



YOUTH SPRING SOCCER 5TH-6TH GRADE DIVISION

Season: Tuesday, April 14th - Tuesday, May 19th, 2026

Games: 6-game regular season, 2-game post-season tournament at Vineyard's Grove Park; Tuesdays & Saturdays

Grove Park - 350 N. 100 E. Vineyard

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: Official score and standings will be kept by Vineyard Recreation. Seeding for the tournament is set by 1) Points, 2) Overall Record, 3) Head-to-Head, 4) Total Goal Differential, 5) Total Goals Allowed, 6) Coin Toss

- Points: Loss = 0 pts, Tie = 1 pt, Win = 3pts, Forfeit Win = 2pts

League standings and scores will be updated online within 24 hours of each game

Rosters: 16 players max per team (4 coed teams)

Field Regulations: 150' x 210' field with 6.5' x 18.5' goals

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

Referees: Vineyard Recreation will provide 1-3 referee(s) 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

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YOUTH SPRING SOCCER 5TH-6TH GRADE 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(s) will check-in with all coaches. Likewise, all players must check in with the referee(s).
3. Games will start at 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 (NAVY) will kick off the second half after switching directions.
4. No Forfeits: Games should be played 11v11. Each team is allowed to have one goalkeeper. A team's goalkeeper counts towards the 11-player limit. Each team must have eight players at game time to not forfeit. Forfeits will be recognized for standing purposes; however, games will still be played regardless of the number of players that show up, meaning games will be played 7v7 or by swapping players if needed. Please encourage your players to arrive before the scheduled game time.
5. Extra Time: Regular season games that end in a tie will be final. Post-season tournament games that end in a tie will result in a five-minute golden goal period of added time to the second half (no stoppage of play; first goal wins). If a tie remains, a five-player shootout will follow. At least two shooters will need to be female. If the game is still tied following the five-player shootout, there will be an alternating female-male shootout until a winner is determined (beginning with a female). No player may kick a second time in a shootout period until every qualified player has kicked once.
6. No Timeouts.
7. Playing Time: **Equal playing time is expected with each player participating in at least 25 minutes of game time.** 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.
8. Substitutions: Players should wear their provided youth soccer reversible jersey. All substitutions will adhere to the NFHS High School rules on substitutions. Any team may substitute on a goal kick. On corner kicks and throw-ins, only the team in possession of the throw or kick may substitute. If that team decides to substitute on a corner kick or throw-in, then the opposing team may also substitute. Either team may substitute after a goal, between periods, or on a stoppage for injury. No substitutions will take place after a penalty kick or free kick is awarded. Please note that excessive substitutions to consume time may be construed as an unsporting act. Please wait for the center referee to call your substitutions on to the field. **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.**
9. Scoring: All goals will count as 1 point. The entire ball must pass beyond the goal line, between the goal posts, and under the crossbar for a goal to be scored.
10. 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.
11. 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. **The referee(s) will award a throw-in to the opposing team for any throw-in violation.**

12. 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.
13. 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, or 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.**
14. 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.
15. Offsides: A player is in an offside position when nearer to the opponents' goal line than the ball, unless 1) the player is in the player's own half of the playing field, or 2) the player is not nearer to the opponents' goal line than at least two opponents. A player shall not be penalized for being in an offside position if the ball is received directly from a goal kick, a corner kick, or a throw-in. A player is offside and penalized if, at the time the ball touches or is played by a teammate, the player in an offside position and becomes involved in active play by 1) interfering with play or with an opponent, or 2) gaining an advantage by being in that position. **The referee(s) will award a direct free kick at the spot of infraction.**
16. 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 warrant a player with a yellow card.**
17. 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(s) will award a corner kick to the opposing team.**
18. Time Limit: A 10-second time limit will be enforced for all throw-ins, goal kicks, corner kicks, penalty kicks, and free kicks. A goalkeeper also has a 10-second limit for holding the ball in their hands. If a violation occurs, a change of possession will result. If the violation occurs on a throw-in or free kick, then change of possession will result in the opposing team receiving a throw-in or free kick at the same spot. If the violation occurs on a goal kick or goalkeeper possession, then a change of possession will result in the opposing team receiving a corner kick and vice versa. If the violation occurs on a penalty kick, then change of possession will result in the opposing team receiving a goal kick.
19. 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 (Marked off by the referee if kicking team asks for space). 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, slide tackling, and offsides.
20. Yellow Card: A yellow card may be given to a player or coach who persistently violates rules, commits a severe common foul, attempts a slide tackle (excluding the goalkeeper), commits a handball with obvious goal-scoring opportunity, delays the restart of play or fails to respect required distance for a free kick, swears (minor), uses other offensive language or obscene gestures (minor), dissents an official's call, or commits other unsporting behavior (minor). **A yellow card requires a player to sit for 3 minutes. A substitute is allowed to replace the player immediately. A yellow card acts as a warning for coaches.**

21. Red Card: A red card may be given to a player or coach who commits a severe major foul, commits a severe common foul with an obvious goal-scoring opportunity, swears (major), uses other offensive language or obscene gestures (major), persistently dissents an official's call, touches an official, commits other unsporting behavior (major), or receives a second yellow card. **A red card disqualifies a player from playing and a coach from coaching for the rest of the game. Disqualified players may sit on the sidelines, but disqualified coaches must leave the park. A substitute is only allowed to replace the player after 5 minutes.**
22. Coaches are NOT allowed to be on the field during gameplay.
23. 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 and forfeiting games and/or wins. Coaches, please notify Vineyard Recreation if a player on your team decides to stop participating or misses several games.
24. **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.**
25. 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 **Tuesday, April 14th, 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, 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 completing the following criteria:

- Pass pre-season coaches survey by **Tuesday, April 14th, 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, June 8th, 2026** (5%)
- The other 5% is automatically received.

Coach Refunds are dependent upon returning team equipment by June 8th, 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. ***