

Holland Recreation Soccer

Quick Rules Guide

	Kindergarten	1st Grade	2nd Grade
Players On Field	6v6 (No goalie)	7v7 (includes goalie)	7v7 (includes goalie)
Goal size	4' x 6'	6.5' x 10.5'	6.5' x 10.5'
Ball Size	3	3	3
Duration of Game	Four 6 minute quarters	Four 10 minute quarters	Four 10 minute quarters
Zone Soccer	Yes, 3 players on each half	Yes, 3 players on each half	No
Offsides	No	No	No
Penalty Kicks	No	Yes	Yes
Corner Kick	Yes	Yes (Direct)	Yes (Direct)
Free Kicks	Indirect	Yes, opponents must be 8 yards off	Yes, opponents must be 8 yards off
Throw In	One re-throw	One re-throw	One re-throw
Goal Kicks	Yes - opponents must remain at mid field until kicked.	Opponents must be out of penalty box, ball must clear box before being touched by 2 nd player.	Opponents must be out of penalty box, ball must clear box before being touched by 2 nd player.
Shin Guards	Mandatory	Mandatory	Mandatory
Substitution	Only at the start of the quarter, at the mid-quarter subbing break, or in the case of an injury	Only at the start of the quarter, at the mid-quarter subbing break, or in the case of an injury	Only at the start of the quarter, at the mid-quarter subbing break, or in the case of an injury
Slide Tackling	Not Allowed	Not Allowed	Not Allowed
Headers	Not Allowed (change possession)	Not Allowed (change possession)	Not Allowed (change possession)
Goalie Restart	Does not apply	The goalie has six seconds to put ball in play.	The goalie has six seconds to put ball in play.
Coaches	2 coaches per team allowed on field. Stay along sidelines and out of play.	1 coach per team allowed on field. Stay along sidelines and out of play.	Coaches must stay on the sideline and off the field.