

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.

	Kindergarten	Grade 1/2	Grades 3/4
Players*	4x4	4x4	7x7
Ball Size	3	3	4
Goal Size	4x6 feet	4x6 feet	6x12 feet
Goalkeeper	No	No	Yes
Field Size (approximate)	20x30 yards	20x30 yards	40x60 yards
Game Time	Four 10-minute quarters	Four 12-minute quarters	Two 25-minute halves
Quarter Break	2-minutes	2-minutes	n/a
Halftime	5-minutes	5-minutes	10-minutes
Running Clock	Yes	Yes	Yes
Overtime/Stoppage Time	No	No	No
Offsides	No	No	Yes
Heading	No	No	No
Slide Tackling	No	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; 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 and socks.**
- 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. Referees

- Grade K & Grade 1/2** - 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 keeping track of match time.
  - Coaches are encouraged to explain basic rules during play.
  - Keep the game FUN. Coaches may make calls on the field and help players position themselves as needed.
- Grade 3/4** - SPRD will provide officials. If an official is unavailable, coaches shall be responsible for officiating.
- Referees shall perform the following duties:
  - Inspect all player equipment prior to the start of each match.
  - Enforce all league rules and regulations; referees are encouraged to explain infractions when called.
  - Keep track of match time.

- i. Stop match play in the event of an injured player.
  - ii. Report accidents and incidents to the site supervisor.
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 referee 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. **Grade K & 1/2** - Substitutions are unlimited and can occur at any time.
  - c. **Grade 3/4** - Substitutions are unlimited and allowed during any stoppage in play with the referee's permission.
5. **Start/Restart of Play**
- a. **Grade K & 1/2** - 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. **Grade 3/4** - The referee will toss a coin and the team that wins the coin toss will decide which goal to attack in the first half **OR** to take the kick-off. Depending on the winner's decision, the opposing team will take the kick-off or decide which goal to attack in the first half.
  - c. Teams will exchange sides of the field for the second half and attack the opposite goals.
  - d. The team who did not kick-off to start the first half will kick-off to start the second half.
  - e. 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.
  - f. 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. **Build Out Line (Grade 3/4 only)**
- a. The build out line will be used to promote goalkeepers playing the ball out of the back in a less pressured setting.
  - b. The build out line will span the width of the field and be equidistant from the top of the penalty area and midfield line.
  - c. When the goalkeeper gains possession of the ball **OR** on a goal kick, the opposing team **must** retreat to behind the build out line until the ball is put back into play.
  - d. **Exception** - if a goalkeeper/player chooses to play the ball quickly before the opposing team has had a chance to retreat past the build out line, the opposing team may intercept the ball without penalty.

## 9. 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 **not** be used and will be replaced with kick-ins.
- c. **Grade 1/2** - Teams shall have the choice to use throw-ins or kick-ins.
- d. **Grade 3/4** - Throw-ins will be used, kick-ins will **not** be allowed.
- e. 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.
    1. If the ball enters the opponents’ goals, a goal kick is awarded.
    2. If the ball enters the thrower’s goal, a corner kick is awarded.

## 10. Goal Kick

- a. A goal kick shall be awarded when the **whole** ball passes over the goal 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.
- c. Opponents must remain outside the penalty area until the ball is put back into play.
- d. The ball does **not** need to leave the penalty area before it can be touched by another player of either team.
- e. The player kicking the ball into play **cannot** touch the ball again until it has been touched by another player.
- f. **Grade 3/4** - all opposing players must retreat to the build out line before the ball is put back into play.

## 11. Corner Kick

- a. A corner kick is awarded when the whole ball passes over the goal 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.
- c. The player kicking the ball into play **cannot** touch the ball again until it has been touched by another player.

## 12. Fouls & Misconduct

- a. All fouls and misconduct shall result in a free kick (direct or indirect).
- b. The referee should explain any infringements to the offending player as needed.
- c. Yellow/Red cards shall not be used. Referees and district staff shall have the authority to verbally warn players, require substitutions, and eject players, coaches, and spectators as deemed necessary.

## 13. Free Kicks

- a. **Grade K & 1/2** - All free kicks shall be **direct**.
- b. **Grade 3/4** - Free kicks shall use FIFA rules for direct and indirect free kicks.
- c. Free kicks shall be taken where the foul occurred, and the ball must be stationary before it is kicked.
- d. Opposing players must be at least 10 yards from the ball before it is kicked.
- e. A goal can be scored from a direct free kick but must touch another player on an indirect free kick before a goal can be scored.
- f. **Direct Free Kick** - A goal can be scored from a direct free kick without the ball first touching another player.
  - i. A direct free kick is awarded to the opposing team if a player commits any of the following seven offenses in a manner considered by the referee to be careless, reckless, or using excessive force:
    1. Charges at an opponent
    2. Jumps at an opponent.
    3. Kicks or attempts to kick an opponent.
    4. Pushes an opponent.

5. Strikes or attempts to strike an opponent (including head butt).
6. Tackles or challenges an opponent.
7. Trips or attempts to trip an opponent.
- ii. A direct free kick is awarded if a player commits any of the following offenses:
  1. Deliberate handball (except for the goalkeeper in the penalty area).
  2. Holds an opponent.
  3. Impedes an opponent with contact (without playing the ball).
  4. Bites or spits at an opponent or referee.
- g. **Indirect Free Kick** - A goal **cannot** be scored from an indirect free kick without the ball first touching another player.
  - i. An indirect free kick is awarded if a player:
    1. Plays in a dangerous manner.
    2. Impedes an opponent without contact.
    3. Is guilty of dissent, using offensive, insulting, or abusive language, or other verbal offenses.
    4. Prevents the goalkeeper from releasing the ball from their hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it.
    5. Commits any other offense not mentioned for which play is stopped to caution or send off a player.
  - ii. An indirect free kick is awarded if a goalkeeper, inside their penalty area, commits any of the following offenses:
    1. Controls the ball with the hand/arm for more than six seconds before releasing it.
    2. Touches the ball with the hand/arm after releasing it and before it has touched another player.
    3. Touches the ball with their hands after it has been deliberately kicked to them by a teammate.
    4. Touches the ball with their hands after they have received it directly from a throw-in from a teammate.

#### 14. Penalty Kick

- a. **Grade K & 1/2** - No penalty kicks will be used for this age group.
- b. **Grade 3/4** - A penalty kick will be awarded when a direct free kick foul occurs inside the penalty area.
  - i. The penalty kick will be taken from the penalty spot.
  - ii. The only people allowed in the penalty area are the kicker and the goalkeeper; all other players must remain outside the penalty area and penalty arc.
  - iii. The kicker must wait for the referee's signal before kicking the ball.
  - iv. The goalkeeper must remain on the goal line and have at least one foot on the goal line at the time the ball is kicked.

#### 15. Offside

- a. **Grade K & 1/2** - No offside will be called for this age group.
- b. **Grade 3/4** - Offside will be called at the discretion of the referee.
  - i. A player is considered offside if they are nearer to their opponents' goal line than both the ball and the second last opponent the moment the ball is played by a teammate **AND** the player is **actively** involved in the play (e.g., a player is receiving a pass).
  - ii. A player is **NOT** considered offside if they are in their own half of the field of play, between the build out line and midfield line, level with the second last opponent, or level with the last two opponents **OR** if a player receives the ball directly from a goal kick, throw-in, or corner kick.
  - iii. It is not an infraction in and of itself to be in an offside position if the player is **not** involved in an active play.

#### 16. Slide Tackling

- a. Slide tackling is **not allowed** and shall result in a direct 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).
- d. Goalkeepers may slide to play the ball within their own penalty area.

#### 17. Heading

- a. Heading the ball directly from the air is **not allowed** and shall result in a direct 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.

#### 18. Sportsmanship

- a. Trash talking is illegal; players will be given one warning before a penalty.
- b. Players and coaches are expected to shake hands after each match.



