

League Manager: Devin Hatch

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League Website:

<https://www.teamsideline.com/cityofames>

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I. LEAGUE RULES

- a. League will follow National Federation of High School (NFHS) rules unless otherwise noted
- b. Games may be played in Ames or in surrounding communities.
 - i. Ames location – North River Valley Park (725 E 13th St, Ames)
 - ii. Story City location – Behind American Packaging Corp (103 W. Broad St, Story City)
- c. Games Time (Running Clock)
 - i. 1st/2nd Grade: Four 8-minute quarters
 - ii. 3rd/4th Grade: Two 20-minute halves
 - iii. 5th/6th Grade: Two 30-minute halves
- d. Lineups
 - i. 1st/2nd Grade: 6v6 with no goalkeeper
 - ii. 3rd/4th Grade: 7v7 (6 in the field, 1 goalie)
 - iii. 5th/6th Grade: 8v8 (7 in the field, 1 goalie)
- e. All players are required to play at least 2 quarters/1 half.
- f. Substitutions can be made in any dead ball situation.
- g. One parent from each team is responsible for line-judging each game.
- h. Game scores and league standings are not kept.

II. EQUIPMENT:

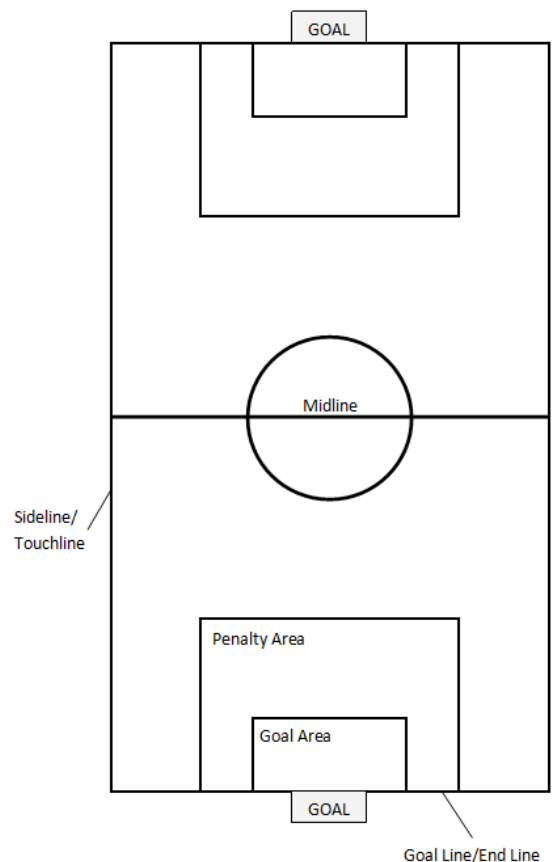
- a. The home site will provide a game ball and official(s) for each game.
 - i. 1st/2nd Grade will use a size #3 ball.
 - ii. Grades 3-6 will use a size #4 ball.
- b. Players must wear athletic closed-toed shoes or rubber/plastic cleats (no metal).
- c. Shin guards are required.

III. PLAYER ELIGIBILITY:

- a. Players must participate in the grade level they are currently enrolled in.
- b. If a team is short players for games, coaches may get players from the opposing team to even sides or get players from another team.

IV. FIELD DIMENSIONS

- a. 1st/2nd Grade – 25 x 35 yards
- b. 3rd/4th Grade – 40 x 55 yards
- c. 5th/6th Grade – 50 x 80 yards



V. GENERAL GAME RULES:

- a. Positions
 - i. The four main positions are forwards, midfielders, defenders, and goalkeepers.
 - ii. The goalkeeper is the only player allowed to use their hands and may only do so in the penalty area.
 1. Goalkeeper cannot pick up a ball that is passed to them from a teammate. Ball must be kicked in this situation.
 - iii. The goalkeeper cannot be charged in any manner in the penalty or goal area.
 1. A two-step distance will be enforced when the goalkeeper is retrieving the ball.
 2. A player cannot kick a ball being held by the goalkeeper.
 - iv. Play begins with a kickoff at the midline.
- b. Scoring
 - i. A goal is scored when the whole ball passes over the goal line between the uprights and under the crossbar.
 - ii. Any part of the body except the hands/arms may be used to propel the ball into the goal.
 - iii. There is no official game score kept. The focus of this league is on development.
- c. Points of Emphasis
 - i. Slide tackles are NOT allowed.
 - ii. A handball will be called when a player intentionally reaches for or grabs the soccer ball. Unintentional hand balls should not be called unless it results in a goal or advantage.
 - iii. A handball that occurs within the penalty box will result in a penalty kick. (all divisions)
 - iv. Coaches must rotate players in all positions.
 - v. The ball can be kicked in any direction on kickoffs starting at midfield. Referees/Coaches should remind players of this every game.
- d. Direct Free Kick
 - i. A free kick from which a goal may be scored against an opponent without a second player touching the ball.
 - ii. Kicker must not play or touch the ball a second time until another player touches it.
 - iii. Opponent must be at least 10 yards from the ball until it is kicked.
 - iv. Direct Free Kicks are awarded for fouls, including but not limited to...
 1. Spitting at, kicking, striking, attempting to kick/strike, jumping on an opponent
 2. Tripping, or attempting to trip an opponent
 3. A player, other than a goalkeeper, deliberately handles the ball.
- e. Indirect Free Kick
 - i. A free kick from which a goal may NOT be scored unless the ball is played or touched by another player of either team.
 - ii. Indirect Free Kicks are awarded for the following, including but not limited to...
 1. Kicker plays their own throw in, free kick, kickoff, goal kick, etc. without another touch
 2. Offsides penalty
 3. A player who is not in possession of the ball obstructs a player trying to play the ball
 4. Goalkeeper takes more than 6 seconds to play the ball
 5. Illegal contact by Goalkeeper
 - a. 1st/2nd Grade: A defender playing in the goal box does NOT count as a goalkeeper. A handball will result in a penalty kick.
- f. Penalty Kick
 - i. Awarded when a foul, which ordinarily results in a direct free kick, occurs within the opponent's penalty box.

- ii. All players, except the kicker and the opposing goalkeeper, shall be within the field of play but outside the penalty area and at least 10 yards from and behind the penalty mark until the ball is kicked.
 - iii. The opposing goalkeeper must stand on the goal line until the ball is kicked. Lateral movement is allowed, but the goalkeeper is not permitted to come off the line by stepping or lunging forward until the ball is in play.
 - iv. For 1st/2nd Grade, all penalties will be moved outside the penalty box and result in a direct kick.
- g. Corner Kick
 - i. Awarded to the attacking team when the entire ball passes over the end line out of bounds, when last touched by the defending team.
- h. Goal Kick
 - i. Awarded to the defending team when the entire ball passes over the end line out of bounds, when last touched by the attacking team.
 - ii. Players from the opposing team must be outside of the penalty area until the ball is either kicked out of the penalty area or touched by a 2nd player of the kicking team.
 - iii. For 1st/2nd Grade, defensive players must stand on their side of the field. Once the ball is put into play by clearing the box or touched by a 2nd player of the kicking team, the opposing team may make a play on the ball.
- i. Offside
 - i. A player is in an offside position if that player is nearer to the opponent's goal line than the ball, unless...
 - 1. The player is in his/her own half of the field of play
 - 2. The player is not nearer to the opponents' goal line than at least 2 of the opposing team
 - ii. The offside rule will be selectively enforced as follows:
 - 1. 1st/2nd Grade – Offsides will NOT be called but coaches are encouraged to teach offsides during practices.
 - 2. 3rd/4th Grade – Generally will NOT be called. Officials will stop the game and teach as necessary. If it results in an advantage or goal for the attacking team, it will be called.
 - 3. 5th/6th Grade – Offsides will be called. There is no offsides on a throw-in. Officials should remind players of this.
- j. Throw-ins
 - i. Awarded to a team when the opponents were the last to touch/play a ball and it crosses the entire touchline.
 - ii. A player who is facing the field of play and has both feet on the ground on or behind the touchline shall throw the ball in any direction from the point where it crossed the touchline.
 - iii. The thrower shall use both hands and shall deliver the ball from behind and over the head in one continuous motion.

VI. COACHES/PARENTS

- a. Coaches, parents, and spectators of any kind are expected to follow the City of Ames Parks & Recreation Code of Conduct (see attached). Coaches are required to sign the document before the season starts and are responsible for ensuring all patrons associated with their team follow it.
- b. There will be zero tolerance for arguing, yelling at, or ridiculing staff in any way. If there are any concerns with staff, please notify the League Manager.

VII. WEATHER

- a. This program is held outdoors and will usually be held despite uncomfortable weather conditions. Games/practices will be held whether it is sunny, raining, windy, etc., with the following exceptions.
- b. Field Conditions
 - i. If the playing surface is determined to be unsafe, games/practice will be cancelled.
- c. Lightning
 - i. If there is lightning within 10 miles, play will be suspended immediately, and all players/spectators must seek shelter. Play can resume after 30 minutes of no lightning. If there is another strike, the clock resets.
- d. Excessive Heat/Cold
 - i. Practices/games may be postponed or cancelled due to severe heat index or extreme cold.
- e. The WeatherBug App will be used to determine official heat index and lightning distances.
- f. Cancellations/postponements will be communicated through coaches.
- g. An effort will be made to reschedule all postponed games within the program calendar.

Subject to Change

Updated: 4/13/2026

Ames Parks & Recreation Code of Conduct



The City of Ames Parks & Recreation Department has adopted a Code of Conduct which applies to all persons participating in any way in any City of Ames Parks & Recreation programs. All participants, volunteers, coaches, patrons, and spectators are expected to know, promote, and adhere to the following standards of conduct.

1. Promote and encourage good sportsmanship by demonstrating positive support for players, coaches, officials, participants, and employees.
2. Treat everyone with respect, regardless of race, color, age, sex, gender identity, religion, national origin, disability, or skill level. Putting down or demoralizing others is not acceptable.
3. Adhere to the rules of the game/facility (including official's or employee's decisions) and do not attempt to change or manipulate those rules in order to win or for personal benefit.
4. Park rules related to alcoholic beverage use will be enforced. No alcoholic beverages are permitted in the playing area in parks or within any facility. Vaping and tobacco products are not allowed in any city facility or park. Anybody under the influence of alcohol or drugs who presents a danger to themselves or others will be removed from competition.
5. Abuse or harassment of players, volunteers, coaches, officials, spectators, or employees in any form will not be tolerated.
6. Refrain from foul, abusive, profane, or vulgar language. Be mindful of families and children in your vicinity and keep your language appropriate for all participants.
7. Fighting is prohibited. Fighting includes physical (hitting, pushing, touching, "getting in the face of") or verbal (threatening, making fun of, calling names, cursing, arguing).
8. Remember that youth programs are for the kids (to learn fundamentals, techniques, sportsmanship, teamwork, and have fun); they are not for adults! Therefore, all kids always deserve a right to fairness.
9. Adult sports leagues are designed to provide competition in a safe setting that allows participants to stay active and build community. Do not allow competitive nature to take away from the experience of your teammates or fellow participants.

Youth Coaches

10. Agree to conduct yourself in a manner that would be an example and a role model.
11. Agree to support and work with assigned team throughout the designated season and agree to hold regular practices (at least once a week) and show up to scheduled games.
12. Any equipment issued does not become personal property and all equipment must be returned in good condition to the City at determined time.
13. Promote teamwork, physical conditioning and teaching skills appropriate to the sport. Do not teach, encourage, or allow rough or dirty tactics of play.