

SALT LAKE COUNTY PARKS AND RECREATION INSTRUCTIONAL SOCCER SCRIMMAGE RULES

- Structure:** Instructional Soccer is a program designed to teach participants the basics of soccer so they can understand rules, proper techniques, and basic skill development in a fun environment. There will be a coach led team practice before the game. During the scrimmage portion of the program, the following rules will be used.
- Players:** All teams will play the scrimmage with equal players on the field in situations where there are not enough players to field a complete team. The number of players on the field is as follows:
- 3-4 Year Old: 5 v 5 – No goalkeeper in this division
 - Kindergarten: 5 V 5 – No goalkeeper in this division
- Duration of Scrimmage:** Clock will be running continuously during scrimmages. There will be a 1 minute break between quarters and a 3-5 minute halftime. Each team is allowed one time-out per half, which may be called only at normal stoppage of the scrimmage or when that team has clear possession of the ball. The timeout will last one minute. First week may be shorter due to handing out jerseys, equipment and team organization.
- 3-4 Year Old: (4) six minute quarters (37 min game, 20 min practice)
 - Kindergarten: (4) seven minute quarters (41 min game, 15 min practice)
- Start of Play:** The ball is kicked from the mid-point of the mid-field line. Defensive players must stand outside the midline circle. The ball can be kicked forward or backward. A player cannot pass the ball to themselves (two kicks in a row) to start play. Teams will alternate kickoffs between quarters and will not switch goals at halftime.
- Substitutions:** Unlimited substitutions are allowed during any stoppages of play (ball out of bounds, free kick situations, after a scored goal, time out, etc.). Each member of the team must play at least half of the scrimmage.
- Equipment:** The 3-4 year old, 5 and kindergarten program use a size 3 soccer ball. Plastic or rubber cleats may be worn but are not necessary. Shin guards should be worn for all age groups. Metal cleats are not allowed. Uniforms must be worn on the outermost layer of clothing.
- Officials:** Coach led instruction time/practice will be first. Then the coach and/or staff will officiate during the scrimmage portion of the program.
- No Headers:** No heading of the ball will be allowed for all players.
- Throw In:** If the ball goes out of play for the 3-4 year old program, the ball will be put back into play by kicking it in from the sideline. 5-Kindergarten will do thrown ins. When the ball completely crosses the sideline, the ball will be put back into play by the team who did not touch the ball last prior to it crossing the sideline. The ball will be held over the head and thrown in with both hands behind the sideline at the point where the ball crossed out of bounds. Both feet of the thrower must stay on the ground while they throw in the ball.
- Use of Hands:** As these ages are learning the basic skills, Coach/Staff will instruct players to not use their hands. If a player uses their hands, Coach/Staff will instruct player and play will continue.
- Recreation:** We do not keep score for these scrimmages. This is a recreational league, designed for participants to have fun playing soccer in a non-competitive atmosphere. All interpretations are at the discretion of the officials and site supervisor.