

Parish Athletics

2011 Simplified Soccer Rules

Pre-K Divisions

1) **Ball Size: 3. Goals:** White Plastic.

2) **Player's Equipment**

- *Shirt:* Team game shirt
- *Footwear:* Tennis shoes or soft-cleat soccer shoes.
- *Shin guards:* Required

3) **Players on Field**

- *Number of plays per team on the field at one time:* 4. or 5 (coaches agreed before the game; depends on how many kids per team show up).

4) **Referees**

- One coach from each team (**only two coaches on the field at one time**).

5) **Duration of practice / game**

- Practice for 15-35 minutes.
- Game shall be divided into four 6 to 8 minute periods with a short halftime.
- Practice/Game must end within an hour of scheduled start time; ex. starts 9 AM and ends 10 AM.

6) **Kick-off**

- Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
- A goal can not be scored during the initial kick.

7) **Ball in/out of play**

- ***Out of bounds:* Coaches do not kick ball back in bounds when it goes out!**

- *Out of bounds on the side:* Throw in from where the ball went out.
- *Out of defense's end line, last touched by offense:* Goal kick with defense at half field.
- *Out of defense's end line, last touched by defense:* corner kick with defense at least 12 yards away from ball during kick.

8) Throw-ins

- A second throw-in should be allowed if the first throw was not done correctly and after the coach/referee explains the correct way to throw-in.

9) Goal Kicks

- Opponents must stand back at the half field.

10) Free Kicks:

- A goal cannot be scored from indirect kick until a second player touches the ball.
- Kicks can not be taken inside the goalie box.

11) Penalty Kicks

- No penalty kicks

12) Fouls:

- All fouls should result with an indirect free kick with the opponents at least 12 yards away.
- Kicks can not be taken inside the half circle in front of goal.

13) Substituting

- **Only sub in/out after an out-of-bound, a goal kick, a score, or pre-determined time frame (every 5 minutes, etc.)**

14) No Goalies

- Both offensive and defensive players can not enter the half the circle in front of the goal.
- **Do not set a player in front of the goal. Defense must move up and down the field as the ball is moved up and down the field.**

Kindergarten Division

1) **Ball Size:** 3. **Goals:** 6 x 6 metal goals.

2) **Player's Equipment**

- *Footwear:* Tennis shoes or soft cleat soccer shoes.
- *Shin guards:* Required

3) **Players on Field**

- *Number of plays per team on the field at one time:* 4 or 5 (coaches agreed before the game depends on how many kids per team.)

4) **Referees**

- One coach from each team (maximum two coaches on the field at one time).

5) **Duration of game**

- The game shall be divided into four 10-12 minute periods with a short halftime and at least a 2 minute break between periods.
- Game must end within an hour of scheduled start time; ex. start 9 AM and ends 10AM.

6) **Kick-off**

- Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
- A goal can not be scored during the initial kick.

7) **Ball in/out of play**

- ***Out of bounds: Coaches do not kick ball back in bounds when it goes out!***
- *Out of bounds on the side:* Throw in from where the ball went out.
- *Out of defense's end line, last touched by offense:* Goal kick with defense at half-field.
- *Out of defense's end line, last touched by defense:* corner kick with defense at least 12 yards away from ball during kick.

8) Throw-ins

- A second throw should be allowed if the first throw-in was not done correctly and after the coach/referee explains the correct way to throw-in.

9) Goal Kicks

- Opponents must stand back at half field.
- A goal can not be scored directly from the goal kick.

10) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball.
- Kicks can not be taken inside the half circle in front of goal.

11) Penalty Kicks

- No penalty kicks

12) Fouls

- All fouls should result with an indirect free kick with the opponents at least 12 yards away.
- Kicks can not be taken inside the half circle in front of goal.

13) No Goalies

- Both offensive and defensive players can not enter the half the circle in front of the goal.
- **Do not set a player in front of the goal. Defense must move up and down the field as the ball is moved up and down the field.**

14) Substituting

- **Only sub in/out after an out-of-bound, a goal kick, a score, or pre-determined time frame (every 5 minutes, etc.)**

1st Grade (Monarchs) Division

1) **Ball Size:** 3. **Goals:** 6 x 6 metal goals.

2) **Player's Equipment**

- *Footwear:* Tennis shoes or soft-cleat soccer shoes.
- *Shin guards:* Required

3) **Players on Field**

- *Number of plays per team on the field at one time:* 5 (includes goalie).

4) **Referees**

- One parent/coach from each team (two adults on the field at one time).

6) **Duration of game**

- The game shall be divided into four 12 minute periods with a five minute halftime and at least a 2 minute break between periods.
- Game must end within an hour of scheduled start time; ex. start 9 AM and ends 10AM.

7) **Kick-off**

- Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
- A goal can not be scored during the initial kick.

8) **Ball in/out of play**

- *Out of bounds on the side:* Throw in from where the ball went out.
- *Out of defense's end line, last touched by offense:* Goal kick with defense at least 12 yards away from ball during kick.
- *Out of defense's end line, last touched by defense:* corner kick with defense at least 12 yards away from ball during kick.

9) **Throw-ins**

- Incorrect throw-in results in other team getting the ball after the coach/referee explains the correct way to throw-in.

10) Goal Kicks

- a. Opponents must stand back at half field.
- b. A goal can not be scored directly from the goal kick.

11) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball.

12) Penalty Kicks

- No penalty kicks

13) Fouls

- All fouls should result with an indirect free kick with the opponents at least 6 yards away.
- Kicks can not be taken inside the half circle in front of goal.

14) Goalies

- Goalie can kick the ball anywhere on the field, but must be inside the box (penalty area/ goalie box) to touch the ball with their hands.

15) Substituting

- Only sub in/out after an out-of-bound, a goal kick, a score, or pre-determined time frame (every 5 minutes, etc.)

2nd Grade (Cardinals) Division

3) Ball Size: 4. Goals: Round metal 6' x 8'.

4) Player's Equipment

- *Footwear:* Tennis shoes or soft-cleat soccer shoes.
- *Shin guards:* Required

3) Players on Field

- *Number of plays per team on the field at one time: 6 (includes goalie).*

4) Referees

- If no referees are assigned to the game, the one coach from each team on the field at one time. A coach can stand behind the goal to help the goalie.
- If referees are assigned to the game, then coaches have to stay on sideline. A coach can stand behind the goal to help the goalie.

7) Duration of game

- The game shall be divided into four 12 minute periods with a five minute halftime and at least a 2 minute break between periods.
- Game must end within an hour of scheduled start time; ex. start 9 AM and ends 10AM.

7) Kick-off

- Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
- A goal can not be scored during the initial kick.

8) Ball in/out of play

- *Out of bounds on the side:* Throw in from where the ball went out.
- *Out of defense's end line, last touched by offense:* Goal kick with defense at least 12 yards away from ball during kick.
- *Out of defense's end line, last touched by defense:* corner kick with defense at least 12 yards away from ball during kick.

9) Throw-ins

- Incorrect throw-in results in other team getting the ball after the coach/referee explains the correct way to throw-in.

16) Goal Kicks

- a. Opponents must stand back at half field.
- b. A goal can not be scored directly from the goal kick.

17) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball.

18) Penalty Kicks

- No penalty kicks

19) Fouls

- All fouls should result with an indirect free kick with the opponents at least 6 yards away.

20) Goalies

- Goalie can kick the ball anywhere on the field, but must be inside the box (penalty area/ goalie box) to touch the ball with their hands.

21) Substituting

- Only sub in/out after an out-of-bound, a goal kick, a score, or pre-determined time frame (every 5 minutes, etc.)

Bishops Division

5) Ball Size: 4. Goals: Metal 6' x 18'.

6) Player's Equipment

- *Footwear:* Tennis shoes or soft-cleat soccer shoes.
- *Shin guards:* Required

3) Players on Field

- *Number of plays per team on the field at one time:* 6 (includes goalie).

4) Referees

- If no referees are assigned to the game, the one coach from each team on the field at one time). A coach can stand behind the goal to help the goalie.

- If referees are assigned to the game then coaches have to stay on sideline. A coach can stand behind the goal to help the goalie.

8) Duration of game

- The game shall be divided into four 12 minute periods with a five minute halftime and at least a 2 minute break between periods.
- Game must end within an hour of scheduled start time; ex. start 9 AM and ends 10AM.

7) Kick-off

- Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
- A goal can not be scored during the initial kick.

8) Ball in/out of play

- *Out of bounds on the side:* Throw in from where the ball went out.
- *Out of defense's end line, last touched by offense:* Goal kick with defense at least 12 yards away from ball during kick.
- *Out of defense's end line, last touched by defense:* corner kick with defense at least 12 yards away from ball during kick.

9) Throw-ins

- Incorrect throw-in results in other team getting the ball after the coach/referee explains the correct way to throw-in.

22) Goal Kicks

- a. Opponents must stand back at half field.
- b. A goal can not be scored directly from the goal kick.

23) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball.

24) Penalty Kicks

- No penalty kicks

25) Fouls

- All fouls should result with an indirect free kick with the opponents at least 6 yards away.

26) Goalies

- Goalie can kick the ball anywhere on the field, but must be inside the box (penalty area/ goalie box) to touch the ball with their hands.

27) Substituting

- Only sub in/out after an out-of-bound, a goal kick, a score, or pre-determined time frame (every 5 minutes, etc.)

Kings Division

7) Ball Size: 4. Goals: Metal 8' x 24'.

8) Player's Equipment

- *Footwear:* Tennis shoes or soft-cleat soccer shoes.
- *Shin guards:* Required

3) Players on Field

- *Number of plays per team on the field at one time:* 11 (includes goalie).

4) Referees

- If no referees are assigned to the game, the one coach from each team on the field at one time). A coach can stand behind the goal to help the goalie.
- If referees are assigned to the game then coaches have to stay on sideline. One coach can stand behind the goal to help goalie.

9) Duration of game

- The game shall be divided into four 12 minute periods with a five minute halftime and at least a 2 minute break between periods.
- Game must end within an hour of scheduled start time; ex. start 9 AM and ends 10AM.

7) Kick-off

- Opponents must be lined up 12 yards (outside center circle if provided) away from the ball on their own side of the field.
- A goal can not be scored during the initial kick.

8) Ball in/out of play

- *Out of bounds on the side*: Throw in from where the ball went out.
- *Out of defense's end line, last touched by offense*: Goal kick with defense at least 12 yards away from ball during kick.
- *Out of defense's end line, last touched by defense*: corner kick with defense at least 12 yards away from ball during kick.

9) Throw-ins

- Incorrect throw-in results in other team getting the ball after the coach/referee explains the correct way to throw-in.

28) Goal Kicks

- a. Opponents must stand back at half field.
- b. A goal can not be scored directly from the goal kick.

29) Free Kicks

- A goal cannot be scored from indirect kick until a second player touches the ball.
- Kicks can not be taken inside the half circle in front of goal.

30) Penalty Kicks

- No penalty kicks

31) Fouls

- All fouls should result with an indirect free kick with the opponents at least 6 yards away.

32) Goalies

- Goalie can kick the ball anywhere on the field, but must be inside the box (penalty area/ goalie box) to touch the ball with their hands.

33) Substituting

- Only sub in/out after an out-of-bound, a goal kick, a score, or pre-determined time frame (every 5 minutes, etc.)