



## YOUTH SPRING SOCCER 3-YEAR-OLD DIVISION

Season: Thursday, April 16th - Thursday, May 21st, 2026

Games: 6-game regular season at Vineyard's Grove Park, Thursdays

Grove Park - 350 N. 100 E. Vineyard

Practices: 3+ practices all organized by team coaches and held at any park in Vineyard City

Schedules: All schedules can be found online at [www.quickscores.com/vineyardutah](http://www.quickscores.com/vineyardutah).

Standings: No score or standings will be kept by Vineyard Recreation.

Rosters: 8 players max per team (20 coed teams)

Field Regulations: 50' x 75' field with 4' x 6' goals

Equipment: Size 3 soccer ball; Closed-toe shoes required; Cleats optional; No metal cleats; No front-toe cleats; Shin guards optional

Referees: Vineyard Recreation will provide 1 referee for each game.

Rainouts: Cancellations will be determined at 4pm on gamedays. An email will be sent to all participants **only** if games are cancelled.

Pre-packaged treats are optional and coordinated by parents of the children on each team.  
Vineyard Recreation will not provide any scheduled team photos.

**For additional questions, please contact Zach Baty**

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# YOUTH SPRING SOCCER 3-YEAR-OLD DIVISION RULES

1. Official 2025-2026 NFHS (High School) Rules will govern all Vineyard Recreation games with the following exceptions below. NFHS rules, definitions, and interpretations can be clarified by asking Vineyard Recreation. Any rule or scenario not outlined below or defined by NFHS will be left to the discretion of the referee, site supervisor, and/or league coordinator.
2. Prior to game time, the game referee will check-in with all coaches.
3. Games will start at the scheduled game time. Gameplay will consist of four 6-minute quarters with a 2-minute break between each quarter. The clock will only stop for major injuries or other major delays. The listed **away** team will kick off the first and third quarters at the center circle. The listed **home** team will kick off in the second and fourth quarters. Teams should not switch directions at the start of new quarters.
4. No Forfeits: Games should be played 4v4 with **no goalies**. However, all games will be played regardless of the number of players that show up, meaning games will be played 3v3 or by swapping players if needed. Please encourage your players to arrive before the scheduled game time. Vineyard Recreation can provide pinnies if needed.
5. No Timeouts.
6. Substitutions: All players should be wearing their provided youth soccer T-shirt. **Equal playing time is expected with each player participating in at least 12 minutes of game time.** Coaches may substitute on any whistle, after any score, or in-between quarters by notifying the game official. Please rotate players taking throw-ins and free kicks, so everyone gets a turn. **All players on the bench, coaches, and spectators should be on the sidelines only. No players, coaches, or spectators should be behind either goal line.**
7. Ball In & Out of Play: The ball is in the field of play unless the ball completely crosses a goal line (endline) or touchline (sideline), whether on the ground or in the air. The ball will be considered in play after rebounding from a goalpost, crossbar, coach, or corner flag, and the ball stays in the field of play. A score will occur when the ball entirely crosses the goal line between the goalposts and under the crossbar. **Do not intentionally keep the ball in play or throw the ball back in play.**
8. Throw-In: A throw-in shall be awarded to the opposing team of the player who last touched the ball when the entire ball crosses a touchline either in the air or on the ground. The throw-in needs to be taken near the spot where the ball left the field of play. The player making the throw-in must 1) keep both feet on the ground on or behind the touchline, 2) deliver the ball from behind and over their head in one continuous motion, and 3) use both hands. The thrower may not play the ball until it is touched by another player. **Referees will enforce correct throw-ins once or twice by allowing the player to try again, then allow play to continue if a violation occurs a second or third time. No possession change will occur for an illegal throw-in.**
9. Goal Kick: A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding a score, either in the air or on the ground, having last been touched by the attacking team. The ball must be kicked on the ground from anywhere on or inside the goal area (smaller box). The kicker may not play the ball until it is touched by another player.
10. Build-Out Line: A dashed line from touchline to touchline will be placed between the goal area and midfield. During a goal kick or free kick, all players on the opposing team of the kicker must be beyond the build-out line toward their defending half until the ball is put back in play. **Referees will retry the goal kick or free kick if an advantage is gained by breaking this rule.**
11. Corner Kick: A corner kick shall be awarded to the attacking team when the entire ball crosses the goal line, excluding a score, either in the air or on the ground, having last been touched by the defending team. The ball must be kicked on the ground from anywhere on or inside the corner arc. The kicker may not play the ball until it is touched by another player. All defending players should be 3 yards away.

12. No Offsides Enforced.
13. No Headers Allowed. If a deliberate header occurs, the opposing team will receive a free kick from the spot of the violation.
14. All fouls will result in an awarded direct free kick at the spot nearest the foul but always placed outside the goal area. Fouls include deliberate handballs, holding, pushing, tripping, playing on the ground, and slide tackling.
15. Only one (1) coach may be on the field for each team during gameplay.
16. Players and coaches are not allowed to add/switch any player(s) to any team without permission from Vineyard Recreation. Roster violations may result in suspensions. Coaches, please notify Vineyard Recreation if a player on your team decides to stop participating or misses several games.
17. **Please be respectful to the referees, supervisors, players and coaches on both teams, other spectators, the fields, and any park staff. Any problems may result in the player, coach, and/or spectator being asked to leave the game. Serious or persistent problems may result in players, coaches, and/or spectators being suspended from further participation in Vineyard Recreation programs, including the current season.**
18. Coaches are responsible for making sure their teams (players and parents) know all the rules and conditions of playing in the league.

## VOLUNTEER COACH EXPECTATIONS

As a **HEAD COACH**, you could receive up to a 50% refund on your child's registration by completing the following criteria:

- Pass pre-season coaches survey by **Thursday, April 16th, 2026** (10%)
- Attend & coach at 75% of the assigned team's games (10%)
- Organize & coach at 3 practices on non-game days for your assigned team (10%)
- Submit response to post-season survey by **Monday, June 8th, 2026** (10%)
- The other 10% is automatically received.

As an **ASSISTANT COACH**, you could receive up to a 25% refund on your child's registration by completing the following criteria:

- Pass pre-season coaches survey by **Thursday, April 16th, 2026** (5%)
- Attend & coach at 50% of the assigned team's games (5%)
- Organize & coach at 3 practices on non-game days for your assigned team (5%)
- Submit response to post-season survey by **Monday, June 8th, 2026** (5%)
- The other 5% is automatically received.

**\*Coach Refunds are dependent upon returning equipment by June 8<sup>th</sup>, 2026\***

Tips for ensuring a successful season:

- Exemplify good sportsmanship.
- Communicate with your team parents frequently.
- Ask for help from your team parents and Vineyard Recreation if needed.
- Make it fun and enjoyable for every player! Please help each player have a positive experience in this league. **DON'T BE ANY KID'S LAST COACH.**
- Be positive and encouraging rather than negative and discouraging.
- Focus on the fundamentals: **Passing**, Shooting, Dribbling, Throw-Ins, Defense, Offense - Resources can be provided by Vineyard Recreation if needed or desired.

**\* If you can't attend a game, please contact the assistant coach to fill in the head coaching role. If neither coach can attend, please contact Vineyard Recreation. \***