



(updated 8/14/25)

Soccer League Quick Rules – All Divisions

- I. Ball Size
 - a. **3-Year-Olds & PreK-K:** Size 3
 - b. **1st-2nd Grade:** Size 4
 - c. **3rd-5th Grade & 6th-8th Grade:** Size 5
- II. Players
 - a. **3-Year-Old** – 4v4, No Goalie; **PreK-K** – 4v4 No Goalie; **1st-2nd Grade** – 6v6, includes Goalie
 - b. **3rd-5th Grade** – 7v7, includes Goalie; **6th-8th Grade** – 9v9 includes goalie
 - c. Subs may occur at any stoppage of play, such as a throw-in, goal kick, corner kick, foul, etc. Make sure equal playing time occurs for all players as much as possible
- III. Equipment
 - a. Players must wear shin guards.
 - b. Shoes must be tennis shoes or soccer cleats.
 - c. No Jewelry, watches, rings, belts, earrings or anything dangerous to play shall be permitted.
- IV. Referee
 - a. **3-Year-Old & PreK-K** 1 referee, 1 coach per team on the field
 - b. **1st-2nd Grade** – One referee on field, one (1) coach per team can be on the field to help direct players
 - c. **3rd-5th & 6th-8th Grade** – Minimum of two (2) officials per game
- V. Duration of the Game
 - a. **3-Year-Old** – Four (4) Six (6) minute quarters with a Five (5) minute halftime
 - b. **PreK – Kindergarten** – Four (4) Eight (8) minute quarters with a Five (5) minute halftime
 - c. **1st-2nd Grade** – Four (4) Ten (10) minute quarters with a Five (5) minute halftime
 - d. **3rd-5th Grade** – Two (2) Twenty (20) minute halves with a (5) minute halftime
 - e. **6th-8th Grade** – Two (2) Twenty (20) minute halves with a (5) minute halftime
- VI. Start of Play – Kickoff from the center circle marks the start of play in each quarter/half and after each goal scored. The ball is in play when it is kicked and clearly moves; it can be kicked forward or backward.
 - a. **3-Year-Old & PreK-Kindergarten Divisions**
 - i. The Home Team will Kickoff for the odd numbered quarters (1st & 3rd), and the Visiting Team will Kickoff for the even numbered quarters (2nd & 4th). Teams **DO NOT** change ends at half.
 - ii. A Goal **CANNOT** be scored directly from a kickoff
 - b. **1st-2nd Grade Division**
 - i. The Home Team will Kickoff for the odd numbered quarters (1st & 3rd), and the Visiting Team will Kickoff for the even numbered quarters (2nd & 4th). Teams **WILL** change ends at half.
 - ii. A Goal **CANNOT** be scored directly from a kickoff
 - c. **3rd-5th Grade & 6th-8th Grade –**
 - i. The Home Team will Kickoff for the first half and the Visiting Team will Kickoff for the second half.
 - ii. Teams will switch sides at half and the team who received the kickoff in the first half will kick off to start the second half.
 - iii. A goal **CAN** be scored directly from a kickoff

- VII. Offsides
 - a. **3-Year-Old, PreK-K & 1st-2nd Grade** – NO offsides
 - b. **3rd-5th & 6th-8th Grade** – Offsides will be called
- VIII. Fouls
 - a. **3-Year-Old, PreK-Kindergarten and 1st-2nd Grade Division** - All fouls will result in an Indirect Free Kick to take place.
 - b. **3rd-5th Grade & 6th-8th Grade** – All fouls will result in either a Direct Free Kick or Indirect Free Kick, depending on the severity and location of the foul.
 - c. A goal may not be scored directly from an indirect free kick, it must be touched by another player. A goal may be scored directly from a direct free kick.
- IX. Throw-ins/Kick-ins: Shall be taken when the ball has completely crossed the touchline (sideline), either on the ground or in the air.
 - a. **3-Year-Old & PreK-K Division** will do Kick-ins. All other ages will do Throw-ins with the **1st-2nd grade** and **3rd-5th grade** division receiving a re-try if they commit a throwing violation on their initial attempt.
- X. Goal Kick: Will be taken from a player on the defending team from anywhere within the goal area.
 - a. Defending players may be anywhere on the field. Attacking players must be a minimum of five (5) yards from the goal area.
- XI. Corner Kick: The corner kick is taken by a player on the attacking team from the corner arc nearest the point where the ball went out.
 - a. Attacking players may be anywhere on the field. Defending players must be five (5) yards away from the ball.
- XII. Heading
 - a. Intentional Heading is NOT ALLOWED in any age division except for the 6th-8th grade division. If there is deliberate heading in any of the age divisions, except 6th-8th grade, a foul will be called and an indirect free kick shall be awarded to the opposing team.
- XIII. Build-Out Line for **3rd-5th Grade** Division Only
 - a. A dotted line across the field that is equal distant between the top of the penalty area line and the halfway line. The line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball, the opposing team must move behind the line until the ball is put into play past the penalty line area.
- XIV. Goalkeepers – **1st-2nd Grade, 3rd-5th Grade & 6th-8th Grade** Divisions
 - a. Goalies are NOT ALLOWED to punt or drop-kick the ball. They must throw, roll or pass the ball with their feet from the ground to a teammate. If an infraction occurs, the referee will blow the whistle and award an indirect free kick to the opposing team at the location where the punt occurred.