

Youth Soccer Outdoor Rules – Spring 2025

1. Shin & Mouthguards are **MANDATORY** for all participants. Shin-guards must be covered. Soccer shoes are encouraged (baseball/SB shoes may be worn if toe cleat is removed). **NO METAL SPIKES**. Participants will not be allowed to wear jewelry of any kind.
2. Unsportsmanlike behavior will not be tolerated. **See 0 tolerance rule on schedule reminders!**
3. Games will start at designated times.
4. The game will be divided into 2–18-minute halves. There will be a 4-minute halftime. The clock will run continuously. Each team will have 1 one-minute time-out per half. Clock will stop for time-outs.
5. The Home team gets the ball in the 1st half, visitors decide goal. Second half the teams will switch sides, and the visiting team will have the ball.
 - A. Kick-off Procedure – Ball is placed in center of field; the center kicks the ball to put it in play - No two-touch. All members of the attacking team must be behind the center line until the ball is kicked. All members of the defending team must be on the other side of the center circle.
 - B. Kick-offs occur after a goal is scored with the team scored on kicking.
6. Equal playing time for players is encouraged.
7. Number of players on the field: B/GK=4 on 4; B/G1=5 on 5; B/G3=6 on 6, B/G5=7 on 7 (one being goalie). Teams that are short players (not enough to play: 4, 5, 6) have these options in the regular season (does not apply in tournaments):
 - A) To pick up players from the opposing team if they have extra players and play.
 - B) Play with equal numbers (3-3, 4-4 & 5-5 so on).
 - C) May pick-up players from another team in your league, but pick-up players can't play over your players – must play defense (not goalie). Pick-up players can't cross the center line. Must pick up players from the same league. Must wear own team's shirt.
8. Teams may not pick up players during tournament games.
9. Teams may substitute when the ball goes out of bounds, time-outs & after goal (notify referee).
10. Goals are scored when – the entire ball passes completely over the goal line between the goal posts. The ball is out of bounds when the entire ball passes completely over the sideline.
11. Fouls occurring outside the penalty area result in a free kick. Fouls inside the penalty area result in a penalty kick. The following shall be fouls..
 - A. Kicking, tripping, pushing, holding, charging, and jumping on an opponent, high kicking, slide tackling and heading.
 - B. Players other than goalie handling the ball with arms/hands.
12. Goalie can only use hands in goalie and penalty area (both ball and goalie must be in box) & can only use hands when the opposing team kicks them the ball. The goalie can't use their hands when their own players pass the ball to them. They can kick the ball outside the penalty area.
13. All teams must have a goalie. The goalie may not go past half field (Penalty kick awarded).
14. Parent/Coach may stay by goal to help goalie but not intimidate other players in the G/BK & G/B1 leagues. No one can be by the goalie area in the G/B3&G/B5 leagues.
15. On free and corner kicks, players must be at least 15 feet back from the kicker.
16. On all goal kicks, the defending team must be outside the penalty area in G/B3 & G/B5. Defending team must be at midfield in G/BK & G/B1. The team with possession of the ball can be anywhere on the field of play.
17. There will be **NO HIGH KICKING** (No one may attempt to kick the ball above his or her waist), **NO SLIDE TACKLING** (no one will be allowed to slide) and **NO HEADING**. Safety factors
18. Anyone may go in the goalie box. Anyone can kick the ball in the goalie box if the goalie does not have contact with the ball (any part of the goalie's body). Kicking goalie: 1) warning 2) flagrant – ejected from game – continue with goal kick.

DEFINITIONS

FREE KICKS: All free kicks are direct free kicks from where the foul was committed. A goal can be scored from a direct kick.

THROW-IN: When the ball passes over a sideline, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, by a player of the team opposite to that of the player who last touched it. The thrower must use both hands to deliver the ball from behind his/her head. The thrower's feet must be on the ground and on or behind the touchline. The thrower can't play the ball again until another player touches it. **A goal can't be scored** directly from a throw-in. (B3/G3 and older 5 step maximum) (Younger leagues no step)

GOAL KICK: When the whole of the ball passes over the goal line, excluding the portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, it shall be kicked directly into play by a player of the defending team. All defending players in G/B3 & G/B5 must be outside the penalty area. Defending players in G/BK & G/B1 must be at the midfield line. Any player can kick the ball into play. A goal can be scored from a goal kick.

CORNER KICK: A corner kick occurs when the entire ball goes over the goal line and a goal is not scored and it is touched by a member of the defending team. The corner kick is taken at the corner closest to that spot the ball went out. A goal can be scored from the corner kick. All players must be 15 feet back from the kicker.

PENALTY KICK: Any penalty by the defensive team in the penalty area will result in a penalty kick against the offending team. The ball will be placed at the penalty mark. The goalie must be on his goal line, between the goal posts and cannot move until the ball is kicked. All the other players are behind the kicker. The kicker kicks the ball forward (players can not two touch). **If a goal is not scored, play ensues with a goal kick.**

TWO-TOUCH: The player putting the ball in play cannot touch the ball until another player (offense or defense) touches it. Players cannot two-touch on corner, penalty & goal kicks, or kickoffs.

OFFSIDE: Offside is called when the offensive player is passed the ball, and he/she is between the last defender and the goalie when the pass is made. Results in free kick by defensive team where the offense occurred - (For upper leagues only B/G3 & B/G5).