



Soccer

2026 Rules & Regulations

Match Conduct

A. General Rules

- **Coach Communication:** Coaches are responsible for distributing and communicating schedules, rules, conduct expectations, and any other information provided by league coordinators to players and parents.
 - **Communication Methods:** Coaches may communicate with their teams via email, text messaging (phone or app), QuickScores, or any combination of these methods.
 - **Coaching Focus:** Coaches should emphasize skill development and good sportsmanship during both practices and games.
 - **Team Treats:** Team treats and other team-related items are at the discretion of each coach; they may designate a parent to oversee this if that is what everyone agrees upon.
- **Practices:** Practice times and locations are determined by **1st–10th grade coaches**. Open field space at Farmington Parks may be available on a first-come, first-served basis. **Regional Park** is reserved specifically for soccer practices. Coaches will receive a field access card that provides priority use if non-Farmington Rec teams (including competitive teams) are present.
- **Shin Guards:** Shin guards are **mandatory**. Coaches and/or referees will check each player before every game. Players without shin guards will not be allowed to participate.

- **Cleats:** Cleats are not mandatory but highly recommended. If you do wear cleats, we DO NOT ALLOW SPIKES of any kind.
- **Jewelry: NO JEWELRY OF ANY KIND IS ALLOWED.** All jewelry must be removed before games. If a child has permanent jewelry, it must be fully wrapped with athletic tape so nothing is exposed.
- **Casts: NO HARD CASTS OR BRACE OF ANY KIND IS ALLOWED.** If a child has a cast of any kind on due to injury they are not allowed to play.
- **Substitutions:**
 - **3-year-old–6th Grade:** Substitutions may be made at any stoppage of play.
 - **7th–10th Grade:** Free substitutions on goal kicks and throw-ins for the team in possession. Substitutes must be ready to enter when the whistle is blown and must receive approval from the referee before entering the game.
- **Site Support:** A site supervisor will be present at the fields each night to assist with questions or concerns.

B. Competition:

- **All players attending the game must play at least 50% of the game**
- **3-year-olds- 1st Grade:** Coaches will be the officials on the field to direct and guide players on soccer development and basic rules of play. Coaches will receive a whistle to use for officiating.
- **2nd through 4th grade,** there will be one central official (two if staffing allows). For **5th - 6th grade AND 7th -10th Grade,** there will be one center adult official or two youth officials.
- We will play by NFHS (High School) rules with the following variations
- **2nd Grade and Older:** Coaches, officials, and spectators shall not enter the field of play unless requested by the referee.

- This is a recreation league we will have a game with the players that show up for each team. There will not be any forfeits.
- **Offside Rules:** Only called in 5th & 6th Grade AND 7th- 10th Grade

C. Penalties and Fouls

3-year-old – 6th Grade

- All free kicks are indirect (An indirect kick must be touched by another player before it can go into the goal)
- Penalty kicks will only be for 5th-6th and 7th-10th grade ages (A penalty kick results from a contact foul or hand ball by the defending team within the penalty area)
- If a player lifts one or both feet on a throw-in or fails to throw the ball with both hands over the head the ball will be awarded to the opposing team
- A player cannot kick, trip, jump at, charge, strike, push, hold, or spit at an opponent. Bumping, leaning, or going shoulder-to-shoulder while competing for a ball is not a foul until the hands or elbows come up.
- Deliberate heading is not allowed in any age division. If a player deliberately heads the ball in a game, an indirect free kick will be awarded to the opposing team where the player touched the ball with his/her head.
- A player cannot touch the ball twice in a row when putting the ball in play. If a player barely hits the ball and decides to take another kick at it, that is a two-touch. This also applies to throw-ins. A player cannot throw the ball in and then kick it.

7th – 10th Grade

- This age group will play on the 80x55 field with 7ft goals.
- Offsides will be called in this league.
- This league is for fun and bad sportsmanship will not be tolerated.
- Slide Tackling: will not be allowed when another player is near the ball. Players must wear shin guards to play (they are mandatory.)

- Deliberate heading is not allowed in any age division. If a player deliberately heads the ball in a game, an indirect free kick will be awarded to the opposing team where the player touched the ball with his/her head.
- There will be penalties for 7th -9th grade ages. (A penalty kick results from a contact foul or handball by the defending team within the penalty area)
- If a player receives a red card, the player will automatically be ejected from the game and the next scheduled game. Any player getting a red card for violent conduct will not participate in the next two scheduled games. Any player who receives two red cards in one season is automatically suspended for the rest of the season.
- If a player receives a yellow card, they are required to sit out for five minutes of game time. When a player is ejected for a red card or must sit out for a yellow card, their team may not send in a player to replace them, they must play shorthanded.

***5TH-10TH GRADE GAMES WILL START AT 5:15PM OR 6:15PM DUE TO THE SCHEDULING OF ADULT REFEREES. WARM UP PERIOD WILL START AT 5:00PM AND 6:00PM.

D. Match Durations:

- Matches shall be of four quarters or two halves, not to exceed the following durations (no stoppage time). Half-time periods shall be a maximum of 3 minutes as regulated by the referee. Time will be kept by the Center Official or Coach who may be officiating the game. Practice and Game Start Times will be signaled with a megaphone by the site supervisor.

Age Group	Max duration of quarter/ half
3 year olds*	Four 5-minute quarters
Pre-K*	Four 5-minute quarters
Kindergarten**	Four 5-minute quarters

1 st Grade***	Four 10-minute quarters
2 nd Grade***	Four 10-minute quarters
3 rd /4 th Grade	Two 20-minute halves
5 th /6 th Grade	Two 25-minute halves
7 th – 10 th Grade	Two 25-minute halves

***3 yr. - Pre-K:** There will be a 15-minute practice starting at the scheduled game time.

After the 15-minute practice, there will be a scrimmage against the team on the opposite side of the field with the coaches refereeing the game.

****Kindergarten:** There will be a 15-minute practice starting at the scheduled game time.

After the 15-minute practice, there will be a scrimmage against the team on the opposite side of the field with the coaches refereeing the game.

*****1st–2nd Grade:** 5-minute warm-up, followed immediately by the game.

3rd–4th Grade: 5-minute warm-up, followed immediately by the game.

5th -10th Grade: 10 minute warm up starting at 5pm and 6pm, followed immediately by the game starting at 5:15 or 6:15pm.

E. Team Size

The following are the recommended team sizes. Team sizes all depend on the number of registrations we get each season and can and will fluctuate season to season:

Age Group	Players per team on the field	Min - Max number of team members
3 year	4 (No goalie)	5-7
Pre-K	5 (No goalie)	7-8
Kindergarten	5 (No goalie)	7-8
1st/2nd Grade	6 (including goalie)	7-10
3rd/4th Grade Boys	7 (including goalie)	9-12
3rd/4th Grade Girls	7 (including goalie)	10-12
5th/6th Grade	8 (including goalie)	10-12
7th – 10th Grade	8 (including goalie)	8-11

*3-year-old – 2nd Grade: Coaches will only be allowed to designate their child and 2 others to be on their team.

*3rd Grade- 10th Grade: Coaches will only be allowed to designate their child and 3 others to be on their team.

F. Size of Ball

Ball size for each age shall be as follows

Age Group	Size
3 yr-2nd Grade	3
3rd-6th Grade	4
7th- 9th Grade	5

G. Field of play

The dimensions and marking of fields and goals shall be at the discretion of Farmington City coordinators.

Field Sizes by Age group				
	3 yr.- Kinder	1 st /2 nd Grade	3 rd /4 th Grade	5 th /6 th Grade & 7 th -10 th Grade
Length x Width (yards)	30x20	35x25	65x45	80x55
Center Circle Radius (ft)	9ft	12ft	20ft	25ft
Corner Arc (ft)	3ft	3ft	3ft	3ft
Goal Area (ft)	None	20ftx10ft	36ftx12ft	60ftx18ft
Penalty Area (ft)	None	36ftx18ft	72ftx36ft	96ftx45ft
Goal Line to penalty spot (ft)	None	None	None	30ft
Penalty Spot to penalty arc (ft)	None	None	None	25ft
Goal size (ft)	5ftx3ft	6ftx12ft	6ft.	7ft.