



1st/2nd Grade Soccer Rules & Game Format 2025

A coach's job is to provide a safe, fun, confidence-building, positive environment.

Therefore, these are your goals:

- 1) We will not compete at the expense of others.
- 2) We will develop your player's soccer skills by cultivating confidence, striving for a positive attitude and maximum effort whether winning or losing.
- 3) We will leave the season as better players and coaches!

Practice Structure

- **Practice is one hour from 6-7pm.** Have a plan for what you want to accomplish each day in practice. Look over your Take-a-knee!
- **Arrive 10-15 minutes early to get your equipment and to be ready to greet players and families.** Please notify your co-coach if you will be late. If you need to be gone, please find a parent to sub for you. All teams should have 2 adults always present. Parents for this age are recommended to stay if possible.
- **Equipment will be in a storage unit near the practice fields-** yellow bags of size 3 balls, cones, & first aid bag.
- **Greet the children by name, nametags provided for the first 2 practices.** Learning your player's names is a great way to earn their trust and show them that you care about them.
- **Return your equipment to your designated storage unit after practice.** Make sure your bag contains the same number of items when you return the bag as it did at the beginning of practice. Clean up your practice field, please.
- **Players are required to wear shin guards by 2nd practice.**
- **Restrooms are available in "The Hub"**
- **One coach needs to stay until all players have been picked up,** parents are encouraged to stay. Players are only released to parent or parent's designee.
- **A typical practice should include:**
 - Stretching (5 minutes) – It is a time to get to know the players while not putting them on the spot. Ask about school that day, how their summer is going, etc. This is about building relationships.
 - Dribbling Activities (10-15 minutes)
 - Passing Activities (10-15 minutes)
 - Take a Knee (10 minutes) character/lesson/distribute ribbon
 - Shooting Activities (10-15 minutes)
 - Game Practice (10-15 minutes) – rules, scrimmage, positions
 - Always end with something fun!

1st/2nd Grade Divisions

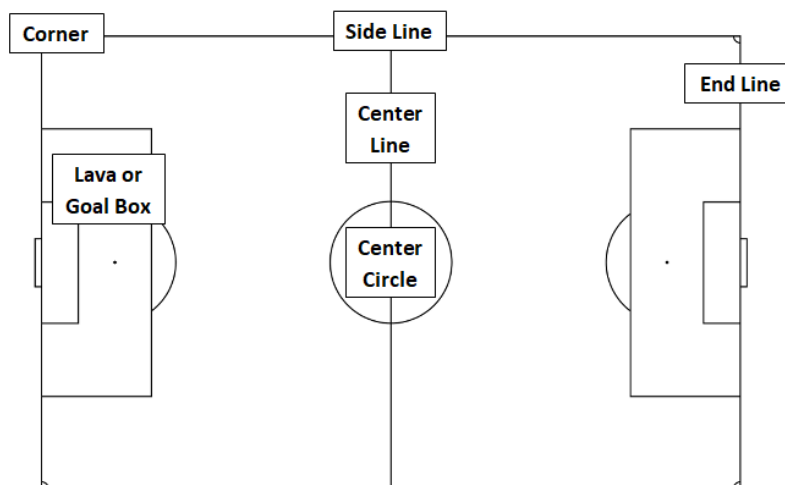
Gender Specific

Field Size: 80' x 120'

Goal Size: 6' x 2'

Size 3 Ball

4 v 4; No Goalie



Field: Rectangular field with following components:

- Center Circle – where game play starts at the beginning of each period or after a goal
- End Lines – the two lines on the goal side of the field
- Side Lines – the two lines on the non-goal side of the field
- Half Box (Lava) – area in front of the goal where no players may enter- this is the “Goalie.”

Game Day Structure

- **Please arrive 15 minutes early to your game** and head to your field as soon as the previous teams have cleared the benches.
- We will provide a **size 3 game ball**.
- Each team is assigned a country name and will have a flag from that country displayed along the fence.
- **At the beginning of each game, players and coaches will be announced from the bench.** After their name is announced, they should run to the center of the field.
- All players must be wearing shin guards and their jerseys for all games.
- **The National Anthem will be played at all games.** Please line up your team and encourage them to stand respectfully during this time.
- **Player substitution forms are provided to you for games.** Rank your players by ability level and use the form specific to the game day and number of children on your team. Using these forms is very important and is vital to ensuring an even matchup on the field. Please see Nate, James, or Marissa if you would like further training on this.
- **Coaches are to substitute players quickly at the end of each period.** Music will play over the sound system (30 sec), when the music ends, the next period has started.
- **If a team does not have enough players to fill a team for their game, they may use a registered player from another team** in the same division or a younger one.
- **One coach from each team may be out on the field to “referee” the games.** A pleasant attitude and knowledge of these rules is the only requirement for a referee so each of you will do just fine. These are teaching moments!

- Players should be honest when balls go out of bounds or a foul is committed, but they should also play until the whistle blows.
- **One coach should be paying particular attention to the players on the field and making positive notes as to what they do throughout the game.** This will come in handy for your after-game huddle.
- **Players should exhibit good sportsmanship.** Celebrating a goal or defensive play is encouraged, but not at the expense of an opposing player. No taunting the other team in any situation either from the field or from the bench will be tolerated.
- **There are no time-outs** except for injuries. The game clock runs for all 6 fields.
- After the game, players and coaches will line up and congratulate all opposing players after the game is complete.
- **Huddle time!** Gather your players and your parents and lead them to a side location off the field. Look & speak directly to each child –to tell what they did well. Assign an award to each child. Each child should receive a different game day award each week.

Game Play Rules

1. Starting the Game

- A) 1-2 players from the offensive team will line up on the center line inside the circle. All other players will stand outside of the center circle on their side of the field.
- B) After the whistle, the offensive team will start the game by passing the ball to another player on their team. The player who initiates the pass cannot touch the ball again until another player has touched it.
- C) The defensive team may enter the circle as soon as the ball is touched by the second player.

2. Ball Out of Bounds

The Ball is not out until the entire ball has crossed the entire line. (Not American football's 'Breaking the Plane'). Listen for the whistle to stop play.

- a) A player can be out of bounds and in contact with the ball as long as the ball is in bounds.
- A) When a ball goes out of bounds, it is out on the player who touched it last and is given to the other team to put back into play.
 - a) If the ball goes out over the sideline, it will result in a throw-in.
 - 1. Player must have both feet on or behind the line and throw the ball with two hands over the head keeping both feet on the ground.
 - a. If the player lifts a foot before releasing the ball, the other team will take possession and conduct a throw-in.
 - b) If the ball goes out over the end line:
 - 1. If the offensive team kicks the ball out over the defensive team's end line, it results in a goal kick.

- b. The ball is placed on the end line outside of the lava and kicked into play while the defensive team lines up at the center line.
- c. Once the ball is put into play, they can cross the center line.
- 2. If the defensive team kicks the ball out over their own end line it results in a corner kick.
 - d. The ball is placed in the quarter circle where the end line and sideline meet.
 - e. The offensive team kicks the ball into play.

3. Scoring a Goal

A goal results when the entire ball has crossed the entire goal line between the goal posts.

- A) A goal **cannot** be scored on a throw-in or goal kick. The ball must touch another player from either team before going into the net to be counted as a goal.
- B) A goal **can** be scored directly on a corner kick.
- C) Goals must be kicked from the offensive side of the field. If a ball is kicked on the defensive side of the center line and does not touch anyone on the offensive side of the center line and the ball enters the goal, the goal is not allowed, and a goal kick will occur.
- D) Goalies are not permitted until the advanced divisions (3rd/4th and 5th-8th Grade)
 - a) All players of the offense must make a timely effort to reach the center field line when on offense.
 - 1. Any player who consistently positions themselves on the defensive side of the field, when their team is on offense, is acting as a goalie and not allowed. Officials must use proper discretion on this- what is their intention? Infractions after a warning to the same player will result in a penalty kick approximately 15 feet from the front of the goal.

4. The 'Lava'

The Lava is the goalie. Respond to the ball/players interactions with this area as if it were a goalie standing there.

- A) A ball that stops inside the arch in front of the goal (lava) is a dead ball resulting in a goal kick on that end of the field.
 - a) Why? If the lava were a goalie and the ball stopped in front of them, they would pick it up to throw/kick it back in. A player cannot run into the goalie or kick the ball out of the goalie's hands.
- B) If a ball is touched inside the lava area by the defense, the offense will be awarded a penalty kick 15 feet out.
 - a) Why? If the lava were a goalie, another player cannot play the goalie position at the same time.
- C) If the ball is kicked into the lava by the defensive team and stops short of the goal line, the offense will be awarded a corner kick.
 - a) If the lava were a goalie, a defensive player cannot intentionally kick the ball to their own goalie.

- D) If the ball is touched in the lava area by the offense, a goal kick will be awarded.
 - a) Why? If the lava were a goalie, they would be attempting to block kicks into the goal. This is how our non-animated goalie (the lava) “blocks” goals. Goals must be kicked from outside the lava arch.
- E) A Ball entering and then exiting the lava area without being touched by either team is considered a live ball, if it stays inbounds.
 - a) Why? If the lava were a goalie and the ball rolled past them, it would still be in play.

5. Free Kicks

- A) The ball is given to the other team to be put in play
 - a) Free kicks result from stops in play for fouls, injuries, or other reasons deemed by the refereeing coaches.
 - b) The opposing team will provide a minimum of 10 feet of space for the kicking team to put the ball in play.
 - c) Free kicks cannot be kicked directly into the goal, it must touch another player from either team first (indirect kicks)
- B) Fouls resulting in free kicks:
 - a) **Tripping, slide tackles, pushing, shoving, holding**
 - 1. Any fighting, hitting, intentional tripping, taunting, or bad language will result in the player being sent to the bench for at least one period at the ref/coach’s discretion.
 - 2. **There are no headers or slide tackles allow at any age.**
 - b) **Hand balls-** any intentional play of the ball with any part of the arm from the shoulder to fingertips
 - 1. A player who raises their arms to protect themselves and gains no advantage will not be assessed a hand ball foul.
 - 2. If the defending team handles the ball inside the lava arch, it is a penalty kick.
 - c) **A player on the ground kicking the ball.**
 - d) **In the event of an injury,** the refereeing coaches should stop play and assess the situation and call the coach over to talk to the player.
 - 1. The ball should be given to the team that had possession at the time the referee blew the whistle.

A player putting the ball into play (in any instance) cannot touch the ball until another player on the field (either team) has touched the ball