

# Soccer League Rules

### 4 & Under Soccer

- Equipment:
  - Games will be played with a size 3 ball.
  - Team shirts will be provided by JCPRD.
  - Players can wear any closed toed tennis shoe to play, cleats are not required.
  - Shin guards are encouraged but not required.

### Gameplay:

- Games will be played 3v3 with no goalie.
- Games will be played in four 5-minute quarters with no timeouts. There will be a 2-minute break between each quarter.
- Coaches can substitute players as needed during dead balls, but coaches will be encouraged to substitute during breaks between quarters.
- Scores and standings will not be kept.
- One coach from each team may be on the playing field at a time. Other coaches should remain on the sideline with the players not currently playing.

#### In Game Rules:

- Out of bounds:
  - Sideline Out: If the ball goes out of bounds on the sideline, the ball is awarded to the team opposite of the one that last touched the ball. The team now in possession should put the ball on the ground on the sideline and a player may kick the ball in. We will not have throw ins.
  - Endline Out: If the ball goes out of bounds on the endline (behind the goal), the ball is awarded to the team opposite of the one that last touched the ball. The team now in possession should put the ball on the ground 10 feet in front of their goal and a player may kick the ball in. Defending players must be at least 10 feet away from the ball to allow the team in possession to put the ball into play safely.
- Kick Off: The team listed as "Home" on the schedule will kick off in the first and third quarters. The team listed as "Away" on the schedule will kick off in the second and fourth quarters.



- Hand Ball: Any ball touched with intent by a player between the fingertips and shoulder will be ruled as a handball. If a player gets hit in the hand/arm while attempting to protect themselves or if it is incidental contact, a handball will not be ruled.
  - If a handball is ruled, the opposing team will take possession, place the ball on the ground where the handball occurred, and a player may kick the ball in to play. on the ground 10 feet in front of their goal and a player may kick the ball in. Defending players must be at least 10 feet away from the ball to allow the team in possession to put the ball into play safely.
- Slide Tackles: Slide tackles are not allowed for player safety. Players will be encouraged to stay on their feet.

## **6 & Under Soccer**

- Equipment:
  - o Games will be played with a size 3 ball.
  - Team shirts will be provided by JCPRD.
  - o Players can wear any closed toed tennis shoe to play, cleats are not required.
  - o Shin guards are encouraged but not required.
- Gameplay:
  - Games will be played 3v3 with no goalie.
  - Games will be played in four 5-minute quarters with no timeouts. There will be a 2-minute break between each quarter.
  - Coaches can substitute players as needed during dead balls, but coaches will be encouraged to substitute during breaks between quarters.
  - Scores and standings will not be kept.
  - One coach from each team may be on the playing field at a time. Other coaches should remain on the sideline with the players not currently playing.
- In Game Rules:
  - Out of bounds:
    - Sideline Out: If the ball goes out of bounds on the sideline, the ball is awarded to the team opposite of the one that last touched the ball. The team now in possession should put the ball on the ground on the sideline and a player may kick the ball in. We will not have throw ins.



- Endline Out: If the ball goes out of bounds on the endline (behind the goal), the ball is awarded to the team opposite of the one that last touched the ball. The team now in possession should put the ball on the ground 10 feet in front of their goal and a player may kick the ball in. Defending players must be at least 10 feet away from the ball to allow the team in possession to put the ball into play safely.
- Kick Off: The team listed as "Home" on the schedule will kick off in the first and third quarters. The team listed as "Away" on the schedule will kick off in the second and fourth quarters.
- Hand Ball: Any ball touched with intent by a player between the fingertips and shoulder will be ruled as a handball. If a player gets hit in the hand/arm while attempting to protect themselves or if it is incidental contact, a handball will not be ruled.
  - If a handball is ruled, the opposing team will take possession, place the ball on the ground where the handball occurred, and a player may kick the ball in to play. on the ground 10 feet in front of their goal and a player may kick the ball in. Defending players must be at least 10 feet away from the ball to allow the team in possession to put the ball into play safely.
- Slide Tackles: Slide tackles are not allowed for player safety. Players will be encouraged to stay on their feet.