



Sandy Recreation Soccer Rules

1. The Ball

- Pre-K, K, & 1st/2nd: Size 3
- 3rd/4th & 5th/6th: Size 4/5
- 7th-10th: Size 5

2. Number of Players

Pre-K & K

- The number of players per team on the field at any one time is 4.
- Minimum number of players on the field to start is 3.
- Maximum number of players on the roster should not exceed 8.
- Goal keepers will not be used.

1st/2nd

- The number of players per team on the field at any one time is 5.
- Minimum number of players on the field to start is 4.
- Maximum number of players on the roster should not exceed 10.

3rd/4th

- The number of players per team on the field at any one time is 8.
- Minimum number of players on the field to start is 6.
- Maximum number of players on the roster is 12.

5th/6th

- The number of players on the field at any one time is 11.
- Minimum number of players on the field to start is 9.
- Maximum number of players on the roster is 16.

7th-10th

- The number of players on the field at any one time is 11.
- Minimum number of players on the field to start is 9.
- Maximum number of players on the roster is 16.

Goal keepers will be used for all leagues except Pre-K and K.

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3. Players Equipment

Players must wear a current Sandy Parks and Recreation uniform to be eligible to play. Players without a current Sandy Parks & Recreation uniform shall not play in the game. It is up to the parents and coaches to make sure every player is wearing a uniform. Shin guards are mandatory to assist with player's safety. Soccer cleats are recommended but not required. Jewelry must be removed. Players with hard casts must contact the Parks & Recreation office before they will be considered for play.

4. Officials / Referees

Pre-K, K, 1st/2nd

- Officials will not be used.
- Coaches are encouraged to explain basic rules during play.
- Keep the game fun. Coaches may make calls on the field and help players position themselves for different plays. Parents are not to be involved in officiating the game from the sidelines.

3rd/4th, 5th/6th, 7th-10th

- Officials will be used.
- Officials are encouraged to explain the infraction called on the offending player.
- Officials make the calls on the game field, not the coaches, parents or participants involved. The officials' decisions will be final.

5. Duration of the Game

All ages will have a 5-minute halftime break and will change sides of the field after halftime. Game durations/halftime may be adjusted if necessary. The clock will run, except for injuries. **All games must end by at least 5 minutes before the next hour.**

Pre-K/K: 40-minute game: 4 equal quarters of 10 minutes each. Break between quarters: 2 mins.

1st/2nd: 48-minute game: 4 equal quarters of 12 minutes each. Break between quarters: 2 minutes.

3rd/4th: 50-minute game: 2 equal halves of 25 minutes each.

5th/6th: 50-minute game: 2 equal halves of 25 minutes each.

7th-10th: 50-minute game: 2 equal halves of 25 minutes each.

6. Playing Time and Substitution

All eligible team members in attendance at the game must play an equal amount of time. Substitutions normally occur during regular stoppage in play for and the game is resumed with the appropriate restart (e.g. end of quarter, throw-in, goal kick, corner kick, kick-off, free kick, penalty kick, or dropped ball). Only teams with possession on a throw-in may request substitutions. Occasionally, the referee may need to stop play for substitutions while the ball is still in play. In this case, the game is resumed with a dropped ball.

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7. Start and Restart of Play

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

- At the start of the match.
- After a goal has been scored.
- At the start of the second half of the match.
- A goal may be scored directly from the kick-off.

Kick-off procedure:

- All players are in their own half of the field.
- The opponents of the team taking the kick-off are at least 10 yards from the ball until it is in play.
- The ball is stationary on the center mark.
- The referee gives a signal.
- The ball is in play when it is kicked and moves forward or backward.
- The kicker does not touch the ball a second time until it has touched another player.
- After a team scores a goal, the other team takes the kick-off.

8. Ball In and Out of Play

- The ball is out of play when:
 - It has entirely crossed the goal line or touch line, whether on the ground or in the air.
 - Play has been stopped by one of the coaches (**Pre-K, K, 1st/2nd**).
 - Play has been stopped by the official (**3rd/4th, 5th/6th, 7th-10th**).
- The ball is in play at all other times, including when:
 - It rebounds from a goalpost, crossbar or corner flag post and remains in the field of play.
 - It rebounds from the coaches when they are on the field of play (**Pre-K, K, 1st/2nd**).
 - It rebounds from one of the officials when they are on the field of play (**3rd/4th, 5th/6th, 7th-10th**).

9. Method of Scoring

- The whole ball must cross the goal line between the goal post and under the crossbar.
- The ball cannot be thrown, carried or intentionally propelled by hand or arm over the goal line.
- Opponents may score from a corner kick, goal kick, kick-off, direct free kick and while the ball is in play.

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10. Offside

Pre-K, K, 1st/2nd: No offside calls are to be made in this age group.

3rd/4th, 5th/6th, 7th-10th: Offside will be called when a player is:

- In an offside position if they are nearer to their opponents' goal line than both the ball and the second last opponent and are involved in an active play.
- At the moment the ball is touched or is played by a teammate, they are (in the opinion of the referee) involved in an active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

A player is not in an offside position if:

- They are in their own half of the field of play, level with the second last opponent, or level with the last two opponents.
- A player receives the ball directly from a goal kick, throw-in, or corner kick.

It is not an offense in itself to be in an offside position if you are not involved in an active play.

11. Fouls and Misconduct

Direct Free Kick: The ball does not need to touch a second player to score a goal.

A direct free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered by the referee to be careless, reckless or using excessive force:

- Intentionally kicks or attempts to kick an opponent.
- Intentionally trips or attempts to trip an opponent.
- Jumps at an opponent.
- Charges an opponent.
- Strikes (or attempts to strike) an opponent.
- Pushes an opponent.
- Slide tackles an opponent.
 - If the occurrence is inside the penalty area, an infraction will result in a penalty kick (**7th-10th**).
 - Referees must be advised that a foul should be called only if a player from both teams is within playing distance of the ball. If only one player is within playing distance of the ball an infraction should not be called.
 - Cautioning Procedure - The following sequence of warnings will be issued for repeated violations of the slide tackle rule by the same player.
 - On the first occurrence a verbal warning will be given.
 - On the second occurrence, a yellow card warning will be issued.
 - On the third occurrence, a red card send-off will be issued.
- Holds an opponent.
- Spits at an opponent. Player will sit the remainder of the game!
- Handles the ball deliberately.
 - If the ball plays off the players' hand, it is not deliberate.
 - If the players' hand plays the ball, it is deliberate.
- Touches the ball a second time before it touches another player from a restart (goal kick, corner kick, throw-in, kick-off, and direct kick).

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- Impedes the progress of an opponent (obstructing an opponent without playing the ball).
- Plays in a dangerous manner (for **7th-10th**: “high kick“ should only be played when the kick is within striking distance).
- Hits the ball with their head (“header”) - *See rule 17 for further details on “headers.”*

NOTE: A goal *CAN* be scored with a direct free kick.

The accumulation of two yellow card cautions to any one player during the course of the match will result in the issuance of a red card send-off, regardless of the violations involved in the two incidents.

A player, coach, other bench personnel, or spectator that has been disqualified from a match, shall be suspended from attending the next match. Additional game suspensions may be invoked after review by Sandy Recreation.

Indirect Free Kick: The ball must touch another player in order to score a goal.
(only applicable to 3rd/4th, 5th/6th, 7th-10th leagues)

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

- Controls the ball with their hands for more than six seconds before releasing it from their possession.
- Touches the ball again with their hands after releasing it, but before the ball touches another player.
- Touches the ball with their hands after it has been deliberately kicked to them by a teammate.
- Touches the ball with their hands after they have received it directly from a throw-in from a teammate.

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from his hands.
- Commits any other offence, not previously mentioned, for which play is stopped to caution or send off a player.

For both Direct and Indirect free kicks:

- The free kick is taken from the place where the infringement occurred.
- All opposing players must be 10 yards from the ball before it is kicked.
- The ball is in play when it is kicked and moves.

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12. Penalty Kick

Pre-K. K. 1st/2nd: No penalty kicks are to be taken during these games. All infractions and violations occurring in the penalty box will be handled with a direct free kick outside the penalty box.

3rd/4th. 5th/6th. 7th-10th: All infractions and violations in the penalty box will be handled with a penalty kick. The ball will be placed 12 yards from the center of the goal line for the kick.

13. Throw-In

When the entire ball passes over the touch line (on the ground or in the air) a throw-in is awarded to the opponents of the player who last touched the ball.

Procedure: The player throwing the ball in will

1. Faces the field of play.
2. Has part of each foot either on the line or on the ground outside the line.
3. Uses both hands.
4. Delivers the ball from behind and over his head. No dropping the ball.

The thrower may not touch the ball again until it has touched another player (violation of such will be a direct free kick for the opposing team).

The ball is in play immediately after it enters the field of play.

One re-throw must be allowed if a foul throw occurs.

Coaches shall explain the proper method before allowing the player to re-throw.

NOTE: A goal CANNOT be scored directly from a throw-in.

14. Goal Kicks

A goal kick is awarded when: the entire 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.

Procedure:

- The ball is kicked from any point within the goal area by any player of the defending team.
- Opponents must remain outside the Goal box area until the kicker initiates contact with the ball.
- Once the kicker initiates contact with the ball, it is considered to be in play.
- The kicker does not play the ball a second time until it has touched a teammate or an opponent.
- A goal kick is not required to leave the penalty area before a teammate or opponent touches the ball.

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15. Corner Kick

A corner kick is awarded when: the entire 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.

Procedure:

1. The ball is placed to the nearest corner where the ball went out.
2. The ball is placed inside the corner arc at the nearest corner flag post.
3. The corner flag post will not be moved.
4. Opponents remain at least 6 yards from the ball until it is in play.
5. The ball is kicked by a player of the attacking team.
6. The ball is in play when it is kicked and moves.
7. The kicker does not play the ball a second time until it has touched another player (violation of such will be handled with a direct free kick).

NOTE: A goal CAN be scored directly from a corner kick

16. Headers

In accordance with US Youth Soccer Guidelines, the following rules are to be followed:

- **Pre-K - 3rd/4th:** No headers will be allowed during practices or games.
- **5th/6th - 7th-10th:** Headers will be allowed during practice only, but not during games.

NOTE: Headers will be treated similar to deliberately handling the ball. A Direct Free Kick will be awarded to the opposing team for any player who deliberately hits the ball with their head (see rule 11. Fouls and Misconduct, Direct Free Kick, bottom bullet).

Additional Notes:

- Each team should set up on OPPOSITE SIDES of the field. This will allow coaches to walk the length of the field alongside players. The HOME team will take the north or east side and the AWAY team will take the south or west side. All coaches, players, and spectators must be 5-10ft away from all boundary lines.
- No league standings are to be kept.
- Families shall not comment on officiating.
- Families shall not share negative comments towards players.
- **Most importantly - Did your players have fun?**
 - **This is PLAY TIME for the kids, not performance time!**