



(updated 3/27/2025)

WINFIELD RECREATION COMMISSION
YOUTH RECREATIONAL SOCCER
1ST-2ND GRADE COED LEAGUE

Rule 1. – THE FIELD

- A. DIMENSIONS. The field shall be rectangular, its length being not more than 50 yards nor less than 40 yards and its width not more than 30 yards or less than 20 yards. The length in all cases shall exceed the width.

Rule 2. – THE BALL: Size three (3).

Rule 3. – NUMBER OF PLAYERS

- A. Maximum number of players, per team, on the field at any one time: SIX (6). A goalkeeper is used. 5 players and 1 goalkeeper.
- B. The maximum number of players on the roster shall not exceed eleven (11).
- C. Substitutions – Players should be substituted at the 5-minute mark in each quarter or as needed to allow for equal amount of playing time. Substitutions may occur at any stoppage of play, such as throw-in, goal kick, corner kick, after a score or for any injury.
- D. Each player shall have equal playing time. All positions shall be rotated as best as possible.

Rule 4. – PLAYERS EQUIPMENT

- A. Shirt
- B. Shorts or pants
- C. Shin guards: MANDATORY
- D. Shoes: Shall be safe – tennis shoes or soccer cleats. No steel-toed cleats will be allowed.
- E. No jewelry, watches, rings, belts, earrings, or anything dangerous to players shall be permitted.

Rule 5. – THE REFEREE

- A. There will be one (1) official on the field to officiate the game. All rule infractions shall be briefly explained to the offending player.
- B. The game is for the players and the primary function of the Official is to ensure:
 - 1. **SAFETY** of the players (stop play for any dangerous situation and for any injury)
 - 2. **EQUALITY** of play. Don't allow any player to gain an advantage from any of the infractions listed in Law XI.
 - 3. **ENJOYMENT** of all players and spectators. Focus on the Positive aspects of individual skills and team play and above all, **ENCOURAGE GOOD SPORTSMANSHIP!**

Rule 6. – DURATION OF THE GAME

- A. The game shall be divided into four (4) ten (10) minute quarters.
- B. There shall be a one (1) minute break between quarters with a five (5) minute half time between the second and third quarters.

Rule 7. – THE START OF PLAY

- A. Kickoff from the center circle will take place at the start of each period. The Home team on the schedule shall kickoff for the odd numbered quarters (1st & 3rd), and the Visiting Team will Kick-off for the even numbered quarters (2nd & 4th).
- B. The teams **will** change ends at half and the team that defended the kickoff in the first and second quarters shall kickoff in the third and fourth quarters.
- C. Kick off after each goal by the team giving up the goal.
- D. All players must be on their half of the field when the ball is kicked, and the defending players must be outside the center circle.
- E. The ball is in play when it is kicked and clearly moves. The ball may be kicked forward or backwards.
- F. The player taking the kick-off may not touch the ball again until it has been touched by any other player – violation results in a re-kick for the original kicking team.
- G. A goal **CANNOT** be scored directly from a kickoff.

Rule 8. – BALL IN AND OUT OF PLAY

- A. The ball is **out** of play when:
 - 1. it has completely crossed the goal-line or touch-line, whether on the ground or in the air.
 - 2. the Official has stopped play.
- B. The ball is **in** play at all other times from the start of the match to the finish including:
 - 1. If it rebounds from a goal-post, cross-bar or corner-flag into the field of play.
 - 2. If it rebounds off the Official when they are in the field of play.

Rule 9. – METHOD OF SCORING

- A. The whole of the ball must completely cross the goal-line below the cross-bar and between the goal-posts.
- B. A goal may only be scored from a touch (offensive or defensive) within the team's offensive half of the field. The ball must be completely on the offensive half of the field and cannot be touching the mid-line (Example: kick-off). If a player in their defensive half kicks the ball across the midline and the ball hits another player (offensive or defensive) in their offensive half, and the ball goes into the goal, a goal will be awarded. If a ball is kicked from the defensive half and is not touched before the ball rests in the goal, a goal kick is awarded to the defensive team.

Rule 10. – OFF-SIDE

There shall be no off-side.

Rule 11. -FOULS AND MISCONDUCT

A. All fouls will result in an INDIRECT FREE KICK. The opponents must be five (5) yards from the ball.

B. The Official must explain ALL infractions to the offending player.

A player who commits any of the following six offences in a manner considered by the Official to be careless, reckless or involving disproportionate force:

1. kicks or attempts to kick an opponent; or
2. trips and opponent; or
3. jumps at an opponent; or
4. charges an opponent; or
5. strikes or attempts to strike and opponent; or
6. pushes an opponent; or

who commits any of the following offences:

1. when tackling an opponent makes contact with the opponent before contact is made with the ball; or
2. holds and opponent; or
3. spits at an opponent; or
4. handles the ball deliberately, i.e., carries, strikes or propels the ball with his/her hand or arm.

DO NOT STOP PLAY FOR EVERY INCIDENT. THE RULES OF THE GAME ARE INTENDED TO PROVIDE THAT THE GAME SHOULD BE PLAYED WITH AS LITTLE INTERFERENCE AS POSSIBLE, AND IN THIS VIEW IT IS THE DUTY OF THE OFFICIAL TO PENALISE ONLY DELIBERATE BREACHES OF THE LAW.

Rule 12. -FREE KICKS

A. All free kicks shall be classified as INDIRECT.

B. The ball is in play when it is kicked and moves - minimal movement is required.

C. A goal **may not** be scored directly from an indirect free kick, it must be touched by another player, any other player.

D. The ball must be stationary when the free kick is taken.

E. The kicker shall not play the ball a second time until it has been touched by another player - the violation results in an indirect free kick for the opponents.

F. All opposing players must be at least five (5) yards from the ball.

Rule 13. -PENALTY KICKS

No penalty kicks are to be taken during these games.

Rule 14. -THROW-IN

A. Shall be taken when the ball has completely crossed the touchline, either on the ground or in the air.

B. Taken by player of the team opposing the team that last touched the ball before it went out of play.

C. The thrower shall not play the ball again until it has been touched by another player, any other player-violation results in an indirect free kick for the opponents.

D. Opponents can stand in front of the thrower but cannot jump or attempt to distract him/her.

- E. A goal **cannot** be scored directly from a throw-in.
- F. A proper throw-in requires that:
 - 1. the thrower faces the field, and
 - 2. throw the ball with BOTH hands, from
 - 3. directly over and behind his/her head, with
 - 4. both feet on the ground, and
 - 5. on or behind the touch-line

A second throw-in must be allowed if the player commits a foul on the initial attempt. The Official shall explain the proper method before allowing the player to re-throw. If, after the second attempt, the player commits a foul a throw-in will be awarded to the other team.

Rule 15. -GOAL KICK

- A. Shall be taken when:
 - 1. the ball has completely crossed the goal-line, either on the ground or in the air; and
 - 2. not below the cross-bar and between the goal-posts; and
 - 3. was last touched by a player of the **attacking** team.
- B. The goal kick is taken by a player on the defending team from anywhere within the goal area.
- C. Defending players may be anywhere on the field.
- D. Attacking players must be five (5) yards from the goal area.
- E. The player who kicks the ball may not touch or play the ball again until it has been touched by another player outside of the penalty area (violation results in re-kicking the goal kick).
- F. A goal **may not** be scored directly from a goal kick.

Rule 16. -CORNER KICK

- A. Shall be taken when:
 - 1. the ball has completely crossed the goal-line, either on the ground or in the air; and
 - 2. not below the cross-bar and between the goal-posts; and
 - 3. was last touched by a player of the defending team
- B. The corner kick is taken by a player on the attacking team from the corner arc nearest the point where the ball went out.
- C. Attacking players may be anywhere on the field
- D. Defending players must be five (5) yards away from the ball.
- E. The kicker cannot touch the ball again until it has been touched or played by another player -violation results in an indirect free kick for the opponents.
- F. A goal may be scored directly from a corner kick.

Rule 17. – HEADING

- A. Deliberate heading of the ball will not be allowed in this age group
- B. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.