

REC K-8 Referee Cheat Sheet

Players:

1. 7 field players plus 1 goalie (1st and 2nd grade)- 1 coach allowed on the field
2. 6 field players plus 1 goalie (3rd-6th Grade)
3. 5 field players plus 1 goalie (7th and 8th)
4. No jewelry, shin guards are mandatory, and no outdoor cleats (no need to give cards, just correct)

Duration of Game:

1. 4 quarters of 12 minutes (1st-4th grade)
2. 2 x 25 minute halves (5th-8th grade)

Ball:

1. Size 3 (Grades 1-2)
2. Size 4 (Grades 3-6)
3. Size 5 (Grades 7-8)

Substitution:

1. Can be made at any time during play (on the fly) and stoppages
2. Guaranteed subs can be made on stoppages dictated by referee up to 20sec
3. No blue cards for infringements unless done persistently

Goal Kicks (1st-4th grade)

1. Can be placed anywhere in the goal area (small box)
2. Opponents must be behind the yellow line
3. Ball in play when it is touched and moves
4. Redo kick in any situation

Keeper Distribution (5th-8th grade)

- 1) After the ball goes out of play for Goal Kick
- 2) Can be thrown or sat down anywhere in penalty area
- 3) Ball is in play when it leaves the penalty area
- 4) **MAY NOT BE PUNTED and Keeper cannot dribble it**

Penalty Kick Modification:

- 1) **Placed on top of the penalty area at center (1st-4th) and yellow dot (5th-8th)**

Heading Rule (Grades 1-4 only)

- 1) Any player who intentionally heads the soccer, restart is a free kick where the infraction occurred
- 2) If it occurred inside the penalty area, goes to yellow dot (not a penalty kick)

Blue Card

- 1) **2 min soft time**, play down for two minutes unless opponent scores then back to full strength
- 2) Boarding, reckless tackles, dissent, PI of rules, Taunting, bicycle kick with no one around

Cautions

- 1) **2 min hard time penalty**, play man down for 2 minutes

- 2) Dangerous slides without contact, DOGSO, second blue card, dissent, bicycle kick within dangerous proximity

Send-offs

- 1) **5 minute hard time penalty**, play man down for 5 minutes
- 2) Slide w/contact, Violent Conduct, Serious Foul Play, Foul Language, Spitting on field of opponent, jumping over boards, Bicycle Kick that makes contact with opponent, Touching scoreboard without approval

**Referees are encouraged but not required to talk to players before issuing time penalties. Keep in mind this is recreational soccer and (especially for grades 1-4) your voice is more effective and productive to fixing player behavior than issuing a time penalty.

Running Up Score Rule:

- 1) At a 6 goal differential, the winning team will take a player off and the losing team will add a player
- 2) As differential increases, the process continues until the winning team has a minimum of 4 players
- 3) As differential decreases, the process reverses until even (6 goal differential)

Extras

- **All Kicks are direct**
- **3 line rule (Grades 5-8 only) = ball at first yellow line crossed= ball must completely cross 3 lines without touching the ground, players, referee, or wall**
- **Advantage can be applied but sparingly**
- **Free Kicks for fouls whether penal or non penal in the penalty area are taken on yellow dot on the line (if it's not a penalty kick outdoor then it's not here)**
- **Ball hits ceiling net, the restart is on the ground where it made contact unless in the box then it goes to yellow dot (attacking team) or GK distribution (5th-8th)/free kick (1st-4th) (defending team)**
- **Ball hits perimeter net, the restart is a kick in (corners are placed on dots)**
- **GKs CANNOT dribble the ball back into the penalty are and pick it up (restart is free kick on the dot)**
- **Move!! And have fun- Talk with the players and remember this is recreational so the kids are still learning.**

**This document is not a substitute for the full rules document. It is highlighting major rules and reminders.