

Waukon Park and Recreation Youth Soccer Rules

(Revised March 2021)

1) Basic Guidelines.

- a) No one should use his/her hands or arms for anything except a throw-in
- b) No one should be pushing, tripping, or grabbing anyone else
- c) No one should kick the ball or try to keep playing while on the ground— it's called a dangerous play
- i) Remind anyone on the ground to get up before trying to play the ball.
- e) Number of Players: Kindergarten—5 vs. 5 (no goalie), 1st-4th grade—6 vs. 6 (5 on field, 1 goalie), 5th-6th grade—(6 vs. 6 or 8 vs. 8) Depends on the number of kids

2) Playing Time.

- a) 2 - 20-minute periods with a 5-minute half time break.
- b) A coin toss will decide who gets the ball first.
- i) The winner of the toss gets to decide if they want the ball first.
- ii) The loser of the toss gets to decide which goal they want to defend.
- iii) At half time, teams will switch goals. The team that did not get the ball first will get it first at the beginning of the second half.
- c) Only stop the timer at half time or during injuries.

3) Spectators.

- a) Both teams will be on the opposite side of the spectators.
- i) Teams will be on the north end of the field and the fans will be on the south end of the field.

4) Player's Equipment.

- a) **Shin guards must be covered by socks. Everyone must wear them.**
- b) No jewelry is allowed.
- c) **Toe cleats are not allowed. (i.e. softball, baseball, football)**
- d) Only plastic or rubber cleats on shoes.
- e) No hooded sweatshirts or hoods must be tucked under team shirt to avoid a choking hazard.

5) Kick-offs.

- a) Occur in the center of the field. All players must be on their own side of the field until the ball is kicked.
- b) The ball shall be placed at the center spot.
- c) The opposing team players shall remain outside the center circle until the ball is in play.
- d) The kicker must kick the ball forward of the half line and cannot touch it again until someone else touches it.
- e) A kick off starts the game at the beginning of each half and after a team scores.
- i) The team that did not score gets the kick-off.
- f) A goal cannot be scored directly from a kick-off.

6) Throw-In.

- a) Is used to restart play whenever the **entire ball** passes over the sideline.
- b) The team that did not last touch the ball throws the ball in.
- i) The thrower must use both hands and deliver the ball from behind and over his/her head.
- ii) (For 1st - 2nd, and 3rd - 4th grades) Both feet must remain on the ground, on or behind the sideline.

Waukon Park and Recreation Youth Soccer Rules

(Revised March 2021)

- (1) If the thrower lifts a foot (in any way), the referee will blow the whistle and the thrower will be reminded of the rule and given a second chance.
- (2) If the thrower lifts a foot (in any way) on their second attempt then the opposing team is awarded the Throw-In.
- iii) (For 5th - 6th grade) Both feet must remain on the ground, on or behind the sideline.
 - (1) If the thrower lifts a foot (in any way), the referee will blow the whistle and the opposing team is awarded the Throw-In. (No second chances)
- iv) The player throwing the ball cannot touch the ball again until someone else touches it.
- v) Thrower must release the ball within 6 seconds (per attempt-see item “ii”). If not completed in 6 seconds then opposing team is awarded the Throw-In.
- vi) A goal **may not** be scored directly from a throw-in.

7) Substitutions.

- a) Should happen as quickly as possible without causing a delay of game.
- b) May only be made with the consent of the referee.
 - i) At any stoppage of play and with an unlimited number of players.
 - (1) Example of stoppage of plays include: Throw-ins, Goal Kick, Corner Kick, Kick off, Half Time, Injury, Penalty Kick, Direct or Indirect Free Kick, or Stoppage made by referee.
- c) Substitute players must enter the field at the midfield line from the “Sub-Box” (see field map)
 - i) If the substitute player is not in the “Sub-Box” ready to enter the field, the substitution will not be allowed.
 - ii) All other players must stand clear of the “Sub-Box”.

8) Goal Kick.

- a) Is used to restart play when the entire ball passes over the end line out of bounds and is last touched by the offensive team.
- b) The ball is placed a few feet in front of the goal post.
- c) Any player from the defending team kicks the ball.
- d) The person who takes the goal kick may not touch the ball again until someone else touches it.
- e) A goal **may** be scored directly from a goal kick.

9) Corner Kick.

- a) Occurs when the entire ball passes over the end line out of bounds and is last touched by the defensive team.
- b) The ball is placed in the corner of the field on the side it went out on.
- c) One of the offensive team players kicks the ball.
- d) A goal **may** be scored directly from a corner kick.

10) Goalie play.

- a) During normal play of the game, while defending the goal, a goalie is the only player who can touch the ball with his/her hands to take possession of the ball.
 - i) Possession is defined as one or two hands on the ball, holding or controlling it.
 - ii) He/she can only play/touch the ball with their hands while inside the goalie box.
 - iii) He/she cannot play/touch the ball with their hands outside the goalie box.
 - iv) The goalie must wear a different color than both teams.

Waukon Park and Recreation Youth Soccer Rules

(Revised March 2021)

v) A goal **may not** be scored directly from a goalie play.

(1) If goalie played ball lands directly in the opposing team's goal box area, an indirect free kick is awarded to the opposing team at the center spot.

11) Misconduct.

a) If any player, coach, or spectator exhibits unsportsmanlike behavior and is considered by the referee to be inappropriate in any way, the referee shall blow the whistle to stop play and will warn the individual, or group to halt the inappropriate behavior.

b) Play will resume with an indirect free kick awarded to the opposing team at the location of the field where the ball was last played.

c) If the same person or group continues to act in an unsportsmanlike manner, the referee shall blow the whistle to stop play, and the team in question (as determined by the referee) will be forced to forfeit the game.

12) Fouls

a) Hand Ball

i) Is defined by the ball coming in contact with the player from the shoulder to the tip of the finger.

ii) Hand balls will be judged by the referee during the normal course of play based on one rule... DID THE BALL HIT THE PLAYER (accidental contact) OR DID THE PLAYER HIT THE BALL (intentional contact)

(1) Accidental contact will not be called and the game will be allowed to continue.

(2) Intentional contact will be called and the appropriate foul kick will be awarded to the opposing team. (see Direct Free Kick, and Penalty Kick)

b) Direct Free Kick.

i) Setup

(1) Is awarded to the opposing team from whom the foul was called.

(2) Takes place anywhere on the field at the location of the foul with one offensive kicker. (Exceptions: See Penalty Kick)

(3) All other players must stand back at least 15 feet away from foul location.

(4) A goal can be scored with a Direct Free Kick.

(5) Play resumes as normal.

ii) A direct kick is generally awarded if a player:

(1) Kicks or attempts to kick an opponent.

(2) Jumps on an opponent.

(3) Charges an opponent in a violent or dangerous manner.

(4) Holds an opponent with the hand or arm.

(5) Trips or attempts to trip an opponent.

(6) Charges an opponent from behind.

(7) Strikes or attempts to strike an opponent.

(8) Pushes an opponent with the upper arm, elbow, forearm, or hand.

(a) Shoulder contact and other "body block out" type of contact will normally be considered fair play.

(b) If the referee considers the shoulder contact or any other type of bodily contact to be "overly aggressive" then a pushing foul will be called.

(9) Handles the ball, i.e., intentional strike or propels the ball with the hand or arm from the shoulder to the tip of the fingers.

(a) Exception—defending his/her face

Waukon Park and Recreation Youth Soccer Rules

(Revised March 2021)

c) Penalty Kick.

i) If a defender commits one of the above nine (Direct Free Kick) offenses in their own Goal box area, a penalty kick is awarded to the opposing team.

(1) Takes place at the goal box line across from goal base line. One offensive player and one defensive goalie. (all other players stand outside goal box and at least 15 feet away from the ball location.)

(2) Ball is placed on the goal box line that is parallel with face of goal and across from the goal base line.

(3) Goalie must stay on their goal base line until the ball has been kicked.

(4) Offensive kicker then takes his/her shot on goal.

(5) Defensive goalie tries to defend the goal.

(6) A goal can be scored “directly” without any additional touch

ii) If goal is made, play resumes with Kick-off

iii) If goal is missed, play resumes with a Goalie Play

d) Indirect Free Kick.

i) Setup

(1) Is awarded to the opposing team from whom the foul was called.

(2) Takes place anywhere on the field at the location of the foul with one offensive kicker.

(3) All other players must stand back at least 15 feet away from foul location.

(4) A goal cannot be scored unless the ball is touched by another player after kicked.

(5) Play resumes as normal.

ii) An indirect kick is generally awarded if a player:

(1) Plays in a manner considered by the referee to be dangerous. (example: trying to play from the ground, or recklessly kicking while someone is on the ground.)

(2) Charges unfairly while the ball is not within playing distance or the players are definitely not trying to play the ball.

(3) Charges or touches the goalkeeper when the keeper is in possession of the ball.

(4) Intentionally obstructs an opponent when not playing the ball.

(5) If a player intentionally performs one of the following dangerous plays:

(a) The player falls to the ground and tries to continue kicking the ball while on the ground before getting up.

(b) The player goes after the ball with a “slide kick”. (purposefully slides to the ground with one foot extended trying to kick the ball)

e) Goalkeeper Fouls.

i) The opponent is awarded a Penalty Kick when the goalkeeper:

(1) Takes more than 6 seconds to release the ball.

(2) Uses tactics, which in the opinion of the referee are designed to delay the game and advantage the team.

(3) Touches the ball again with their hands after the ball has been released from their possession and before it has touched another player.

(4) Plays the ball with his/her hands after receiving the ball played deliberately to the keeper by a teammate. (no back-kicks)

Waukon Park and Recreation Youth Soccer Rules

(Revised March 2021)

13) Drop Ball.

- i) The ball is dropped between players from each team.
 - (1) If a foul is called on both teams.
 - (2) If a game is stopped due to an injury.
- ii) Referee will drop the ball at the location of the penalty or injury to resume play.

14) Injuries.

- i) In case of an injury, the ref will blow the whistle and shout "Take a knee!" All players on the field will bend down on one knee in their current location until the injury is resolved and play resumes.
- ii) Referee will stop the timer and restart it when play resumes.
- iii) If the injury was caused by a foul, the team who incurred the injury gets the ball and the appropriate foul kick is awarded.
- iv) If the injury was not caused by a foul, a dropped ball is used.

HAVE FUN!!!

