



2020 Soccer Rules

5U & 7U Rules

1. 5U will play **4v4** and 7U will be **5v5**
2. 5U will play four 8 minute quarters. 7U will play four 10 min quarters. Both groups are awarded 3 minute halves depending on Referee's discretion and team readiness.
3. Shin guards & closed toe shoes (rubber soled, no metal) are to be worn at all times.
4. No jewelry or wrist attire.
5. **No Goalkeepers.** Teams are not allowed to stand or defend inside of the goal box. If a player touches/blocks a ball in the goal box then the attacking team is awarded an indirect kick outside of the goal box. Players may try to attack the ball before it crosses into the goal box. The only way that a defender can enter the goal box is to stop an attacker who has already dribbled into or is right about to enter into the goal box. Attackers/Offense can enter the box to score. However, you want them to attempt to score just outside of the box. Must be passed the build-out line before scoring.
6. **Last Defenders.** Last defenders are only allowed to stand on or behind the build-out line. They are not allowed to stand on the goal box line.
7. Begin each quarter with a **kick-off** in the center circle. Players may stand wherever they want on their halves of the field. They are not required to stand on the build-out line.
8. **The Build Out Line** (dashed line) will be used to move kids behind line when goal kick is in effect. The opposing team cannot cross the line until the pass-in touches a teammate. If the opposing team touches the ball, then the attacking team will restart the kick. Player performing goal kick will perform kick on goal line and is allowed 3 attempts. If struggling to get ball over the line, the coach can decide to swap players but must give the player at least 2 attempts. If the player does not cross the line on the 3rd attempt, then an indirect will be given to the opposing team. Total attempted kicks does not include restarts from opposing team touching the ball before the defending team.
9. **Corner and goal kicks are utilized.** All players (other than the kicker) must remain behind the build-out line on all goal kicks and will follow build-out line procedures during all goal kicks. Players can stand anywhere outside of the goal box line during corner kicks.
10. No changing sides during game.
11. **Throw-ins.** If an illegal throw-in is performed, the referee/coach will instruct the player on the error and give the player another chance to throw the ball in. If a second illegal throw-in is performed, possession of the ball will be given to the opposing team.
12. Opponents must be at least 2 feet from the point on the touchline where a throw-in is to be taken.

- 13. Handballs.** If a player intentionally uses hands to gain advantage, a foul is called. If not intentional (i.e. covering face to prevent getting hit), continue with play.
- 14. No PK's or direct kicks.** Use indirect kicks only, regardless of the foul and location.
- 15. No offside penalties.**
- 16. Goals can only be scored from the offensive half of the field** and passed the opposing team's build-out line. A goal scored from your own (defensive) half will result in a free kick for the team that shot the ball from where the ball was kicked. An explanation should be given to the player who shot the ball as to why the goal did not count.
- 17.** Goals cannot be scored from any restart in play unless touched by another teammate. All kicks are indirect.
- 18. Own goals do not count.** Opposing team (opposite of team that scored the own goal) is awarded an indirect kick outside of the build-out line.
- 19. No headers.** Any purposeful or accidental headers will be considered a foul and will award the opposing team with an indirect kick. All headers will result in an indirect kick outside of the build-out line or where the header occurred. Offensive and defensive players may stand on but not inside the goal box lines.
- 20. No slide tackling.**
- 21. No aerial or immediate clears out of the back** (no booting the ball). Players must learn to control and dribble the ball, pass to an open teammate, or kick a low ball (below waist) to sideline. Referee will call for immediate pause and explain to player to slow down and dribble. On whistle, the player will pass the ball to a teammate to return to play.
- 22.** Substitute (UNLIMITED) at referee's discretion.
- 23.** ALL players must have the equivalent of 2 full quarters of playing time, perform throw-ins (pass-ins), kick-offs, corner kicks, goal kicks, and indirect kicks.
- 24.** ALL players must have equal chances to score goals. If a team has a player who is scoring the majority of the goals, they must should be substituted out or be instructed to pass before they can shoot again.
- 25.** While the mercy rule is not enforced, it is highly encouraged to substitute players on/off field or to different positions in order to encourage play and skill development.

26. COVID-19 Safety:

- a. ALL players and coaches must practice social distancing when possible.
- b. Avoid activities that involve high levels of group interaction (i.e. team huddles, single lines).
- c. Avoid general physical interaction such as hugging, high-fives, fist pumps, or passing objects by hand.
- d. Avoid sharing personal equipment, water bottles, etc.
- e. Wash and sanitize hands often. (See sanitization guide below)
- f. Avoid spitting, sneezing, coughing into air or on ground. Cover mouth and nose with bent elbow or tissue.
- g. Wash and sanitize all gear after each session. (See sanitization guide below)
- h. For individuals who have tested positive for COVID-19, must have written confirmation of COVID-19 negative status and clearance ONLY from your physician in order to return to full participation in sport & activity.
- i. All participants (coaches, parents, spectators, players, referees) are required to wear new or clean PPE upon arrival, departure and when not physically active during activities. PPE should cover the nose and mouth, be breathable, consist of cotton or wick-type material and follow the CDC guidelines.
 - Children 7 and under are not required to wear masks.
- j. No team coolers for drinks or any items to share with others such as after game snacks.
- k. All COVID cases will be handled on a case-by-case basis and appropriate actions will be determined by the recreation department in compliance with the CDC guidelines.

27. Hand Sanitization Guide

- a. Wash your hands thoroughly using clean, running water with soap for a minimum of 20 seconds. Make sure to lather the backs of your hands, between your fingers, and under your nails.
- b. You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

28. Equipment Cleaning Method

- a. Dish soap and water can be used to thoroughly clean equipment such as a soccer ball. Clorox Disinfecting Wipes and Lysol can also be used as a disinfectants.

Example:

1. Add 1 tablespoon of mild dish soap into a 1-gallon container.
2. Fill bucket with warm water, until a soapy mixture is formed.
3. Wet a first towel with the solution, wring out excess water, and gently wipe down entire product surface for at least 30 seconds.
4. Re-wet towel with plain warm water, wring out excess water, and wipe off excess soap from ball surface.
5. Rub a second, dry towel on the surface to wipe and dry off. 6. Let product air out overnight.