

Arlington Recreation Rules

What's in this document:

1. Summary of numbers on the field and how long games are.
2. Detailed rules of each age group.

Summary of Age Groups

1. **U5** –
 - 3 v 3 Coed (NO Goalies)
 - Four 8 minute quarters with 3 minute breaks
 - No referees – game is supervised by coaches
2. **U6** -
 - 4 v 4 Coed (NO Goalies)
 - Four 8 minute quarters with 3 minute breaks
 - No referees – game is supervised by coaches
 - Coaches may add time due to delay for injury or slow substitutions
3. **U8 Boys** -
 - 4 v 4 Gender Specific (NO Goalies)
 - Four 10 minute quarters with 3 minute breaks
 - Referee may add time due to delay for injury or slow substitutions
4. **U8 Girls** -
 - 4 v 4 Gender Specific (NO Goalies)
 - Four 10 minute quarters with 3 minute breaks
 - Referee may add time due to delay for injury or slow substitutions
5. **U10 Boys** -
 - 7 vs 7 Gender Specific (6 field Players plus a Goalie)
 - 25 minute halves with 5 minute half time
 - Referee may add time due to delay for injury or slow substitutions
6. **U10 Girls** -
 - 7 vs 7 Gender Specific (6 field players plus a goalie)
 - 25 minute halves with 5 minute half time
 - Referee may add time due to delay for injury or slow substitutions

Detailed Rules and Regulations for each age Group

U5 SOCCER PROGRAM (3 v 3 CO-ED) size 3 ball

The Arlington U5 program introduces the game of soccer to children, ages 3 ½ to 4 years old, their parents and coaches. Arlington provides basic soccer instruction in a family oriented atmosphere with a strong emphasis on participation and fun.

SEASON:

The U5 program offers in-house league play during fall and spring seasons. Each league season consists of a 6-7 game schedule with the goal of playing at least 5 games. Games due to inclement weather may not be rescheduled depending upon field availability.

RULES:

Exceptions to regular soccer rules for this program include:

- No Offside
- No Referee
- All kicks are Indirect Free Kicks
- Goal Kicks are taken from the Goal Line
- No corner kicks – goal kicks only
- No throw-ins - we do pass-ins (kick-ins) instead
- No standings are kept
- No players' cards are issued
- DO NOT switch sides at half

PRACTICES:

Practices are held once a week after school (5:30pm – 7:30pm) Monday through Friday for a recommended time of 45 minutes to 1 hour. Practices begin 2 – 4 weeks before the start of the first game and continue throughout the season

GAMES:

Game is allotted 1 hour.

Scheduled games are held:

- Saturdays (8:30am – 1:00pm)
- Occasional week night game (5:30pm – 7:30pm)

Typical Season:

- FALL: August – November
- SPRING: March – May

- Teams are coed and will play 3 v 3 with no goalkeepers on a 25 x 15 yard field.
- There will be four 8-minute quarters with 3 minute breaks.
- There are no goalies.
- All players should take an active part in game play. Each player should be allowed a minimum of 50% playing time each game.
- Substitutions should take place approximately every 4 minutes or as needed based on the players, giving everyone as many touches on the ball as possible. Teams do not have to be in possession of the ball to substitute.
- The coach (adult) is the referee. Both coaches should be on the field directing and refereeing. Only **ONE** coach per team on the field for games.
- Designate one volunteer parent “timekeeper” to keep time for each of the games.
- Teams DO NOT switch sides at halftime.

START OF PLAY

Play is started from the center of the field when a player kicks the ball in a forward direction. The kicker cannot play the ball a second time until it has been touched or played by another player. Every player must be in his/her own half of the field and opponents should be at least three yards away from the ball until it has been kicked-off. The ball is “in play” when it has been touched. After a goal has been scored, the game is re-started by a player from the non-scoring team. Any infringement of kick-off rules will result in a re-play of the kick-off and an explanation to the offending player. You cannot score directly from a kick off (ball must be 100% over the mid-line to be considered on the offensive half of the field). The kickoff is an indirect kick.

BALL IN AND OUT OF PLAY

The ball is out of play:

When the whole ball has crossed the goal line, whether on the ground or in the air;

METHODS OF SCORING

A goal is scored when the whole ball crosses the goal line, between the goal posts, and under the cross bar.

OFFSIDE

There will be no offside calls during the game.

FOULS AND MISCONDUCT

At this age group these include:

- Intentional use of the hands to gain advantage – whether handling the ball or shoving another player out of the way.
- Intentional tripping: Remember that unintentional tripping may occur when young children play a game using their feet to control the ball.

FREE KICKS

All kicks (kick-offs, goal kicks, corner kicks) are INDIRECT, meaning a goal cannot be scored until the ball has been played or touched by a second player of either team. The kicker cannot play

the ball a second time until it has been touched or played by another player. Opponents must be at least three yards away from the ball on all restarts.

PENALTY KICKS

No penalty kicks exist for this playing format. There are NO DIRECT KICKS.

PASS-INS (kick-ins)

Pass-ins are used in lieu of throw-ins in this age group. A pass-in is awarded when the whole ball passes over the touchline either on the ground or in the air. The opponents of the player who last touched the ball pass in the ball back from the point where it crossed the touchline. Opponents must be at least three yards away from the ball on all restarts. The ball shall be kicked into play from the sideline, rather than thrown in. The ball is considered in play when the ball is touched and changes position. This is an indirect kick, and a goal cannot be scored from a kick in.

GOAL KICK

When the attacking or defending team plays the ball over the goal line, either on the ground or in the air and a goal is not scored, the defending team is awarded a goal kick. Goal kicks at this level are taken anywhere along the goal line. Opponents must be at least three yards away from the ball on all restarts. GOAL KICKS are used in lieu of CORNER KICKS in this age group.

ZERO TOLERANCE

Game rules are implemented according to FIFA Rules of Play. Arlington Soccer maintains zero tolerance with regard to any negative behavior or speech toward any field official or coach. This will be enforced, and may result in removal of the offending parties from the field or suspension of the game. Questions and additional clarification for game rules may be sought from the coach, or field official prior to, or following the completion of the game.

The small-sided soccer concept is designed with the players in mind. Kids should have fun, while learning the skills involved in handling the ball, and learning teamwork. The focus is not on game results, but game experience. For this reason, scores are not kept and zero tolerance is enforced. Parents, fans, players, coaches and referees are expected to exhibit good sportsmanship at all times. These children look to you for reactions. Make them positive!!!

U6 PROGRAM

(4 v 4)- Coed Size 3 ball

Arlington Soccer's U6 program is a program that continues to build upon the basics of soccer. The intent is to focus on the five areas of dribbling, shooting, passing, receiving and juggling.

SEASON:

The U6 program offers in-house league play during fall and spring seasons. Each league season consists of a 9 game schedule spanning 3 months with the goal of playing at least 7 games. Games due to inclement weather may not be rescheduled depending upon field availability.

RULES:

Exceptions to regular soccer rules for this program include:

- * No Offside
- * No Referee
- * All kicks are Indirect Free Kicks
- * Goal Kicks are taken from the Goal Line
- * No corner kicks – goal kicks only
- * No throw-ins - we do pass-ins(kick-ins) instead
- * No standings are kept
- * No players' cards are issued

PRACTICES:

Practices are held once a week after school (5:30pm – 7:30pm) Monday through Friday for a recommended time of 45 minutes to 1 hour.

Practices begin 2 weeks before the start of the first game and continue throughout the season.

GAMES:

Games are allotted a 1-hour time slot.

Scheduled games are held:

- Saturdays (8:30am – 1pm)
- Occasional week night game (5:30pm – 7:30pm)

Typical season:

- FALL: August – November
- SPRING: March - May
- Teams are COED and will play 4 v 4 (NO GOALIES) on a 30 x 20 yard field.
- There will be four 8-minute quarters with a continuous running clock and breaks of 3 minutes. Coaches may add time if there is too much time between substitutions or an injury. Teams must change directions at halftime. The refs will signal start and stoppage of each half.
- Substitutions should take place approximately every 4-8 minutes or as needed based on the players, giving everyone as many touches on the

ball as possible. Substitutions are allowed at any stoppage of play. Your team does not have to be in possession. Examples: pass-ins, goal kicks, re-start of play following a goal.

- Designate one volunteer parent “timekeeper” to keep times for each game.
- The coach (adult) is the referee. Both coaches should be on the fields directing and refereeing. Only **ONE** coach per team on the field for games.
- Teams **MUST** change directions and switch sides at halftime. The coaches will signal start and stoppage of each quarter.
- All players should take an active part in game play. Each player should be allowed a minimum of 50% playing time during each game.

START OF PLAY

A player kicking the ball in a forward direction starts play from the center of the field. The kicker cannot play the ball a second time until it has been touched or played by another player. Every player must be in his/her own half of the field and opponents shall be at least five yards away (outside the center circle) from the ball until it has been kicked-off. The ball is “in play” when it has been touched. After a goal has been scored, the game is re-started by a player from the non-scoring team. Any infringement of kick-off rules will result in a re-play of the kick-off and an explanation by the coaches to the offending player. You cannot score directly from a kick off (ball must be 100% over the mid-line to be considered on the offensive half of the field). The kickoff is an indirect kick.

BALL IN AND OUT OF PLAY

The ball is out of play:

When the whole ball has crossed the goal line, whether on the ground or in the air;

When the Coach has stopped the game;

The ball is in play at all other times from the start to the finish of the match.

METHODS OF SCORING

A goal is scored when the whole ball crosses the goal line, between the goal posts, and under the crossbar.

FREE KICKS

All kicks (kick-offs, goal kicks, corner kicks) are **INDIRECT**, meaning a goal cannot be scored until the ball has been played or touched by a second player of either team. The kicker cannot play the ball a second time until it has been touched or played by another player.

On all restarts opponents must be at least five yards away from the ball.

PENALTY KICKS

No penalty kicks exist for this playing format. There are NO DIRECT KICKS.

PASS-INS (KICK-INS)

A pass-in (in lieu of a throw-in) is awarded when the whole ball passes over the touchline either on the ground or in the air. The opponents of the player who last touched the ball throw in the ball back from the point where it crossed the touchline. Opponents must be at least three yards away from the ball on all restarts. The ball shall be kicked into play from the sideline, rather than

thrown in. The ball is considered in play when the ball is touched and changes position. This is an indirect kick, and a goal cannot be scored from a kick in.

GOAL KICK

When the attacking team plays the ball over the goal line, either on the ground or in the air and a goal is not scored, the defending team is awarded a goal kick. The ball is kicked back into play from any point within the goal area by a player on the defending team...the top of the box is good. Opponents must be at least five yards away from the ball on kicks.

NO CORNER KICKS

When the defending team plays the ball over the goal line, either on the ground or in the air and a goal is not scored, the attacking team is awarded a goal kick in lieu of a corner kick. The ball is placed on the goal line and kicked back into play by the attacking team. Opponents must be at least 5 yards away from the ball on kicks.

ZERO TOLERANCE

Game rules are implemented according to FIFA Rules of Play. The Arlington Soccer maintains zero tolerance with regard to any negative behavior or speech toward the referee. This will be enforced, and may result in removal of the offending parties from the field or suspension of the game. Questions and additional clarification for game rules may be sought from the coach, referee, or field marshal prior to, or following the completion of the game. The small-sided soccer concept is designed with the players in mind. Kids should have fun, while learning the skills involved in handling the ball, and learning teamwork. The focus is not on game results, but game experience. For this reason, scores are not kept and zero tolerance is enforced. Parents, fans, players, coaches and referees are expected to exhibit good sportsmanship at all times.

U8 BOYS AND GIRLS PROGRAM (4 v 4)—Gender Specific, Size 3 Ball

Arlington Soccer's U8 program is a gender specific program that continues to build upon the basics of soccer. The intent is to focus on the five areas of dribbling, shooting, passing, receiving and juggling. Coaches are to start introducing/teaching off-sides* but referees will not be calling off-sides in games.

SEASON:

The U8 program offers in-house league play during fall and spring seasons. Each league season consists of a 9 game schedule spanning 3 months with the goal of playing at least 7 games. Games due to inclement weather may not be rescheduled depending upon field availability.

RULES:

Exceptions to regular soccer rules for this program include:

- Introducing off- sides by coaches - just introducing the concept
- Referee (Coaches start introducing off-sides and Referee will call off-sides if obvious)
- All kicks are indirect free kicks
- Goal Kicks are taken from goal line.
- No standings are kept
- No players' cards are issued
- No throw ins – pass ins (kick-ins) instead

PRACTICES:

Practices are held once a week after school (5:30pm – 7:30pm) Monday through Friday for a recommended time of 1 hour.

Practices begin 2 weeks before the start of the first game and continue throughout the season.

GAMES:

Games are allotted a 1-hour time slot.

Scheduled games are held:

- Saturdays (8:30am – 12pm)
- Occasional week night game (5:30pm – 7:30pm)

Typical season:

- FALL: September–November
- SPRING: March-May
- There will be four 10-minute periods with a continuous running clock and breaks of 3 minutes. Coaches may add time if there is too much time between substitutions or an injury. Teams must change directions at halftime. The refs will signal start and stoppage of each quarter.
- Substitutions should take place approximately every 5-10 minutes or as needed based on the players, giving everyone as many touches on the

ball as possible. Substitutions are allowed at any stoppage of play. Your team does not have to be in possession. Examples: pass-ins, goal kicks, re-start of play following a goal.

All players should take an active part in game play. Each player should be allowed a minimum of 50% playing time during each game.

- Teams are formed by gender and will play 4 v 4 with no goalkeepers on a minimum 30 x 20 yard field.

START OF PLAY

A player kicking the ball in a forward direction starts play from the center of the field. The kicker cannot play the ball a second time until it has been touched or played by another player. Every player must be in his/her own half of the field and opponents shall be at least five yards away (outside the center circle) from the ball until it has been kicked-off. The ball is "in play" when it has been touched. After a goal has been scored, the game is re-started by a player from the non-scoring team. Any infringement of kick-off rules will result in a re-play of the kick-off and an explanation by the referee to the offending player. You cannot score directly from a kick off (ball must be 100% over the mid-line to be considered on the offensive half of the field). The kickoff is an indirect kick.

BALL IN AND OUT OF PLAY

The ball is out of play:

When the whole ball has crossed the goal line, whether on the ground or in the air;

When the Referee has stopped the game;

The ball is in play at all other times from the start to the finish of the match.

METHODS OF SCORING

A goal is scored when the whole ball crosses the goal line, between the goal posts, and under the crossbar.

OFFSIDE OFFENSE*

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the coaches, involved in active play by:

Interfering with play - JUST TRY and explain to the children how to stay on sides or close to it.

NO OFFSIDE OFFENSE*

There is no offside offense if a player receives the ball directly from:

A goal kick; A pass-in (kick-in); A corner kick.

For any offside offense, the referee awards an indirect free kick to the opposing team. The kick is taken from the place where the infringement occurred. Only call this if the player is CLEARLY off-sides and explain to them what they need to do on the sideline while resting or after the game.

This is a difficult thing to learn. We are just introducing it.

FREE KICKS

All kicks (kick-offs, goal kicks, corner kicks) are INDIRECT, meaning a goal cannot be scored until the ball has been played or touched by a second player of either team. The kicker cannot play the ball a second time until it has been touched or played by another player.

On all restarts opponents must be at least five yards away from the ball.

PENALTY KICKS

No penalty kicks exist for this playing format. There are NO DIRECT KICKS.

PASS-IN (KICK-IN)

A pass-in is awarded when the whole ball passes over the touchline either on the ground or in the air. The opponents of the player who last touched the ball pass in the ball back from the point where it crossed the touchline. Opponents must be at least five yards away from the ball on all restarts. The ball shall be kicked into play from the sideline, rather than thrown in. The ball is considered in play when the ball is touched and changes position. This is an indirect kick, and a goal cannot be scored from a kick in.

GOAL KICK

When the attacking team plays the ball over the goal line, either on the ground or in the air and a goal is not scored, the defending team is awarded a goal kick. The ball is kicked back into play from the top of the 6-yard box inside the penalty box. Opponents must be at least five yards away from the ball on kicks.

CORNER KICKS

When the defending team plays the ball over the goal line, either on the ground or in the air and a goal is not scored, the attacking team is awarded a corner kick. The ball is placed inside the arc at the nearest corner flag and is kicked back into play by a member of the attacking team. Opponents must be at least five yards away from the ball on kicks.

ZERO TOLERANCE

Game rules are implemented according to FIFA Rules of Play. The Arlington Soccer maintains zero tolerance with regard to any negative behavior or speech toward the referee. This will be enforced, and may result in removal of the offending parties from the field or suspension of the game. Questions and additional clarification for game rules may be sought from the coach, referee, or field marshal prior to, or following the completion of the game. The small-sided soccer concept is designed with the players in mind. Kids should have fun, while learning the skills involved in handling the ball, and learning teamwork. The focus is not on game results, but game experience. For this reason, scores are not kept and zero tolerance is enforced. Parents, fans, players, coaches and referees are expected to exhibit good sportsmanship at all times.

U10 BOYS AND GIRLS PROGRAM (7 v 7) – Gender Specific Size 4 Ball

Arlington Soccer's U10 Girls and Boys Program are gender specific programs that continue to build upon the basics of soccer. The intent is to focus on the five areas of dribbling, shooting, passing, receiving and juggling. Coaches are to continue teaching off-sides and to further develop the position of goalkeeper.

SEASON:

The U10 Boys and Girls offer in-house league play during fall and spring seasons. Each league season consists of a nine game schedule spanning three months with the goal of playing at least seven games. Games due to inclement weather may not be rescheduled depending upon field availability.

RULES:

Exceptions to regular soccer rules for this program include:

- Referee (Coaches start introducing off-sides and Referee will call off-sides if obvious)
- All kicks are indirect free kicks
- Goal Kicks are taken from the top of the 6 yard box inside the penalty box
- No standings are kept
- No players' cards are issued

PRACTICES:

Practices are held once or twice a week after school (5:30pm – 8:30pm) Monday through Friday for a recommended time of 60-75 minutes. Practices begin 2 – 4 weeks before the start of the first game and continue throughout the season.

GAMES:

Games are allotted a 1-hour time slot.

Scheduled games are held:

- Saturdays (8:30am – 6pm)
- Occasional week nights (5:00pm – 8:00pm)

Typical season:

- FALL: August – November
- SPRING: March - May
- Teams are formed by gender and will play 7 v 7 with goalkeepers (6 players plus a goalkeeper) on a minimum 47 x 30 yard field.
- There will be two 25-minute halves with a continuous running clock and a halftime of 5 minutes. Referees may add time if there is too much time between substitutions or an injury. Teams must change directions at halftime. The coaches will signal start and stoppage of each half.
- All players, with each player having the opportunity to play in the goal if the child is willing, should experience the Goalkeeper position. If there is a

child that wants to play GK more then it is fine to encourage them to play more, this is a specialized position and player must want to do it. Goalkeepers must wear a contrasting jersey, (scrimmage vests are fine). Goalkeepers may only use their hands in the marked goal area, once outside the area; the goalkeeper becomes a field player.

- All players should take an active part in game play. Each player should be allowed a minimum of 50% playing time during each half.
- Substitutions should take place approximately every 5-10 minutes or as needed based on the players, giving everyone as many touches on the ball as possible. Substitutions are allowed at any stoppage of play. Your team does not have to be in possession. Examples: throw-ins, goal kicks, re-start of play following a goal.

START OF PLAY

A player kicking the ball in a forward direction starts play from the center of the field. The kicker cannot play the ball a second time until it has been touched or played by another player. Every player must be in his/her own half of the field and opponents shall be at least five yards away (outside the center circle) from the ball until it has been kicked-off. The ball is "in play" when it has been touched. After a goal has been scored, the game is re-started by a player from the non-scoring team. Any infringement of kick-off rules will result in a re-play of the kick-off and an explanation by the referee to the offending player.

BALL IN AND OUT OF PLAY

The ball is out of play:

When the whole ball has crossed the goal line, whether on the ground or in the air;

When the Referee has stopped the game; the ball is in play at all other times from the start to the finish of the match.

METHODS OF SCORING

A goal is scored when the whole ball crosses the goal line, between the goal posts, and under the crossbar.

OFFSIDE

A player is not in an offside position if: He is in his own half of the field of play or;

He is level with the second to last opponent or; he is level with the last two opponents (Goalkeeper is considered an opponent).

OFFSIDE OFFENSE

A player in an offside position is only penalized if, at the moment the ball touches or is played by a teammate, he is, in the opinion of the coaches, involved in active play by:

Interfering with play; JUST TRY and explain to the children how to stay on sides or close to it.

NO OFFSIDE OFFENSE

There is no offside offense if a player receives the ball directly from: A goal kick, a throw-in, a corner kick. For any offside offense, the referee awards an indirect free kick to the opposing team. The kick is taken from the place where the infringement occurred. Only call this if the player is CLEARLY off-sides and explain to them what they need to do on the sideline while resting or after the game. This is a difficult thing to learn. We are just introducing it.

FREE KICKS

All kicks (kick-offs, goal kicks, corner kicks) are INDIRECT, meaning a goal cannot be scored until the ball has been played or touched by a second player of either team. The kicker cannot play the ball a second time until it has been touched or played by another player. On all restarts opponents must be at least five yards away from the ball.

PENALTY KICKS

No penalty kicks exist for this playing format. There are NO DIRECT KICKS.

THROW-INS

A throw-in is awarded when the whole ball passes over the touchline either on the ground or in the air. The opponents of the player who last touched the ball throw in the ball back from the point where it crossed the touchline. A second throw-in is allowed if the player commits a foul on the initial attempt. The referee/coach will explain the proper method before allowing the player a second chance to throw the ball into play. Any subsequent fouls will award the throw-in to the opponent. Opponents must be at least five yards away from the ball on all restarts.

GOAL KICKS

When the attacking team plays the ball over the goal line, either on the ground or in the air and a goal is not scored, the defending team is awarded a goal kick. The ball is kicked back into play from the top of the 6-yard box inside the penalty box. Opponents must be at least five yards away from the ball on kicks.

CORNER KICKS

When the defending team plays the ball over the goal line, either on the ground or in the air and a goal is not scored, the attacking team is awarded a corner kick. The ball is placed inside the arc at the nearest corner flag and is kicked back into play by a member of the attacking team. Opponents must be at least five yards away from the ball on kicks.

ZERO TOLERANCE

Game rules are implemented according to FIFA Rules of Play. The Arlington Soccer maintains zero tolerance with regard to any negative behavior or speech toward the referee. This will be enforced, and may result in removal of the offending parties from the field or suspension of the game. Questions and additional clarification for game rules may be sought from the coach, referee, or field marshal prior to, or following the completion of the game. The small-sided soccer concept is designed with the players in mind. Kids should have fun, while learning the skills involved in handling the ball, and learning teamwork. The focus is not on game results, but game experience. For this reason, scores are not kept and zero tolerance is enforced.

Parents, fans, players, coaches and referees are expected to exhibit good sportsmanship at all times.