

SARATOGA SPRINGS RECREATION

Outdoor Soccer Rules



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SPRINGS
RECREATION

United States Soccer Federation (USSF) laws of the game will be used with the following clarifications and modifications:

1. The following soccer ball sizes will be used:
 - a. Pre-K-2 – Size 3
 - b. 3-4 – Size 4
 - c. 5-9 – Size 5
2. Number of Players:
 - a. Pre-K and Kindergarten – 5 players – No Goalie
 - b. 1st Grade – 6 players – No Goalie
 - c. 2nd Grade – 8 players – Including Goalie
 - d. 3rd-4th Grade – 9 players – Including Goalie
 - e. 5th-6th Grade – 9 players – Including Goalie
 - f. 7th-9th Grade – 11 Players – Including Goalie
3. Substitutions:
 - a. Pre-K-2nd Grade can substitute at any time.
 - b. 3 - 6: Substitutions may be made only with the referee's permission and only at the following times:
 - i. Prior to a throw-in in your favor (both teams may substitute if the team with possession is also substituting)
 - ii. Prior to a goal-kick by either team
 - iii. After a goal by either team
 - iv. After an injury to either team, when the referee stops play
 - v. During half-time
4. Player Equipment:
 - a. A Saratoga Springs Recreation soccer jersey is required to play
 - b. Shin guards are mandatory for all age groups
 - c. Metal cleats are NOT allowed
5. Coaches and Spectators:
 - a. Pre-K and Kindergarten teams are allowed to have one coach on the field during the game to officiate and give instruction to their players.
 - b. 1st -9th grade teams must have coaches and spectators stay behind the touchlines and may not sit behind the goal lines. Team technical (bench) areas and spectators should stay behind the Spectator Lines (approx. 5 feet from the touchline)
 - c. Coaches are asked to coach from the opposing side of the opposing team. Spectators are asked to sit behind their team on the same side as their coach. This is soccer etiquette and is not monitored or enforced by officials or recreation department representatives.
6. Officials
 - a. Pre-K and Kindergarten games are officiated by the coaches
 - b. 1st -9th grade will be assigned officials to officiate the game
 - c. No linesmen will be used except for 7th-9th grade
7. Duration of the Game:
 - a. Pre-K – 1st Grade – 20 minute halves
 - b. 2nd – 6th Grade – 25 minute halves
 - c. 7th – 9th Grade – 30 minute halves
 - i. May change if combined with another city rec program.
 - d. Half time will be 3 minutes for all age groups
8. Start of Play:
 - a. Choice of ends and the kick-off shall be decided by the toss of a coin. Team winning the coin toss shall have the option of choice of half to defend or to kick-off. If the team who won the coin toss elects to kick-off, then the other team will have the choice of half to defend. If the team who won the coin toss elects to choose the half to defend, then the other will kick off to start the first half
 - b. Players start in their own half of the field. Defensive players must stay outside of the center circle until the ball has been kicked
 - c. After the referee's signal, player shall kick the ball. The kicker can kick the ball forward or backward. Kicker cannot play ball again until touched by another player

- d. After each goal, the game shall be restarted in the like manner (kickoff) by a player of the team scored upon
 - e. After half-time, teams will switch halves and the kick-off shall be taken by a player of the opposite team that kicked-off to start the game.
9. Offside:
- a. No offside will be called for Pre-K – 2nd grade
 - b. Offside will be called for 3rd and up

Explanation of Offside: A player is called for the offside offense if they are nearer to the opponent's goal than both the ball and the second to last opponent (including the goalkeeper) when their teammate plays the ball to them. It is not an offense in itself to be in an offside position. A player is only penalized for being offside if they are deemed to be involved in active play. A player can only be called offside if they are:

- In the opposition's half
- Interfering with play
- Interfering with an opponent
- Gaining any advantage by being in that position

A player cannot be offside from a goal kick, throw in, or corner kick.

10. Fouls and Misconduct:

- a. The restart for Pre-K - 2 is in each case below an indirect free kick
- b. The following restarts below are for 3 - 6 only

D.F.K.= Direct Free Kick

I.F.K.= Indirect Free Kick

P.K. = Penalty Kick

FOUL	PENALTY
1. Kicks or attempt to kick others	D.F.K.
2. Trips or attempts to trip	D.F.K.
3. Jumps at an opponent	D.F.K.
4. Charges in violent or dangerous manner	D.F.K.
5. Charges from behind unless obstructed	D.F.K.
6. Strikes or attempts to strike	D.F.K.
7. Holds opponent with hand or arm	D.F.K.
8. Pushes opponent with hand or arm	D.F.K.
9. Handles the ball	D.F.K.
10. Slide Tackles	D.F.K.
11. If defender commits any of the above fouls inside his penalty area	P.K.
12. Dangerous play (e.g. try kicking ball when held by goalkeeper, high kicking near opponent)	I.F.K.
13. Charging fairly, but not playing ball	I.F.K.
14. Impeding an opponent	I.F.K.
15. Charging or unduly contacting the goalkeeper when he has possession of the ball (having a hand on the ball and under control)	I.F.K.
16. Goalkeeper having control for more than 6 seconds, after the moment he takes control of the ball. Goalkeeper must not roll or bounce ball on ground until another player touches ball. Defensemen must be outside penalty box before touching the ball.	I.F.K.
17. Holds up game by wasting time	I.F.K.
18. If after making a throw-in or a free-kick a player plays the ball again before the ball is touched by another player.	I.F.K.
19. Player intentional passes ball to their own team's goalkeeper and the goalkeeper touches the ball.	I.F.K.

11. Free Kick

- a. There are two types of free kicks: Direct and Indirect.

- i. Direct: can result in a goal scored. Ball can go directly into the goal without anyone else touching it
- ii. Indirect: Ball cannot go directly into the goal without someone else touching it. Someone else must touch ball (control of ball not required)

How executed

- a) Opponents must be ten yards away
- b) Ball must go outside penalty area (re-kick if not)

In all cases, ball is played only once by the kicker until it is touched by another player

12. Penalty Kick (3 - 9 only)

- a. Taken from penalty spot - 10 yards away for 3rd-4th grades and 12 yards away for 5th-9th grades from the goal line.
- b. All players except kicker and goalie outside penalty area.
- c. Goalie's feet stationary on his goal line.
- d. Kicker cannot play rebound from goal post or crossbar; plays ball only once unless touched by another player (the goalkeeper is considered a player in this scenario).

13. Throw-in

- a. Taken at the spot where ball crossed the touch line.
- b. Taken by team opposite to that of the player who last touched the ball.
- c. Opposing players must be a minimum of 2 yards away from the thrower.

Execution

- a. Both feet on the ground during delivery outside of field, or part of one or both feet on touch line.
- b. Delivery from behind and over the head.
- c. Both hands on the ball (equally)
- d. Pre-K-2nd grade: Liberally interpreted

Penalty

- a. Improper throw-in, other team throws-in (Pre-K - 2 - one retry)
- b. If the thrower plays the ball before the ball touches another player - I.F.K.

14. Corner Kick

- a. Taken by an attacker after the whole of the ball passes over goal line when last played by a defender.
- b. Taken from the nearest corner.
- c. Opposition must be ten yards away from corner arc.
- d. Kicker cannot play ball again until it has touched another player from either team.

15. Goal Kick

- a. Taken by the defender after the whole of the ball passes over goal line when last played by an attacker.
- b. Taken from any spot within the goal box including the goal area boundary lines.
- c. Must clear penalty area (re-kick if not). In the Pre-K – 1st leagues, the ball must travel 8 yards before being played by another player (re-kick if not).
- d. Opponents must be outside penalty area until the ball has completely cleared the penalty box.
- e. Kicker plays ball only once until it has been played by another player from either team outside of the penalty area.

Coaches must play all of their players a minimum of half (50%) of the game!

Sportsmanship is important to create a good, positive atmosphere for all involved. We expect good sportsmanship to be exhibited at all times by officials, coaches and spectators. Please teach correct sportsmanship to your team through words and example.

Officials and Site supervisors have the right to remove any players, coaches and spectators that are conducting themselves in a manner not in compliance with our Code of Conduct Policy.