



YOUTH FALL SOCCER 3RD-4TH GRADE DIVISIONS

Season: Wednesday, August 12th - Saturday, September 26th, 2026

Games: 8-game regular season at Vineyard's Grove Park & Orem's Lakeside Park; Wednesdays & Saturdays

Grove Park - 350 N. 100 E. Vineyard

Lakeside Park - 1850 W. 400 S. Orem

Practices: 4+ 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.

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

Rosters: 10 players max per team (Vineyard: 4 girl teams & 5 boy teams / Orem: 4 girl teams & 5 boy teams)

Field Regulations: 120' x 180' field with 7' x 14' goals

Equipment: Size 4 soccer ball; Closed-toe shoes required; Cleats optional; No metal cleats; No front-toe cleats; Shin guards required

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

Rainouts: Cancellations will be determined at 4pm/8am 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 Ben King

benk@vineyardutah.gov | 385-338-5280

YOUTH FALL SOCCER 3RD-4TH GRADE DIVISIONS RULES

1. Official 2026-2027 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. Likewise, all players must check in with the referee.
3. Games will start at the scheduled game time. Gameplay will consist of two 20-minute halves with a 3-minute break between each half. The clock will only stop for major injuries or other major delays. The listed **away** team (WHITE) will kick off the first half at the center circle. The listed **home** team (GREEN) will kick off the second half after switching directions.
4. No Forfeits: Games should be played 7v7 with a goalie. A team's goalkeeper counts towards their seven-player limit. However, all games will be played regardless of the number of players that show up, meaning games will be played 6v6 or by swapping players if needed. Please encourage your players to arrive before the scheduled game time.
5. No Timeouts.
6. Substitutions: All players should be wearing their provided youth soccer reversible jersey. **Equal playing time is expected with each player participating in at least 25 minutes of game time.** Coaches may substitute on any whistle, after any score, or in-between halves by notifying the game official. Please rotate players at different positions. The same goalie should not be in each half. Please also 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. Only one parent / coach is allowed behind each goal line to help the goalie.**
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, 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.
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 by allowing the player to try again, then by awarding a throw-in to the other team if a violation occurs a second time.**
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 penalty area and midfield. During a goal kick, free kick, and goalkeeper control, all players on the opposing team of the kicker or goalkeeper 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 or return possession to the goalkeeper 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 7 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. If the violation occurs inside the penalty box against the defending team, then the opposing team will receive a penalty kick.

14. No defensive sliding or dangerous play allowed. Players are not allowed to slide to make a **defensive** play on the ball. Likewise, no ground play is allowed by any player while near opposing players. A player on the ground must return to their feet before playing the ball. These rules do not apply to either goalie, while in their penalty area, who slides or plays on the ground to defend their goal. A defensive play is any attempt to steal, stop, or block the ball from a player in possession of the ball. Slide attempts to save a ball from going out-of-play or preventing a ball from going into the goal, when other players are not around, are permitted if the referee judges the play to be safe. Bicycle kicks and high kicks are not allowed. **The referee may have a player sit for excessive slide tackling and/or dangerous play.**

15. Goalkeeper Restriction: On any occasion when a player deliberately kicks the ball to the team's own goalkeeper, the goalkeeper is not permitted to touch the ball with their hands. Likewise, a goalkeeper may not touch the ball with their hands when receiving the ball directly from a throw-in by a teammate. Goalkeepers also may not pick up the ball after intentionally dropping the ball. **The referee will award a corner kick to the opposing team.**

16. All fouls occurring outside the penalty area (larger box) will result in an awarded direct free kick at the spot nearest the foul. The non-kicking team must be 7 yards away. All fouls occurring inside the penalty area will result in an awarded penalty kick. Fouls include deliberate handballs, holding, pushing, tripping, playing on the ground, and slide tackling.

17. Coaches are **NOT** allowed to be on the field during gameplay.

18. 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.

19. 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.

20. 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 **Wednesday, August 12th, 2026** (10%)
- Attend & coach at 75% of the assigned team's games (10%)
- Organize & coach at 4 practices on non-game days for your assigned team (10%)
- Submit response to post-season survey by **Monday, October 5th, 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 completing the following criteria:

- Pass pre-season coaches survey by **Wednesday, August 12th, 2026** (5%)
- Attend & coach at 50% of the assigned team's games (5%)
- Organize & coach at 4 practices on non-game days for your assigned team (5%)
- Submit response to post-season survey by **Monday, October 5th, 2026** (5%)
- The other 5% is automatically received.

Coach Refunds are dependent upon returning equipment by Monday, October 5th, 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 cannot attend a game, please contact the assistant coach to fill in the head coaching role. If neither coach can attend, please contact Vineyard Recreation. ***