



Kindergarten & 1st Grade Soccer

Syracuse Soccer Rules & Regulations

All youth must be listed on the official team roster and on file with the Parks and Recreation Department to be eligible players.

Law 1: The Field of Play

- The field of play shall be 25 yards long by 35 yards wide.

Law 2: The Ball

- A size-3 soccer ball will be used.

Law 3: The Number of Players

- Kindergarten: 5 players on the field | Includes goalie | Roster of 8
- 1st Grade: 5 players on the field | Includes goalie | Roster of 8
- Kindergarten Only: One coach is allowed on the field to help players.

Law 4: The Players' Equipment

All players are required to wear:

- Team Jersey
- Shorts
- Shin guards
- Socks and cleats.

Players can't Wear:

- No metal cleats are allowed.
- No (baseball or football) cleats with a spike in the front and center of the cleat are allowed.
- Hard casts or braces must be covered with a thick soft material and be approved by the referee.
- No hard hair control devices may be worn.
- No jewelry shall be worn except religious or medical medals which shall be taped to the body.
 - *If the referee deems a player's equipment unsatisfactory, the player can be sent off until the issue is fixed.*

Law 5: The Referee

- The referee is the authority on the field, and his/her word is law.
- 1 Ref (Solo Officiating System).

Law 6: The Assistant Referees

- No Ref Assistants

Law 7: The Duration of the Match

- 20 Minute halves | 3-minute half-time break | Running Clock | Sub every 5 min.

Law 8: The Start and Restart of Play

- Visiting team captain (team whose name is listed second on the schedule), shall call the coin toss at the beginning of the game. The winner of the coin toss chooses to either defend a goal or to kick off.
- Kick-off occurs at the start of each half, and after each goal scored, and is taken at the center of the halfway line.
- If a team scores a goal, the opposing team is given the kick-off to restart the match.
- The team that is not taking the kickoff must be outside of the center circle when kick off is take

Law 9: The Ball In and Out of Play

- The ball is out of play when it fully crosses either the goal line or the touch line.
- It is also out of play if the referee stops play for any reason.
- If, for any reason, the ball strikes the frame of the goal or the referee and remains within the goal and touch lines, it is still in play.

Law 10: The Method of Scoring

- Score is not Kept | Game may end in a tie.

Law 11: Offside

When an attacking player receives the ball while on his opponent's half, he must be level or behind the second to last defender (the last typically being the goalkeeper). However, this rule only applies if he is involved with the play. There is no offside directly from a Corner-Kick, Throw-in or Goal-Kick.

- **Offsides will not be called in the league.**

Law 12: Fouls and Misconduct

A direct free kick is awarded when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles/SlideTackles an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately

If any of these fouls are committed by a player in their team's penalty area, the opposing team is awarded a penalty kick.

Penalty kick will not be awarded for Little Kicks-2nd. Instead a direct free kick will be awarded.

Indirect free kicks are awarded if a player:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hand
- **Heads the Ball.**

Yellow cards are awarded as a caution or warning to a player:

- Unsporting behavior.
- Persistent infringement of the Laws of the Game.
- Delaying the restart of play.
- Failure to respect the required distance when play is restarted with a corner kick, free kick, or throw-in.
- Entering or re-entering the field of play without the referee's permission.
- Deliberately leaving the field of play without the referee's permission.

Red cards are used to send a player off the field:

- Serious foul play.
- Violent conduct.
- Spitting at an opponent or any other person.
- Denying the opposing team, a goal or an obvious goal-scoring opportunity by deliberately handling the ball (the goalkeeper being an exception)
- Denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
- Using offensive or abusive language and/or gestures.
- Receiving a second caution (yellow card) in the same match.

Law 13: Free Kicks

- Free Kick is broken into two categories, direct and indirect.
- A direct kick can be shot directly into the opponent's goal without touching another player.
- An indirect free kick is indicated by the referee raising his hand during the kick.
 - An indirect kick can only go into the goal if it has subsequently been touched by another player before it enters the goal.
- The ball must be stationary for both types of kicks.

Law 14: The Penalty Kick

- A penalty kick is awarded either when a defensive player fouls an attacking player or commits a handball in his/her team's penalty area.
- **Penalty kick will not be awarded in this league. Instead a direct free kick will be awarded.**

Law 15: The Throw-In

- A throw-in is awarded when the possessing team plays the ball out of bounds over the touchline.
- While taking a throw-in, a player must release the ball with both hands simultaneously and keep both feet firmly planted on the ground.
- If these conditions are not met, Players should be instructed by coach how to correctly throw in.
- **Players are not allowed to score directly off a throw-in.**
- **There is no offside penalty directly from a throw in.**

Law 16: The Goal Kick

- A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line.
- The kick shall be taken inside the goal area. Opposing players must be outside of the penalty box until the ball is in play. The ball is in play once kicked by the taker of the goal kick. The kicker may not touch the ball again until another player touches it. The ball can be played inside of the penalty box.
- **There is no offside penalty directly from a goal kick.**

Law 17: The Corner Kick

- A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over its goal line.
- The ball is placed within the corner area and is kicked back into play by the offensive team.
- **Players can score directly off a corner kick.**
- **There is no offside penalty directly from a Corner-Kick.**

Substitutions:

- Substitution period every 5 minutes. There are 8 Substitution Periods.
- This is the only time each team can sub.
- **Each player needs to play ½ of the game, or 4 substitution periods.**

Player Protection Rule



- Players may cross their arms over their chests/groins to protect themselves as long as they do not propel the ball away.
- Actions that are deemed to be a reflex to protect themselves is not considered handling.

Protests

- Any violation or misinterpretation of a rule (not a judgment call) must be brought to the attention of the site supervisor.
- If the coaches cannot solve the problem on the field, the site supervisor will make a final ruling on the play in question.
- Any player, coach, or spectator ejected from a game must schedule an appointment with the Recreation Department before the next game in order to participate in the program.
- Any person ejected must leave the field.

Field Conditions

- It is the responsibility of the field supervisor to determine whether the conditions are safe. He/She may call the game.
- In the event a game must be suspended because of conditions which make it impossible to continue play, the site supervisor shall declare it an official game if one complete half or more of the game has been played.
- If less than one-half of the game has been played, the game may be rescheduled from the start, or restarted from the suspension of play according to the Syracuse Parks and Recreation Department.

Playing time

- All players must play a minimum of ½ of the game.

Goalkeeper

- **There must be a different goalkeeper for each quarter (after each substitution).**
- The goalkeeper has six seconds to release the ball.
- They may take as many steps as they want.
- The goalkeeper may not leave the penalty area while holding the ball in their hands.
- The goalkeeper may not receive a pass directly from a teammate and pick it up.
- They cannot receive the ball in their hands directly from a thrown-in by their teammate.
- They may not be charged when they have control of the ball, this means having at least one hand on the ball.
- They may not strike an opponent with the ball by throwing or kicking.
- They may not pick the ball again, after they've released it, until their own player outside the penalty area or an opponent anywhere on the field, touches it.

Goal Size

- The goals shall be 5' high by 10' wide.

Time-Outs

- Each team will have 1- 60 second time out per half, timeouts do not carry over. Time outs can only be called by the offensive team during a dead ball by the head coach.

Forfeits:

- A 5-minute grace period is given beyond game start time. A forfeit will occur if a team is not ready beyond 5-minutes of start time.
- If forfeit occurs, we will divide up players from both teams and have a scrimmage game.