

Jackson Friends Youth Soccer (Pre K-6) Rules and Regulations

General Rules of Play for All Divisions (Pre K-6th)

- Each match begins with a kick-off in the center circle, to start a quarter/half and after scored goals. No players from the defending team may be inside the circle for kick off.
- Teams will rotate starting with the ball at the beginning of each quarter/half.
- Goal scoring: For safety purposes for Grades K-2, all initial shot attempts at goal should be taken outside the goal arc (to prevent kids running into the goal). Rebound shots inside the goal arc are allowed but if the ball comes to a stop inside the goal arc or is caught in between multiple players the referee will blow their whistle which will result in the defense taking a goal kick. Defense CANNOT stand inside the goal arc, to prevent puppy-guarding. This rule is in place so that young players are not clustered up in front of the goal aimlessly kicking at each other to try to score/clear the ball.
- Fouls will result in a free kick for the team fouled. Fouls include but are not limited to any handballs, act of unsportsmanlike conduct on an opponent, and especially slide tackling. Any foul occurring inside the penalty box against the defense will result in a penalty kick for the offensive player. For grades Pre K-2nd this will be one attempt on goal from the penalty spot. If made on attempt, it is a goal. If missed or does not reach goal, the defending team takes possession for a goal kick. At the 3rd-6th grade levels, goalie is in the net for PK's and as soon as the offense takes the PK it is a live ball, unless scored or ball goes out of bounds.
- As per US Youth Soccer, there is no offsides for divisions Pre K-2nd. BUT for the 3rd-6th Grade Divisions there will be offsides called, but called more loosely. Players just a few feet offside will not be called but offsides that are very obvious or egregious will be called, or if a player knowingly continues to do it to seek an advantage.
- To reemphasize, slide tackling is not allowed at any division level. Players must be on their feet and avoid making contact with opponents. At this age level slide tackling can be dangerous for youth and will not be used in the league. Players may however slide to intercept a ball or stop a ball from going out of bounds but they cannot slide to stop another player dribbling. Players who are called for one (if severe enough) or more slide tackles in a match may have to sit out for a period of time in said match or beyond.
- Corner Kicks: When the defending team kicks/touches the ball out of bounds on their own goal line, the ball should be placed inside the corner arc on the side it went out-of-bounds. The offense then has one player take the kick, while the defense has to be at least 5 yards away from the corner kicker.
- Goal Kicks: When the offensive team kicks the ball past the defense's goal line or if the ball comes to a stop within the goal arc (including trapped in between multiple players), it will result in a goal kick for the defending team. The ball can be placed anywhere inside the penalty box to start the kick. For ALL GRADES Pre K - 6th, defending players must retreat to midfield until the ball is kicked.
- Throw-ins: When the ball goes over the sidelines, the last team to touch it loses possession and the opposing team takes a throw-in. The player who takes the throw-in must throw the ball from over their head with both feet touching the ground. Defensive players must be at least two yards away from the thrower. Throw-Ins will be used after substitutions, while other restarts at the beginning of quarters or of a half will start in the center circle.

GAME DAY INFO FOR EACH DIVISION

Pre K / 4 Year Old Division:

- Matches will be played 4 vs 4 (unless modified), with no goalies. No more than eight kids on a team for 4 vs 4, so each player must be able to play at least half of the game.
- Field played on will be 32 long by 25 wide (yards). Goals size at this level is 4' by 6' and players will use size 3 soccer balls. NO offsides at this level.
- Players are not to use their heads at this level. Accidental heading of the ball is okay but any purposeful heading of the ball will result in a turnover of possession. This is for the safety of the younger players.
- Matches will consist of four eight minute quarters, on a stopwatch or timer by a referee/clock keeper.
- Half time will be 3 minutes long. Referee/clock keeper will do a devotion/prayer.
- Score WILL NOT be kept at this level, so players can focus on fundamentals and not just scoring. No extra time periods.
- Substitutions will be made at the 4 minute mark during any of the four quarters and between quarters. Clock will stop for substitutions.
- Coaches will be relied upon to be on the field with the players, instructing players and helping with fundamentals. When available, a referee will help in the game, and deal with resetting the ball after scores and the ball going out of bounds. Coaches may do "kick ins" instead of "throw ins" if they would prefer that at this age.
- No slide tackles are allowed at ANY level Pre K-6th, for safety of all players. Players must be in the upright position when making attempts at taking the ball from an opponent.

Practices/Other Info

- Because of small goals and this age level, there are no goalies, so that all players can get to experience playing the field.
- One referee/clock keeper will be on the field keeping track of time and calling fouls/ out-of-bounds calls.
- Standings are not kept at any level K-6th, to keep the focus on having fun and developing skills.
- Practices will be held once a week on Mondays, Tuesdays or Thursdays and will be 45 minutes in length, including time for a short devotion given the coach.
- ALL players MUST wear shin guards for games. All players are expected to bring their own shin guards, as well as cleats (optional) and any other gear they may choose to wear.

Kindergarten Division:

- Matches will be played 4 vs 4 (unless modified), with no goalies. No more than eight kids on a team for 4 vs 4, so each player must be able to play at least half of the game.
- Most game play will be on a field sized 32 by 25 wide (yards) but a few games may be played on will be 40 long by 32 wide (yards), when available.. Goals size at this level is 4' by 6' and players will use size 3 soccer balls. NO offsides at this level.
- Players are not to use their heads at this level. Accidental heading of the ball is okay but any purposeful heading of the ball will result in a turnover of possession. This is for the safety of the younger players.
- Matches will consist of four 10 minute quarters, on a running stopwatch by head referee.
- Halftime will be five minutes long and include a devotion. Players will gather in the center of the field to listen and engage in the devotion.
- Score WILL NOT be kept at this level, so players can focus on fundamentals and not just scoring. No extra time periods.

- Substitutions will be made at the 5 minute mark during any of the four quarters and between quarters. Referee will stop clock for substitutions.
- Coaches may walk on the sides of the field with their players at this age level to instruct players and help with fundamentals.
- No slide tackles are allowed at ANY level K-6th, for safety of all players. Players must be in the upright position when making attempts at taking the ball for an opponent. Any player who is called for slide tackling will receive a warning. If called again for slide tackling in the same match (or if first incident is bad enough) said player may have to sit out for a determined amount of time in that match or the next one.

Practices/Other Info

- Because of small goals and this age level, there are no goalies, so that all players can get to experience playing the field. However if teams want to have one player hang back to defend the goal with their feet, they may do so. But no hands allowed and must be outside the goal arc.
- Only one head referee will be on the field keeping track of time and calling fouls/ out-of-bounds calls. There will be no assistant sideline referees at this level. Head referee will explain calls to players when they commit fouls to help players progress.
- Standings are not kept at any level K-6th, to keep the focus on having fun and developing skills.
- Practices will be held once a week on Mondays, Tuesdays or Thursdays and will be one hour in length, including time for a short devotion given to the coach.
- ALL players MUST wear shin guards for games. All players are expected to bring their own shin guards, as well as cleats and any other gear they may choose to wear.

1st/2nd Grade Division:

- Matches will be played 5 vs 5 (unless modified), with no goalies. No more than 10 kids on a team, so each player must be able to play at least half of the game.
- Field played on will be 40 long by 32 wide (yards). Goals size at this level is 4' by 6' and players will use size 3 soccer balls. NO offsides at this level.
- Players are not to use their heads at this level. Accidental heading of the ball is okay but any purposeful heading of the ball will result in a turnover of possession. This is for the safety of the younger players.
- Matches will consist of four 10 minute quarters, on a running stopwatch by head referee.
- Halftime will be five minutes long and include a devotion over the weekly verse. Players will gather in the center of the field to listen and engage in the devotion.
- Score WILL be kept at this level, as players are more developed. No extra time periods.
- Substitutions will be made at the 5 minute mark during any of the four quarters and between quarters. Referee will stop clock for substitutions.
- Coaches may walk the sides of the field by their players to an extent, but must stay off the playing field.
- No slide tackles are allowed at ANY level K-6th, for safety of all players. Player must be in the upright position when making attempts at taking the ball for an opponent. Any player who is called for slide tackling will receive a warning. If called again for slide tackling in the same match (or if first incident is bad enough) said player may have to sit out for a determined amount of time in that match or the next one.

Practices/Other Info

- Because of small goals and this age level, there are no goalies, so that all players can get to experience playing the field. However if teams want to have one player hang back to defend the goal with their feet, they may do so. But no hands allowed and must be outside the goal arch.

- One head referee will be on the field keeping track of time and calling fouls. Head referee will explain calls to players when they commit fouls to help players progress.
- Standings are not kept at any level K-6th, to keep the focus on having fun and developing skills.
- Practices will be held once a week on Mondays, Tuesdays or Thursdays and will be one hour in length, including time for a short devotion given to the coach.
- ALL players MUST wear shin guards for games. All players are expected to bring their own shin guards, as well as cleats and any other gear they may choose to wear.

3rd - 6th Grade Divisions:

- Matches will be played 6 vs 6 (unless modified), with goalies. No more than 11 kids on a team, so each player must be able to play at least half of the game.
- Field played on will be 60 long by 40 wide (yards). Goals size at this level is 6.5' by 18.5' and players will use size 4 soccer balls. Offsides will be called at this level, but a 1-2 foot area of grace will be given for offsides. Anything over that will be called offsides. Up to the referees' discretion.
- Players may head the ball at this level but are not encouraged to do so.
- Matches will consist of two **23** minute halves, on a running stopwatch by head referee.
- Halftime will be five minutes long and include a devotion. Players will gather in the center of the field to listen and engage in the devotion.
- Score WILL be kept at this level, as players are more developed. No extra time periods.
- Substitutions can be made at any ball stoppage during either half. Clock will NOT stop on substitutions, as players at this age are expected to quickly come on and off the field.
- Coaches are asked to stay in their designated team area and should not be on the playing field at any time during the match.
- No slide tackles are allowed at ANY level K-6th, for safety of all players. Player must be in the upright position when making attempts at taking the ball for an opponent. Any player who is called for slide tackling will receive a warning. If called again for slide tackling in the same match (or if first incident is bad enough) said player may have to sit out for a determined amount of time in that match or the next one.

Practices/Other Info

- At this age we have implemented goalies, as players should start to learn about all the positions on the field and how to play them. Coaches are expected to rotate each of their players through the goalie position during the season/games (for those that want to try goalie) to give them that experience. Goalie gloves will be provided for teams to keep for the season and return at the end of the season.
- One head referee will be on the field keeping track of time and calling fouls. There will be two assistant sideline referees at this level to help with fouls, offsides and the ball going out. Head referee will explain calls to players when they commit fouls to help players progress.
- Standings are not kept at any level K-6th, to keep the focus on having fun and developing skills.
- Practices will be held once a week on Mondays, Tuesdays or Thursdays and will be one hour in length, including time for a short sports devotion given to the coach.
- ALL players MUST wear shin guards for games. All players are expected to bring their own shin guards, as well as cleats and any other gear they may choose to wear.

*** FINAL NOTE for ALL GRADES ***

For games and practices, when there is HEAVY rain, any lightning or severe weather conditions, the games will be postponed and practices canceled. The League Director will send out an email to parents at least two hours before games/practices if they must be moved/canceled.