

Soccer Rules / Referee Guide

- When all calls are made, be sure to explain the call, what they did wrong, and how they can do better in the future so they can understand and learn
- Blow your whistle and give both teams a drink break and allow them to sub players in between each period
- Teams switch sides of the field halfway through the game
- Headers of any kind will not be allowed until the junior high age

3 – 4 year olds

Ball Size: 3 // Players: 4 vs 4 NO goalie // Time: 4 Periods-8 min each

This is generally their first experience for players so the main goal is to keep the game fun and teach the basics. There are not many rules to keep the game moving and fun.

1. No hands
2. No pushing
3. Only coaches and refs are allowed on the field.
4. No Slide Tackles. (This is where a player slides on the ground to take the ball away from an opponent)
5. When a ball goes out of play the team that did not touch the ball last can throw the ball in. There will be no goal kicks, or corner kicks.
6. Kick-offs can go backwards or forwards. Each team should start on their half of the field. This will allow a team to maintain possession.
7. Running substitutions are allowed.
8. No defenders or goalies.

5 – 7 year olds

Ball Size: 3 // Players: 5 vs 5 NO goalie // Time: 4 Periods-8min each

This is generally a newer experience for players so the main goal is to keep the game fun and teach the basics. Most rules should be geared toward keeping the game fun and learning.

1. No hands. "Hands" go from the tip of your fingers to your shoulder. If you, the referee, decide that use of hands was unintentional then no call should be made.
2. No pushing. Enforce flagrant pushing; this is a judgmental call where a player has put their hands on an opponent on the other team.
3. Only coaches are allowed on the field. Others must get permission from you, the referee, before entering the field.
4. No slide tackles (This is where a player slides on the ground to take the ball away from an opponent)
5. Throw-ins should be done correctly. Two hands on the ball thrown over the head with feet planted on the ground. The player doing the throw-in must not touch the ball after throwing it in until another player touches it. If a player does not perform a throw-in correctly, the player may try one more time. If the second attempt is incorrect, then the other team gets to do the throw-in.
6. Kick-offs must be done correctly. The ball must move forward and then be touched by another player before the player taking the kick-off touches it again. If a player does not perform a kick off correctly, the player may try one more time. If the second attempt is incorrect, then the other team gets to do the kick off.
7. Running substitutions are allowed.
8. Goal kicks and Corner kicks must be done correctly. For goal kicks: the ball must pass outside the penalty box before being touched by another player and will be retaken if not successful.

****Corner kicks and goal kicks will be conducted. Please assist the players in getting them lined up appropriately****

8 – 10 year olds

Ball Size: 4 // Players: 7 vs 7 including goalie // Time: 4 Periods-10min each

This division is very instructional and developmental. When you make a call, make sure players know what they did wrong and what they should do in the future.

1. No hands. "Hands" go from the tip of your fingers to your shoulder. If the defending team uses hands within the penalty area; a penalty kick will be allowed (a single player kicking against the goalie). If you decide that use of hands was unintentional then no call should be made.
2. No pushing. Enforce flagrant pushing; this is a judgmental call where a player has put their hands on an opponent on the other team.
3. Coaches are not allowed on the field. Non-players must get permission from you before entering the field.
4. No slide tackles. This is where a player slides on the ground to take the ball away from an opponent.
5. Throw-ins should be done correctly. Two hands on the ball thrown over the head with feet planted on the ground. The player doing the throw-in must not touch the ball after throwing it in until another player touches it. If a player doesn't perform a throw-in correctly, the player may try one more time. If the second attempt is incorrect, then the other team gets to do the throw-in.
6. Kick-offs must be done correctly. The ball must move forward and then be touched by another player before the player taking the kick-off touches it again. If a player does not perform a kick off correctly, the player may try one more time. If the second attempt is incorrect, then the other team gets to do the kick off.
7. Goal kicks and Corner kicks must be done correctly. For goal kicks: the ball must pass outside the penalty box before being touched by another player and will be retaken if not successful.
8. Running substitutions are allowed.
9. Players, coaches, and spectators should remain on the sidelines. No one should be behind the goal line during a game.

****Corner kicks and goal kicks will be conducted. Please assist the players in getting them lined up appropriately****

11 – 13 year olds

Ball Size: 4 // Players: 9 vs 9 including goalie // Time: 2 Halves-20min each

This division is still instructional and developmental, but also game oriented.

1. No hands. "Hands" go from the tip of your fingers to your shoulder. If the defending team uses hands within the penalty area, a penalty kick will be allowed (a single player kicking against the goalie). If you decide that use of hands was unintentional then no call should be made.
2. No pushing. Enforce flagrant pushing; this is a judgmental call where a player has put their hands on an opponent on the other team.
3. Coaches are not allowed on the field. Non-players must get permission from you before entering the field.
4. No slide tackles. This is where a player slides on the ground to take the ball away from an opponent.
5. Throw-ins should be done correctly. Two hands on the ball thrown over the head with feet planted on the ground. The player doing the throw-in must not touch the ball after throwing it in until another player touches it. If a player doesn't perform a throw-in correctly, the player may try one more time. If the second attempt is incorrect, then the other team gets to do the throw-in.
6. Kick-offs must be done correctly. The ball must move forward and then be touched by another player before the player taking the kick-off touches it again. If a player does not perform a kick off correctly, the player may try one more time. If the second attempt is incorrect, then the other team gets to do the kick off.
7. Goal kicks and Corner kicks must be done correctly. For goal kicks: the ball must pass outside the penalty box before being touched by another player and will be retaken if not successful.
8. A player may not be flagrantly in an offside position to receive a ball for scoring (cherry picking). The opposite team receives the ball. Incidental off-sides is acceptable.
9. Running substitutions are allowed.
10. Players, coaches, and spectators should remain on the sidelines. No one should be behind the goal line during a game.

****Corner kicks and goal kicks will be conducted. Please assist the players in getting them lined up appropriately****