

South Davis Recreation | Youth Soccer Rules | 2023

South Davis Recreation staff reserves the right to interpret or change any rules, schedules, game locations and game time length as we see fit. Referees adhere to FIFA soccer rules modified for youth soccer, and use their best judgment.

Pre-K through 1st Grade Rules Breakdown

- 6-vs-6
- 20 minute practice is scheduled before the game (time listed on the schedule includes the practice)
- Games will be four, 8-minute quarters
- Game time may not exceed 40 minutes
- Each coach will officiate the game
- No parents are allowed on the field during the game
- Coaches will be given a 5-minute warning to start the game
- No hanging on the goals, please enforce
- No goalies

2nd-3rd Grade Rules Breakdown

- 10-vs-10 (including the goalie)
- 20 minute practice is scheduled before the game (time listed on the schedule includes the practice)
- Games will be two, 16-minute halves
- Game time may not exceed 40 minutes
- South Davis Recreation will provide officials for the game
- Goalies are required
- Pre-Game Check-List:
 - Shin Guards, cleats/shoes, and uniform
 - NO long fingernails, NO Jewelry

4th-5th Grade Rules Breakdown

- 8-vs-8 (including the goalie)
- 20 minute practice is scheduled before the game (time listed on the schedule includes the practice)
- Games will be two, 16-minute halves
- Game time may not exceed 40 minutes
- South Davis Recreation will provide officials for the game
- Goalies are required
- Pre-Game Check-List:
 - Shin Guards, cleats/shoes, and uniform
 - NO long fingernails, NO jewelry

South Davis Recreation has zero tolerance for unsportsmanlike conduct. Any negative/aggressive behavior may result in game ending early, police reinforcement or removal from the program.

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Scoring Points: Ball must pass between goal posts and under the bar and past the goal line.

Contact with the Ball: Players are not allowed to use their hands or arms to touch the ball while it is in play. An exception to this rule would be if a player is throwing the ball back into play after it has gone out of bounds. Players are allowed to use their feet, bodies, and chests to move the ball. Players are **NOT ALLOWED TO USE THEIR HEADS TO MOVE THE BALL**. Goalies are allowed to touch the ball with their hands when they are attempting to stop the ball from scoring a goal while in the penalty area surrounding the goal.

Fouls and Misconduct: If a player breaks a rule while the ball is in play, that player may be called by the referee for a foul. Activities that constitute fouls include but are not limited to touching the ball with the hands or arms, tripping, kicking, or pushing another player. Depending on the severity of the offense, the referee can award the other team with a penalty kick. Fouls will be monitored and recorded by game officials. Yellow/red cards will be used during games.

Equipment and Clothing: Players are required to wear their full uniform during games which consists of jersey, shorts, long socks, cleats, and shin guards. **Players are REQUIRED to wear shin guards while playing.** Players should never wear jewelry or any article of clothing that could injure themselves or another player or referee. Defenders may wear gloves to help them grip the ball.

Officials: The game is monitored by a(n) official(s), who manages the clock, determines when the ball is in and out of play, and calls fouls on players acting inappropriately. The official is distinguished from the players and is in constant movement with them so that they are aware of the game's movements. The official determines when and where the ball comes back into play.

- Whistle is **NOT NEEDED** for: a goal kick, corner kick, throw-in, or a goal.
- Whistle is commonly used: to start play, stop play, penalty kick, half-time/end of game, injury, substitution.

Substitutions: When can you substitute?

- Coach **MUST** call "substitution" and wait for the official to beckon/signal the player to enter the game.
- When substitutions are allowed: your team's throw in, goal kicks, half-time, injury.
- When substitutions are not allowed: the opposing team's throw in, corner kicks, free kicks.

Off-sides: A player is in an offside position when they are nearer to their opponent's goal line than both the ball and the second last opponent. A player in an offside position is only penalized if, at the moment the ball touches or is played by one of her/his team, s/he is, in the opinion of the official involved in active play by: interfering with play or interfering with an opponent or gaining an advantage by being put in that position.

Throw-In: At the moment of delivering the ball, the thrower: faces the field of play, has each foot either on the touch line or on the ground outside the touchline, uses both hands, delivers the ball from behind and over their head. The thrower may not touch the ball again until it has touched another player. All players must stand six feet from the point at which the throw-in is taken. The ball is in play immediately after it enters the field of play.

Injured Players: The official shall ensure an injured player is safely removed from the field of play. In some circumstances, clearance from a doctor is required to re-enter the game after an injury.

Equipment: **No one is allowed to hang on goals or nets.** Patrons should not interfere or adjust equipment.

Safety: All spectators are required to sit at least three (3) feet from the sidelines so game officials can run along each sideline without interference. No patrons allowed on either goal line for 2nd-5th grade leagues. In the event there is lightning, please evacuate ASAP. Lightning policy is, "When the thunder roars, head indoors".