

# SARATOGA SPRINGS RECREATION

## Outdoor Soccer Rules



SARATOGA  
SPRINGS  
RECREATION

**NFHS (National Federation of State High School Association rules will be used with the following clarifications and modifications:**

1. The following soccer ball sizes will be used:
  - a. Pre-K-2<sup>nd</sup> – Size 3
  - b. 3<sup>rd</sup>-6<sup>th</sup> – Size 4
  - c. 7<sup>th</sup>-9<sup>th</sup> – Size 5
2. Number of Players:
  - a. Pre-K and Kindergarten – 5 players – No Goalie
  - b. 1<sup>st</sup> Grade – 6 players – No Goalie
  - c. 2<sup>nd</sup> Grade – 8 players – Including Goalie
  - d. 3<sup>rd</sup>-6<sup>th</sup> Grade – 9 players – Including Goalie
  - e. 7<sup>th</sup>-9<sup>th</sup> Grade – 11 Players – Including Goalie
3. Substitutions:
  - a. For all age groups there are no limits on how many times teams can substitute.
  - b. Pre-K-2<sup>nd</sup> Grade can substitute at any time during a dead ball with the referee's permission.
  - c. 3<sup>rd</sup> – 9<sup>th</sup> Grade: Substitutions may be made only with the referee's permission and only at the following times:
    - i. Prior to a throw-in or corner kick in your favor (both teams may substitute if the team with possession is also substituting)
    - ii. Prior to a goal-kick by either team
    - iii. After a goal by either team
    - iv. After an injury to either team, when the referee stops play
    - v. During half-time
4. Player Equipment:
  - a. A Saratoga Springs Recreation reversible soccer jersey is required to play. The home team on the schedule will wear the white side and the away team on the schedule will wear the blue side.
  - b. Shin guards are mandatory for all age groups
  - c. Tennis shoes or cleats may be worn. However, toe cleats and metal cleats are NOT allowed.
  - d. Players may not play with anything officials deem to be dangerous to themselves or others. This includes but is not limited to jewelry, watches, hats, casts, etc.
5. Coaches and Spectators:
  - a. Pre-K and Kindergarten teams are allowed to have one coach on the field during the game to officiate and give instruction to their players.
  - b. 1<sup>st</sup> -9<sup>th</sup> grade teams must have coaches and spectators stay behind the touchlines and may not sit behind the goal lines. Team technical (bench) areas and spectators should stay behind the Spectator Lines (approx. 5 feet from the touchline)
  - c. Coaches and players are **required** to be on the opposing side of the opposing team. Spectators are also asked to sit behind their team on the same side as their coach. If the field is facing east and west the home team should sit on the south sideline and the away team should sit on the north sideline. If the field is facing north and south the home team should sit on the west side and the away team should sit on the east side.
  - d. For all age groups officials will be given yellow and red cards. If a player, spectator, or coach is displaying poor sportsmanship the official shall display the yellow card to them as a warning. If their behavior continues a red card will be shown and they will need to leave the park.
6. Officials
  - a. Pre-K and Kindergarten games are officiated by the coaches
  - b. 1<sup>st</sup> - 9<sup>th</sup> grade will be assigned officials to officiate the game
  - c. No linesmen will be used except for 7<sup>th</sup>-9<sup>th</sup> grade
7. Duration of the Game:
  - a. Pre-K – 1<sup>st</sup> Grade – 20 minute halves
  - b. 2<sup>nd</sup> – 6<sup>th</sup> Grade – 23 minute halves
  - c. 7<sup>th</sup> – 9<sup>th</sup> Grade – 30 minute halves
    - i. May change if combined with another city rec program.

- d. Half time will be 3 minutes for Pre-K – 6<sup>th</sup> grade and 4 minutes for 7<sup>th</sup>-9<sup>th</sup> grade
  - e. The clock will not stop during the game, unless a significant injury occurs that causes play to stop.
- 8. Start of Play:**
- a. A traditional coin toss will not be made. Officials will call the captains to the center of the field and do a number guess (hold a hand behind the back and have the player guess which number they are holding up.) The team that wins shall have the option of choice of half to defend or to kick-off. If the team who won the coin toss elects to kick-off, then the other team will have the choice of half to defend. If the team who won the coin toss elects to choose the half to defend, then the other will kick off to start the first half
  - b. Players start in their own half of the field. Defensive players must stay outside of the center circle until the ball has been kicked
  - c. After the referee's signal, player shall kick the ball. The kicker can kick the ball forward or backward. Kicker cannot play ball again until touched by another player
  - d. After each goal, the game shall be restarted in the like manner (kickoff) by a player of the team scored upon
  - e. After half-time, teams will switch halves and the kick-off shall be taken by a player of the opposite team that kicked-off to start the game
  - f. A goal **MAY** be scored directly from a kickoff **UNLESS** the kickoff is kicked directly into the kicking team's own goal.
- 9. Offside:**
- a. No offside will be called for Pre-K – 2<sup>nd</sup> grade
  - b. Offside will be called for 3<sup>rd</sup> and up

Explanation of Offside: A player is called for the offside offense if they are nearer to the opponent's goal than both the ball and the second to last opponent (including the goalkeeper) when their teammate plays the ball to them. It is not an offense in itself to be in an offside position. A player is only penalized for being offside if they are deemed to be involved in active play. A player can only be called offside if they are:

- In the opposition's half
- Interfering with play
- Interfering with an opponent
- Gaining any advantage by being in that position

A player cannot be offside from a goal kick, throw in, or corner kick.

Violation results in an indirect free kick for defending team.

**10. Fouls and Misconduct:**

- a. The restart for Pre-K - 2 is in each case below an indirect free kick
- b. The following restarts below are for 3<sup>rd</sup> – 9<sup>th</sup> only

D.F.K.= Direct Free Kick

I.F.K.= Indirect Free Kick

P.K. = Penalty Kick

<u>FOUL</u>	<u>PENALTY</u>
1. Kicks or attempt to kick others	D.F.K.
2. Trips or attempts to trip	D.F.K.
3. Jumps at an opponent	D.F.K.
4. Charges in violent or dangerous manner	D.F.K.
5. Charges from behind unless obstructed	D.F.K.
6. Strikes or attempts to strike	D.F.K.
7. Holds opponent with hand or arm	D.F.K.
8. Pushes opponent with hand or arm	D.F.K.
9. Handles the ball	D.F.K.
10. Slide Tackles	D.F.K.
11. If defender commits any of the above fouls inside their penalty area	P.K.
12. Dangerous play (e.g. high kicking near opponent)	I.F.K.

13. Charging fairly, but not playing ball	I.F.K.
14. Impeding an opponent	I.F.K.
15. Charging or unduly contacting the goalkeeper when they have possession of the ball (having a hand on the ball and under control)	I.F.K.
16. Goalkeeper having control for more than 6 seconds, after the moment they take control of the ball.	I.F.K.
17. Goalkeeper must not touch the ball with the hand/arm after releasing it until another player touches ball.	I.F.K.
18. Holds up game by wasting time.	I.F.K.
19. If after making a throw-in, corner kick, or a free-kick a player plays the ball again before the ball is touched by another player.	I.F.K.
20. Player directly kicks or throws-in the ball to their own team's goalkeeper and the goalkeeper touches the ball with their hands.	I.F.K.

## 11. Free Kick

- a. There are two types of free kicks: Direct and Indirect.
  - i. Direct: can result in a goal scored. Ball can go directly into the goal without anyone else touching it. However, a goal MAY NOT be scored directly from a direct free kick into a team's own goal.
  - ii. Indirect: Ball cannot go directly into the goal without someone else touching it. Someone else must touch ball (control of ball not required)

### How executed

- a) Opponents must be ten yards away
- b) Ball must go outside penalty area (re-kick if not)

In all cases, ball can only be played once by the kicker until it is touched by another player.

## 12. Penalty Kick (3<sup>rd</sup> – 9<sup>th</sup> only)

- a. Taken from penalty spot - 10 yards away for 3<sup>rd</sup>-4<sup>th</sup> grades and 12 yards away for 5<sup>th</sup>-9<sup>th</sup> grades from the goal line.
- b. All players except kicker and goalie outside penalty area.
- c. Goalie's feet stationary on the goal line until the ball is in play.
- d. Kicker cannot play rebound from goal post or crossbar; plays ball only once unless touched by another player (the goalkeeper is considered a player in this scenario).

## 13. Throw-in

- a. Taken at the spot where ball crossed the touch line.
- b. Taken by team opposite to that of the player who last touched the ball.
- c. Opposing players must be a minimum of 2 yards away from the thrower.

### Execution

- a. Both feet on the ground during delivery outside of field, or part of one or both feet on touch line.
- b. Delivery from behind and over the head.
- c. Both hands on the ball (equally)
- d. Pre-K-2<sup>nd</sup> grade: Liberally interpreted

### Penalty

- a. Improper throw-in, other team throws-in (Pre-K - 2 - one retry)
- b. If the thrower plays the ball before the ball touches another player - I.F.K.
- c. A goal MAY NOT be scored directly from a throw-in.

## 14. Corner Kick

- a. Taken by an attacker after the whole of the ball passes over goal line when last played by a defender.
- b. Taken from the nearest corner.
- c. Opposition must be ten yards away from corner arc.
- d. Kicker cannot play ball again until it has touched another player from either team.
- e. A goal MAY be scored directly from a corner kick UNLESS kicked directly into a team's own goal.

## 15. Goal Kick

- a. Taken by the defender after the whole of the ball passes over goal line when last played by an attacker.
- b. Taken from any spot within the goal box including the goal area boundary lines.
- c. The ball is in play when it is kicked and clearly moves. Opponents must be outside the penalty box until the ball is in play. In the Pre-K – 1<sup>st</sup> leagues, the defenders must be behind the dashed build-out line until the ball is in play.
- d. Kicker plays ball only once until it has been played by another player from either team.
- e. A goal MAY be scored directly from a goal kick UNLESS it is kicked directly into a team's own goal.

**16. Pre-K – 1<sup>st</sup> Grade Goal Arc Rule**

- a. No player should enter the goal arc before the ball. This rule is to encourage shooting from a distance, and to prevent stationary goal-tending by both attackers and defenders. However, it is not an offense for a player to pass through the goal arc without stopping. Infractions by an attacker will be restarted with a goal kick. Infractions by a defender will be restarted with an indirect free kick for the attackers at the dashed build-out line. Referees are encouraged to use words to dissuade arc infringement rather than stopping play.

**17. Headers**

- a. In 4<sup>th</sup> grade divisions and younger heading is NOT allowed during practice or games.
- b. In 5<sup>th</sup>-9<sup>th</sup> grade divisions players are allowed to do headers during games. Players in this division should be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player.
  - i. If a player intentional heads the ball the opposing team is awarded an indirect free kick from the spot of the violation

**18. Drop Ball**

- a. The game is restarted with a drop ball:
  - i. When the ball is caused to go out-of-bounds by two opponents simultaneously
  - ii. When the ball becomes deflated
  - iii. Following a temporary suspension of play for an injury or unusual situation
  - iv. When simultaneous fouls of the same degree occur by opponents
  - v. When the ball touches an official and remains on the field; AND
    - 1. A team starts a promising attack
    - 2. Goes directly into the goal
    - 3. Possession changes
- b. The ball is dropped by an official from waist level to the ground. The referee drops the ball to one player of the team that last possessed the ball at the position where it was last touched by a player(s), an outside agent or official. If when play was stopped, the ball was in the penalty area or the last touch of the ball was in the penalty area, the ball is dropped to the defending team's goalkeeper with all opposing players outside the penalty area.
- c. In all cases, all other players must remain at least 4 yards from the ball until it is in play.
- d. The ball shall touch the ground before it is played.
- e. The ball shall be dropped again if it touches a player before it touches the ground or leaves the field of play after it touches the ground without touching a player.
- f. A goal MAY NOT be scored directly from a dropped ball. If a dropped ball enters the goal without touching at least two players, play is restarted with a goal kick if it enters the opponent's goal or a corner kick if it entered the team's own goal.

**Coaches must play all of their players a minimum of half (50%) of the game!**

Sportsmanship is important to create a good, positive atmosphere for all involved. We expect good sportsmanship to be exhibited at all times by officials, coaches and spectators. Please teach correct sportsmanship to your team through words and example.

Officials and Site supervisors have the right to remove any players, coaches and spectators that are conducting themselves in a manner not in compliance with our Code of Conduct Policy.