

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 understand rules, proper techniques, and basic skill development in a fun environment. The focus of this program is clinic time that is led by SLCO staff. To see what skills are being taught for each age group, see the age appropriate curriculum. During the scrimmage portion of the program, the following rules will be used.
- Players:** Teams will play 5v5 in scrimmages. There are no goalkeepers in this division. In situations where there are not enough players to field a complete team, modifications will be made so there are equal players on the field.
- Duration of Scrimmage:** The clock will be running continuously during scrimmages. There will be a 1 minute break between quarters and a 3 minute halftime. The first week scrimmage may be shorter due to handing out jerseys, equipment and team organization.
- Pre-K:
 - Weeks 1-3 = Four minute quarters
 - Weeks 4-6 = Five minute quarters
 - Kindergarten:
 - Weeks 1/2 = Four minute quarters
 - Weeks 3/4 = Five minute quarters
 - Weeks 5/6 = Six minute quarters
- 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:** Teams will play with 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:** Staff will lead clinic/instruction time and then will coach and 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 Pre-K program, the ball will be put back into play by kicking it in from the sideline. Kindergarten will do thrown-ins week 5-6. 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, SLCO staff will instruct players not to use their hands, but play will continue with reminders if players violate this rule.
- 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.