

*All SPRD Youth Soccer Rules & Regulations shall conform to FIFA Laws of the Game unless otherwise modified below and take into consideration US Youth Soccer's Player Development Initiatives. These rules are to be used as a reference guide. Referees and district staff have the authority to enforce additional rules and regulations they deem necessary to better the program and keep all participants and spectators safe.*

### Quick Reference Rules

	Kindergarten	Grade 1/2
Players*	4x4	4x4
Ball Size	3	3
Goal Size	4x6 feet	4x6 feet
Goalkeeper	No	No
Field Size (approximate)	25x35 yards	25x35 yards
Game Time	Four 10-minute quarters	Four 10-minute quarters
Breaks	4-minutes	4-minutes
Running Clock	Yes	Yes
Overtime/Stoppage Time	No	No
Offsides	No	No
Heading	No	No
Slide Tackling	No	No

*\*Player numbers may be adjusted at the discretion of the program coordinator if deemed necessary based on the total participation number per age group.*

### 1. Uniforms & Equipment

- Uniforms** - players must wear the SPRD uniform provided; SPRD will provide all players with a jersey, shorts, and socks. players must wear athletic shorts or sweatpants **without pockets** - no jeans or jean shorts are allowed. Shirts must be tucked in.
- Shin guards** - shin guards are **required** for all players and must be worn under and covered by socks; **parents must provide their own shin guards.**
- Shoes** - soccer cleats are recommended but not required; no metal, baseball, or football cleats are allowed.
- Hats** - baseball caps/billed hats are **not** allowed.
- Jewelry** - jewelry is **not** allowed, including necklaces, rings, earrings, piercings, bracelets, and watches.

### 2. Officiating

- Coaches shall manage and officiate games using their best judgment. One coach per team is allowed as a referee on the field during play. Coaches are responsible for the following duties:
- Inspect all player equipment prior to the start of each match.
- Keep track of match time.
- Enforce all league rules and regulations.
- Explain rules and infractions when they occur during play.
- Stop match play in the event of an injured player.
- Report accidents and incidents to the site supervisor.
- Keep the game FUN. Coach may make calls on the field and help position players as needed.

### 3. Game Play

- a. **Time/Clock** - Games will operate with a running clock; any stoppage of the clock will be at the discretion of the coach or site supervisor in the event of a serious injury. No stoppage time will be added.
- b. **Overtime** - No overtime will be played in the event of a tie.
- c. **Forfeits** - No forfeits shall occur. If one team does not have the required number of players, the two teams shall form teams of an equal number to play.

### 4. Playing Time & Substitutions

- a. Each player must play **at least 50%** of the total playing time at a minimum per game; all players are required to have **fair and equal playing time** regardless of skill level or ability.
- b. Substitutions are unlimited and can occur at any time.

### 5. Start/Restart of Play

- a. The team listed first on the schedule will kick-off in the first half, and the team listed second will decide which goal to attack in the first half.
- b. Teams will exchange sides of the field for the second half and attack the opposite goals.
- c. The team who did not kick-off to start the first half will kick-off to start the second half.
- d. A kickoff will be used to start/restart play:
  - i. At the start of the match.
  - ii. At the start of each quarter or second half.
  - iii. After a goal is scored.
- e. Kickoff procedures:
  - i. All players must be on their team's half of the field.
  - ii. All opposing players must be outside the center circle and wait until the ball is kicked.
  - iii. The ball must remain stationary on the center mark until the referee gives a signal.
  - iv. The ball is in play when it is kicked. The ball can be kicked in any direction.
  - v. The player who kicks the ball may not touch the ball again until it has touched another player.

### 6. Scoring

- a. A goal is scored when the ball **wholly** passes over the goal line between the goalposts and under the crossbar.
- b. A goal **can** be scored from a kickoff, corner kick, goal kick, direct free kick, or penalty kick.
- c. The ball **cannot** be thrown, carried, or intentionally propelled by a hand or arm over the goal line.
- d. No score or standings are kept.

### 7. Ball In/Out of Play

- a. The ball is out of play when:
  - i. The ball has **wholly** passed over the goal line or touchline on the ground or in the air.
  - ii. Play has been stopped by the referee.
  - iii. The ball is considered in play at all other times, including when it touches the referee and when it rebounds off a goalpost, crossbar, or corner flag post and remains on the field of play.

### 8. Throw-Ins

- a. A throw-in is awarded to the opposing team of the player who last touched the ball when the **whole** ball passes over the touchline on the ground or in the air.
- b. **Grade K** - Throw-ins will be replaced with kick-ins.
- c. **Grade 1/2** - Teams shall have the choice to use throw-ins or kick-ins.
- d. Throw-in procedure:
  - i. Stand facing the field.
  - ii. The player must part of each foot on the touchline or outside the touchline but **cannot** cross over the touchline.
  - iii. The player must throw the ball with both hands from behind and over the head from the point the ball left the field of play; the player may not "drop" the ball.
  - iv. The player throwing the ball in **cannot** touch the ball again until it has been touched by another player.
  - v. One re-throw shall be allowed for any infractions, additional infractions will result in a throw-in awarded to the opposing team.
  - vi. A goal **cannot** be scored directly from a throw-in; if the ball enters the opponents' goals, a goal kick is awarded; if the ball enters the thrower's goal, a corner kick is awarded.

## 9. Goal Kick

- a. A goal kick shall be awarded when the **whole** ball passes over the end line, on the ground or in the air, having last touched a player of the attacking team.
- b. Goal kick procedure:
  - i. The ball must be stationary and kicked from any point within the goal box. Any player may kick the ball back in play.
  - ii. Opponents must remain on their half of the field until the ball is put back into play.
  - iii. The ball does **not** need to leave the penalty area before it can be touched by another player of either team.
  - iv. The player kicking the ball into play **cannot** touch the ball again until it has been touched by another player.

## 10. Corner Kick

- a. A corner kick is awarded when the **whole** ball passes over the end line, on the ground or in the air, having last touched a player of the defending team.
- b. Corner kick procedure:
  - i. The ball must be placed in the corner area nearest to the point where the ball went out.
  - ii. The ball must be stationary and may be kicked by any player of the attacking team.
  - iii. Opposing players must remain at least **10 yards** from the corner area until the ball is in play.
  - iv. The player kicking the ball into play **cannot** touch the ball again until it has been touched by another player.

## 11. Fouls & Misconduct

- a. All fouls and misconduct shall result in an **in-direct** free kick. A goal **cannot** be scored from an indirect free kick without the ball first touching another player.
- b. Coaches should explain any infringements to the offending player as needed.
- c. Yellow/Red cards shall not be used.
  - i. Coaches shall have the authority to verbally warn players, require substitutions, and remove players from the game as necessary.
  - ii. District staff shall have the authority to verbally warn players, require substitutions, and remove players, coaches, and spectators from the game as necessary.

## 12. Free Kicks

- a. All free kicks shall be **in-direct**.
- b. Free kicks shall be taken where the foul occurred, and the ball must be stationary before it is kicked.
- c. Opposing players must be at least 10 yards from the ball before it is kicked.
- d. A free kick shall be awarded to the opposing team for the following offenses in a manner considered to be careless, reckless, or using excessive force:
  - i. Charges at an opponent
  - ii. Jumps at an opponent
  - iii. Kicks or attempts to kick an opponent
  - iv. Pushes an opponent
  - v. Strikes or attempts to strike an opponent (including head butt)
  - vi. Tackles, trips or attempts to trip an opponent.
  - vii. Deliberate handball
  - viii. Holds an opponent
  - ix. Impedes an opponent with or without contact (with or without playing the ball)
  - x. Bites or spits at an opponent or referee.
  - xi. Plays in a dangerous manner
  - xii. Is guilty of dissent, using offensive, insulting, or abusive language, or other verbal offenses.
  - xiii. Commits any other offense not mentioned for which play is stopped to caution or send off a player.

## 13. Penalty Kick

- a. No penalty kicks will be used for this age group.

## 14. Offside

- a. No offside will be called for this age group.

## 15. Slide Tackling

- a. Slide tackling is **not allowed** and shall result in a free kick for the opposing team.

- b. Slide tackling is defined as a player intentionally leaving their feet and going to the playing surface to challenge another player in possession of the ball **OR** when an opponent is in the immediate playing area regardless of possession.
- c. If a player slides to play the ball and there is no opposing player in the immediate area, no violation has been committed (e.g., sliding to keep the ball inbounds).

**16. Heading**

- a. Heading the ball directly from the air is **not allowed** and shall result in a free kick for the opposing team.
- b. A ball that hits a player in the face or head inadvertently shall be considered accidental and will not be penalized.

**17. Sportsmanship**

- a. Trash talking, insults, offensive or abusive language, or other verbal offenses will not be tolerated by players, coaches or spectators. Anyone exhibiting such behavior will be given one warning before being asked to leave the premises.
- b. Players and coaches are expected to shake hands after each match.

