

Jackson Friends Youth Soccer (Pre K-3rd) Rules and Regulations

General Rules of Play for All Divisions (Pre K-3rd)

- Each match begins with a kick-off in the center circle, to start a quarter/half and after scored goals. No players from the defending team may be inside the circle for kick off.
- Teams will rotate starting with the ball at the beginning of each quarter/half.
- Goal scoring: For safety purposes for Grades K-3, all initial shot attempts at goal should be taken outside the goal arc (to prevent kids running into the goal). Rebound shots inside the goal arc are allowed but if the ball comes to a stop inside the goal arc or is caught in between multiple players the referee will blow his whistle which will result in the defense taking a goal kick. Defense CANNOT stand inside the goal arc, to prevent puppy-guarding .This rule is in place so that young players are not clustered up in front of the goal aimlessly kicking at each other to try to score/clear the ball.
- Fouls will result in a free kick for the team fouled. Fouls include but are not limited to any handballs, act of unsportsmanlike conduct on an opponent, and especially slide tackling. Any foul occurring inside the penalty box against the defense will result in a penalty kick for the offensive player. For grades Pre K-3rd this will be one attempt on goal from the penalty spot. If made on attempt, it is a goal. If missed or does not reach goal, the defending team takes possession for a goal kick.
- As per US Youth Soccer, there is no offsides for divisions Pre K-3rd.
- To reemphasize, slide tackling is not allowed at any division level. Players must be on their feet and avoid making contact with opponents. At this age level slide tackling can be dangerous for youth and will not be used in the league. Players may however slide to intercept a ball or stop a ball from going out of bounds but they cannot make contact with another player. Players who are called for one (if severe enough) or more slide tackles in a match may have to sit out for a period of time in said match or beyond.
- Corner Kicks: When the defending team kicks/touches the ball out of bounds on their own goal line, the ball should be placed inside the corner arc on the side it went out-of-bounds. The offense then has one player take the kick, while the defense has to be at least 5 yards away from the corner kicker.
- Goal Kicks: When the offensive team kicks the ball past the defense's goal line or if the ball comes to a stop within the goal arc (including trapped in between multiple players), it will result in a goal kick for the defending team. The ball can be placed anywhere inside the penalty box to start the kick. For Pre K-3rd divisions defending players must retreat to midfield until the ball is kicked.
- Throw-ins: When the ball goes over the sidelines, the last team to touch it loses possession and the opposing team takes a throw-in. The player who takes the throw-in must throw the ball from over their head with both feet touching the ground. Defensive players must be at least two yards away from the thrower. Throw-Ins will be used after substitutions, while other restarts at the beginning of quarters or of a half will start in the center circle.

GAME DAY INFO FOR EACH DIVISION

Pre K / 4 Year Old Division:

- Matches will be played 4 vs 4 (unless modified), with no goalies. No more than eight kids on a team for 4 vs 4, so each player must be able to play at least half of the game.
- Field played on will be 33 long by 26 wide (yards). Goals size at this level is 4' by 6' and players will use size 3 soccer balls. NO offsides at this level.
- Players are not to use their heads at this level. Accidental heading of the ball is okay but any purposeful heading of the ball will result in a turnover of possession. This is for the safety of the younger players.
- Matches will consist of four eight minute quarters, on a stopwatch or timer by the referee.
- There will be a short devotion at halftime for this group by a league staff member. Half time will be 3 minutes long.
- Score WILL NOT be kept at this level, so players can focus on fundamentals and not just scoring. No extra time periods.
- Substitutions will be made at the 4 minute mark during any of the four quarters and between quarters. Coaches will stop the clock for substitutions.
- Coaches may and should be on the field with the players, instructing players and helping with fundamentals. They will help the referees with getting kids in place for goal kicks / corner kicks / throw ins. Teams may do "kick ins" instead of "throw ins" if they would prefer that at this age.
- No slide tackles are allowed at ANY level Pre K-3rd. for safety of all players. Players must be in the upright position when making attempts at taking the ball from an opponent.

Practices/Other Info

- Because of small goals and this age level, there are no goalies, so that all players can get to experience playing the field.
- Practices will be held once a week on Tuesdays or Thursdays and will be one hour in length, including time for a short devotion.
- Coaches will be given weekly devotions to read to their teams and talk about.
- ALL players MUST wear shin guards for games. All players are expected to bring their own shin guards, as well as cleats (optional) and any other gear they may choose to wear.

K - 1st Division:

- Matches will be played 4 vs 4 (unless modified), with no goalies. No more than eight kids on a team, so each player must be able to play at least half of the game.
- Field played on will be 33 long by 26 wide (yards). Goals size at this level is 4' by 6' and players will use size 3 soccer balls. NO offsides at this level.
- Players are not to use their heads at this level. Accidental heading of the ball is okay but any purposeful heading of the ball will result in a turnover of possession. This is for the safety of the younger players.
- Matches will consist of four 10 minute quarters, on a running stopwatch by head referee.
- Halftime will be three to five minutes long and include a devotion. Players will gather in the center of the field to listen and engage in the devotion.
- Score WILL NOT be kept at this level, so players can focus on fundamentals and not just scoring. No extra time periods.
- Substitutions will be made at the 5 minute mark during any of the four quarters and between quarters. Referee will stop clock for substitutions.
- Coaches may walk on the field with their players at this age level to instruct players and help with fundamentals.
- No slide tackles are allowed at ANY level pre K-3rd, for safety of all players. Players must be in the upright position when making attempts at taking the ball for an opponent. Any player who is called for slide tackling will receive a warning. If called again for slide tackling in the same match (or if first incident is bad enough) said player may have to sit out for a determined amount of time in that match or the next one.

Practices/Other Info

- Because of small goals and this age level, there are no goalies, so that all players can get to experience playing the field.
- Only one head referee will be on the field keeping track of time and calling fouls/ out-of-bounds calls. There will be no assistant sideline referees at this level. Head referee will explain calls to players when they commit fouls to help players progress.
- Standings are not kept at any level pre K-3rd, to keep the focus on having fun and developing skills.
- Practices will be held once a week on Tuesdays or Thursdays and will be one hour in length, including time for a short devotion.
- Coaches will be given weekly devotions to read to their teams and talk about.
- ALL players MUST wear shin guards for games. All players are expected to bring their own shin guards, as well as cleats and any other gear they may choose to wear.

2nd - 3rd Division:

- Matches will be played 4 vs 4 (unless modified), with no goalies. No more than 8 kids on a team, so each player must be able to play at least half of the game.
- Field played on will be 40 long by 32 wide (yards). Goals size at this level is 4' by 6' and players will use size 3 soccer balls. NO offsides at this level.
- Players are not to use their heads at this level. Accidental heading of the ball is okay but any purposeful heading of the ball will result in a turnover of possession. This is for the safety of the younger players.
- Matches will consist of four 10 minute quarters, on a running stopwatch by head referee.
- Halftime will be five minutes long and include a devotion over the weekly verse. Players will gather in the center of the field to listen and engage in the devotion.
- Score WILL be kept at this level, as players are more developed. No extra time periods.
- Substitutions will be made at the 5 minute mark during any of the four quarters and between quarters. Referee will stop clock for substitutions.
- Coaches may walk the sides of the field by their players to an extent, but must stay off the playing field.
- No slide tackles are allowed at ANY level pre K-3rd, for safety of all players. Player must be in the upright position when making attempts at taking the ball for an opponent. Any player who is called for slide tackling will receive a warning. If called again for slide tackling in the same match (or if first incident is bad enough) said player may have to sit out for a determined amount of time in that match or the next one.

Practices/Other Info

- Because of small goals and this age level, there are no goalies. But teams may have a player stay on defense for transition plays. They must stay outside of the goal arc.
- One head referee will be on the field keeping track of time and calling fouls. Head referee will explain calls to players when they commit fouls to help players progress.
- Standings are not kept at any level pre K-3r, to keep the focus on having fun and developing skills.
- Practices will be held once a week on Tuesdays or Thursdays and will be one hour in length, including time for a short devotion.
- Coaches will be given weekly Bible verses to read to their teams and talk about.
- ALL players MUST wear shin guards for games. All players are expected to bring their own shin guards, as well as cleats and any other gear they may choose to wear.

*** FINAL NOTE for ALL GRADES ***

For games and practices, when there is HEAVY rain, any lightning or severe weather conditions, the games will be postponed and practices canceled. The League Director will send out an email to parents at least two hours before games/practices if they must be moved/canceled.