



Foothills Park and Recreation District

Youth Soccer Rules

Foothills Park and Recreation Rules are intended to provide a program that encourages fun, personal excellence, and sportsmanship while preparing participants with a strong fundamental skills base.

Elastic Power: Foothills staff has complete authority to administer the program and make decisions and adjustments as they see fit for this recreational setting. Their decision is final.

Any rules not specified here, will fall under the CHSAA rules.

Teams and Roster Size

All participants must be registered with Foothills Park and Recreation District in order to participate. Teams short on players will need to borrow from the other team or both teams play with less players on the field. We do not forfeit games due to low attendance.

- **Little Kickers:** Three players on the field at a time. No goalie and no player should remain in front of the goal like a goalkeeper.
- **Ages 5/6:** Four players on the field at a time. No goalie and no player should remain in front of the goal like a goalkeeper.
- **Ages 7/8:** Six players on the field at a time and one of those players must be designated as a goalkeeper wearing the goalkeeper vest.
- **Ages 9/10:** Seven players on the field at a time and one of those players must be designated as a goalkeeper wearing the goalkeeper vest. Notify the referee about changing goalkeepers during play.
- **Ages 11/12:** Eight players on the field at a time and one of those players must be designated as a goalkeeper wearing the goalkeeper vest. Notify the referee about changing goalkeepers during play.
- **Ages 13/14:** Eight players on the field at a time and one of those players must be designated as a goalkeeper wearing the goalkeeper vest. Notify the referee about changing goalkeepers during play.

Playing Time and Game Format

1. Each game will consist of:
 - a. **Little Kickers (3 to 4)** - four 6 minute quarters
 - b. **5 to 6 years** – four 10 minute quarters
 - c. **7 to 10 years** – two 20 minute halves
 - d. **11 to 12 years** – two 25 minutes halves
2. Clock is running; will only stop on official timeouts.
3. There will be 1 minute between quarters, and 3 minutes at the half.



4. Substitutions may be made only on:
 - a. Any throw in
 - b. Any goal kick
 - c. Your own corner kick
 - d. After a goal, or halftime
 - e. No subbing during a live ball or free kicks
5. Each participant must play equal time in every game.
6. Tie Games: No overtime will be played.

Field and Goal Size

1. **Ages 3 to 4:** 30 x 20 yards. 4-foot pop up goal
2. **Ages 5 to 6:** 30 x 20 yards. 6-foot pop up goal
3. **Ages 7 to 8:** 50 x 42.5 yards. 5 x 10-foot goal
4. **Ages 9 to 10:** 60 x 42.5 yards. 6 x 18-foot goal
5. **Ages 11+:** 85 x 50 yards. 8 x 24-foot goal

Equipment and Uniform

1. Soccer balls provided by the recreation department:
 - a. **Size 3:** 3-6 years
 - b. **Size 4:** 7-12 years
 - c. **Size 5:** 13+ years
2. Each player must wear the Foothills team shirt.
3. Each player must wear shoes, socks, shin-guards, shorts/pants.
 - a. Player may wear non-metal cleats or athletic shoes.
4. No jewelry can be worn.
5. No hats with a bill may be worn. Beanie hat is okay.
6. Casts and other protective braces must be approved by Foothills and must have a soft exterior.

Officials

No staff/referees provided for Little Kickers or 5/6 age groups.

1-2 officials provided for 7-14 age groups. Their duties include:

1. Enforcing game rules consistently, while refraining from penalizing unnecessarily.
2. Allow teams to play the advantage (instead of whistling play dead) where applicable.
3. Keep time.
4. Stopping time for injuries or weather. Restarting with a drop ball.



Coaches and Spectators

1. Each team should have at least 1 coach on the field/bench area.
 - a. 3/4 and 5/6 age group allows 1 coach per team on the field (no Foothills referee).
2. Let the players play the game and have FUN.
3. Spectators are encouraged to sit away from team bench area at least 5 feet off the sideline.
4. Coaches are responsible for their players' behavior as well as the behavior of the fans.
5. Adults are encouraged to cheer for all youth participants. Taunting and any inappropriate behavior will not be tolerated.

Beginning of Play - Kickoff

Games will begin with a kickoff. Thereafter, kickoff will be alternated with the start of each quarter/half. Players must wait until the whistle is blown to kick the ball. The ball must be passed to another player. Each team must stay on their half until the ball is kicked. Defensive players may not enter circle until ball is kicked. You cannot score directly from a kickoff.

Fouls and Misconduct

All fouls and infractions outside of goal box are **indirect free kicks**:

1. Hitting, kicking, tripping, pushing, holding, or jumping at an opponent.
2. Handling the ball (not just ball hitting the player).
3. Playing dangerously including: high kicks, and kicking the ball while the player is on the ground.
4. Slide tackling is not allowed in all age groups.
5. Offside (9+ age groups).
6. Unsportsmanlike conduct (swearing, violence, threats, taunting)
 - a. One warning will be issued, then player/parent will be dismissed from the game.

Penalty Kick (Only in 9 to 14 year divisions)

1. Occurs when a foul is called on the defensive team inside of their goal box.
2. Everyone except goalie must exit the box until ball is kicked.
3. Direct kick from the spot inside the box.

Offside (Ages 9-14)

1. An offensive player is past the last defender and receives the ball.
 - a. This is dependent on where the ball was last kicked.
2. A player cannot be called offside in their own defensive half.
3. A player cannot be offside on a throw-in, corner kick, or goal kick.

Goalies

1. Once the goalie has possession of the ball, players **cannot** kick the ball from them.
 - a. If play is deemed dangerous by the ref, the ball will be given to the goalie.
2. Goalie may punt or throw ball. If the ball is dropped, it becomes a live ball.



- a. Players must be at least 10 feet from the goal box when the goalie punts the ball.

Goal Kicks

A goal-kick is taken when the ball completely crosses the goal-line outside the goal and was last touched by the attacking team. The ball is placed on either corner of the inner goal box and kicked by one of the players on the defending team. Members of the attacking team must be outside the marked box (penalty area). The ball must go outside the marked box before it may be played again by either team. If the ball does not go outside the box, the kick is retaken. The kicker may not kick the ball again until it has been touched by another player.

Corner Kicks

A corner-kick is taken when the ball completely crosses the goal-line outside the goal and was last touched by the defending team. The ball is placed on the corner of the field nearest to where it went out. The kick is taken by a player from the attacking team. Opponents must be at least 6 yards from the ball. The kicker may not kick the ball again until it has been touch by another player. A goal may be scored directly from a corner-kick.

Throw-In

A throw-in is taken when the ball completely crosses the sideline. The player must stand with both feet on the ground behind the line. The thrower must use both hands and bring the ball behind and directly over their head and throw the ball into play. If a throw is done incorrectly, it will be retaken by the same team. Teams cannot be called for offside on a throw-in.