



# YOUTH RECREATIONAL SOCCER LEAGUE RULES

## Spring 2026

### FRRPD YOUTH RECREATIONAL SPORTS OBJECTIVE

To provide quality recreation programs allowing young athletes of all skill levels to experience sports in a safe & enriching environment.

#### General Information

1. All players must turn in a FRRPD Youth Sports Registration form and Code of Conduct form and be on the Roster in order to be eligible to play. A roster must be filled out by coaches or school administrator and submitted by email to [jennaw@frrpd.com](mailto:jennaw@frrpd.com), dropped off directly the FRRPD office, or turned in on site to the official on the day of your first scheduled game.
2. Persons or players participating in the activities sponsored by FRRPD are not covered in any way for personal liability, property damage, medical injuries, etc.
3. A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered, or the uniform is changed.

#### League

1. The league will be composed of 4<sup>th</sup>-5<sup>th</sup> & 6<sup>th</sup>-8<sup>th</sup> COED teams. Schools which combine 5<sup>th</sup>-8<sup>th</sup> grades will play in the 6<sup>th</sup>-8<sup>th</sup> league. *Efforts will be made by the District to match teams of like size and ability for competition.* Leagues may be combined at the discretion of FRRPD Recreation Supervisor. All teams would be notified prior to combining leagues.
2. The season will be 7 weeks long. The “regular season” will conclude after 6 weeks and an optional playoff tournament will take place during week 7 (and week 8, if necessary) of the season.

#### Officials

1. The District will make efforts to provide 1 official for all matches; however, based on availability, games may be rescheduled due to staff availability.

#### Bench areas

1. Teams will occupy the same side of the field.
2. Only rostered coaches and registered players allowed in team area
3. Fans and spectators will not be permitted on the team side of the field



### **Start of Game/Second half**

1. Team captains will be summoned to the center of the playing field and a coin toss will ensue. (The toss will be called by the visiting captain.)
2. The winners of the coin toss choose what goal they want to defend for the first half and the opposing team kicks off. The team that chose the goal they defended at the start of the game will kick off at the beginning of the second half. The kick-off is taken from the center half circle and the ball may move any direction. Officials use a whistle to start, stop and restart game. 1 loud whistle signals start of game, 2 loud whistles signal end of first half of play and 3 loud whistles signal end of regulation.

### **Clock Time/Time Outs**

1. A game consists of two 25-minute halves running clock. The clock will be stopped during an official's request or for an injured player. There will be a half-time break of no longer ten (10) minutes. Teams should plan to start at their schedule time. On-field warmups may not be available prior to all games.

### **Number of Players**

1. Roster: No limit to roster size.  
*The District does not set limits on rosters.*  
*All questions/comments/concerns from the community regarding play time will be directed to school administrators and/or program site supervisors.*
2. Minimum number of players on the field: (including the goalie): 5
3. Maximum number of players on the field (including the goalie): 9  
*When you register your team, indicate if your team would prefer to play 7v7 or 9v9. The District will make efforts to put together team divisions of like size and ability. Teams are asked to play down when opponent cannot field a full team. Combining teams and/or "loaning players" is encouraged.*

### **Substitution**

1. With the permission of the referee: All stoppages.

### **Playing Field**

1. Field Size: The playing field is a minimum length of 60 yards and a minimum of 40 yards in width.
2. Goal size: Efforts will be made to provide 7'x16' goals for all games, however, smaller goals may need to be used at times.

### **Equipment**

1. Players must wear closed-toed shoes.
2. Cleats: Molded cleats are allowed. Metal cleats/spikes are not permitted.
3. Jewelry: No jewelry.
4. Shin guards: **Required.**
5. As a safety precaution, we recommend protective mouth pieces.



### Colors

1. The two teams must wear colors that distinguish them from each other and the match officials.
2. Each goalkeeper must wear colors that are distinguishable from the other players and the match officials.

### **League Specific Rules:**

Players, coaches, and spectators are expected to conduct themselves within the spirit of the Laws of The Game as well as the letter of the Laws of The Game.

- No "slide tackles" are allowed in this league  
*This can be explained to your players with the phrase "stay on your feet."*
- No "heading" for 4<sup>th</sup>/5<sup>th</sup> grade division. No restrictions on "headers" during game play for 6<sup>th</sup>-8<sup>th</sup>.  
*"It is important that player learn proper heading technique at the appropriate age."*  
*This is consistent with AYSO Soccer and US Soccer rules*

### Regular Season Tie Games/Overtime

1. In the event of a tie, the game remains a tie no overtime period shall be played.

### Tournament Overtime

1. Captains will be summoned to the center of the field. First possession choice goes to the winner of regulation coin toss.
2. The team that scores first wins.

### **LAWS OF THE GAME**

#### Off-Sides The league will **not** enforce off-side rules.

1. A player is in an offside position if: He/she is nearer to his opponents' goal line than both the ball and the second last opponent.

#### Penalty Kicks

1. Penalty Kicks will be awarded when a foul is committed by the defense in their own penalty area that results in a direct free kick restart. Penalty kicks will be taken from the 12-yard mark.

#### Throw-In

1. A throw-in is awarded to the team that did not touch the ball last when the whole of the ball passes over the "side-line," on the ground or in the air. A goal may not be scored directly from a throw-in.

#### Corner Kick

1. A corner kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the defending team, and a goal is not scored. A goal may be scored directly from a corner kick.



### **Goal Kick**

1. A goal kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the offensive team, and a goal is not scored.  
The ball may be placed anywhere inside goal area for the re-start.

### **Fouls Direct Free Kick Restart**

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Strikes or attempts to strike an opponent
- Pushes or holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his/her own penalty area)

### **Fouls Indirect Free Kick Restart**

- Plays in a dangerous manner
- Impedes progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands

### **Fouls and Misconduct**

**Yellow Card:** (Warning) Player must give name to referee. Player not giving name to official will receive a red card and penalty will fall to the team coach.

- Is guilty of unsporting behavior
- Shows dissent by word or action
- Persistently infringes the Laws of the Game
- Delays the restart of play
- Fails to respect the required distance when play is restarted with a corner kick or free kick

**Red Card:** (Ejection) Player must give name to referee and is suspended from further play in game.

- Is guilty of serious foul play
- Is guilty of violent conduct
- Spits at an opponent or any other person
- Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- Denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- Uses offensive or insulting or abusive language and/or gestures
- Receives a second caution in the same match. (2 yellow cards equal a red card)

*There is a **zero-tolerance policy** for all unsporting behavior from players, coaches, parents, and spectators.  
Those demonstrating unsporting behavior may be asked to leave the field area.*