick
 - Defense must stay at least 10' away from kicker
- Goal Kick:
 - Defense must be outside of the penalty area
 - 1st-4th: must retreat behind the dotted line (this also applies when the goalie picks up the ball and is attempting to move it up field either by throw or kick)
 - Offense can be inside the penalty area
 - Kick may be taken by any offensive team member anywhere inside the goal box
 - Ball does not become live until it has crossed the penalty area
- Free Kick:
 - Indirect – Goals cannot be scored
 - Ball must be stationary before played, if the kicker touches the ball a second time an indirect free kick will be awarded to the opposing team.
 - Do not need to wait for the referee to signal
 - Direct Kick (3rd-4th only):
 - Goals can be scored
 - Ball must be stationary before played, if the kicker touches the ball a second time an indirect free kick will be awarded to the opposing team.
 - Must wait for the referee to signal
 - Penalty Kick (3rd-4th only):
 - All rules for direct kicks listed above apply
 - Penalty kicks are taken from the penalty marker.
 - Kick must be one fluid motion.
 - Goalie must remain on the line until the ball is kicked.
 - Players other than the goalie and kicker must remain behind the dotted line until the ball is kicked.