

# ELKADER SOCCER LEAGUE RULES – 2022

*Please remember to give all players equal playing time. The object of this league is to learn the sport, get some exercise and to have fun. Work out a rotation that is comfortable for your team, so that everyone gets many opportunities to play at all positions and with all team members.*

## **Grades: K-1 – FIELD 1 AND PART OF FIELD 3**

Field size: 90 ft. x 60 ft.

Goal size: 4 feet x 6 feet

Ball size: Size #3

Players on field: 3 per team - No goalie

Game length: 2 twenty-four minute halves with a short half time

## **Grades: 2-3 – FIELD 2**

Field size: 140 ft. x 70 ft.

Goal size: 6 feet x 12 feet

Ball size: Size #3

Players on field: 4 per team includes goalie

Game length: 4 twelve minute quarters with a short half time

## **Grades: 4-5-6 – FIELD 3**

Field size: 150 ft. x 100 ft.

Goal size: 7 feet x 19 feet

Ball size: Size #4

Players on field: 6 per team includes goalie

Game length: 2 twenty-five minute halves with a half time

## **Playing fields located at Founders' Park**

Players should arrive 15 minutes prior to the game time and report to their coach for warm-ups and instructions. Each player is to bring their own water bottle (label with name). All games will start on time. If any game starts late, it will not be allowed to extend beyond its scheduled ending time. Referees will stop games at the scheduled time. Please do not allow spectators to sit with the team and clear the field/sidelines efficiently.

In case of inclement weather, **assume the games will be played**, unless you are notified otherwise. Check the **GameChanger** app for weather updates.

## **What I need for my game:**

**Team t-shirt** (wear OVER turtle neck or sweatshirt if it's cold)

**Comfortable shorts or long pants** (black looks nice)

**Shin guards** (no one may play without shin guards)

**Socks** (must wear over shin guards - men's black socks work well if you don't have soccer socks)

**Tennis shoes or soccer shoes** with plastic cleats only

**Water bottle**

**Blanket, gloves, hat** for cold weather

**Mom, Dad, Grandma, Grandpa, aunts, uncles, cousins, friends to cheer me on!!!** They might want a lawn chair to sit on.

**Everyone is expected to keep the Founders Park free of litter/damage.**

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## **GENERAL INFORMATION**

Soft cleats (soccer cleats) will be allowed but not required, no metal spikes or football shoes.  
Games will start with a coin toss, the team that wins will choose if they want the ball first or they will select the goal they want to defend.  
Teams will switch goals at half time.  
Hard shin guards and socks are required for practice and games.  
Heading the ball should be discouraged especially in the lower grades.  
Each quarter or half will start with a kick off in the center of the field. This will alternate between teams.  
After a goal is scored, play restarts in the center of the field. Kick off is by the team that was scored upon. On kick offs, the ball must be kicked forward and the same player cannot kick it twice.  
Coaches may help the players as much as is needed, but it is preferred that they stay off the field of play.  
Players must be on their half of the field when the kick off is taken. All members of the team not kicking off must be at least ten yards away from the ball.  
If a player will be absent for a game they should find a sub. Due to liability concerns, all substitutes must be players already registered and playing in the Elkader Youth Soccer League. Substitutes should not start the game if enough regular team members are present to field a full team. Subs should play in rotations similar to regular team members.

The Elkader Youth Soccer League will provide game balls.  
Goalie shirts (pinneys) will be supplied for the games.  
Each team will be responsible for providing a person to run a flag on the sidelines. This person will call when the ball is out of bounds and which team gets to throw in the ball - a good parent's job.  
Make sure that players, coaches and spectators are far enough away from the sideline that the person running the flag will not have to contend with them.  
Teams must clean up their area before leaving the field.

## **Substitution**

Play must be held up for the substitution.  
Substitutions may be made when the ball goes out of bounds, a goal is scored or other dead ball situations.  
Coach must call for a sub and wait for the referee's acknowledgment.  
Player coming out of the game must be off of the field before play resumes.  
Goalies may be switched by a regular substitution.  
Injured players may be substituted for at time of injury. The referee will stop play for injuries.

## **Direct free kicks**

This kick is awarded for contact fouls and handballs. Examples would be tripping, pushing, or hitting.  
Kick is taken from the spot of the foul.  
Any player on the team may take the kick.  
The ball may go directly into the goal without touching another player.  
The player taking the kick may not touch the ball again until another player touches it.  
Players must yield space to the kicker: K-1 must be 3 yards away from the ball, 2-3 must be 5 yards away from the ball, and 4-5-6 must be 8 yards away from the ball.  
Penalty kicks - 4-5-6 only - are awarded for direct free kick infractions in the penalty area. Ball is placed on penalty spot and one person takes the kick. Only the goalie and the kicker may be in the penalty area at the time of the kick. All other players must be outside the penalty box. Goalie must start on the goal line.

## **Indirect free kicks**

This free kick is awarded for non-contact fouls. These might include unsportsmanlike conduct or dangerous play.  
Kick is taken from the spot of the foul.  
Any player on the team may take the kick.  
The ball must touch someone else before going in to the goal.  
Players must yield space to the kicker - same distance as direct free kick.

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## **Ejection**

A player will be ejected from the game if he/she is fighting or if they repeat their misconduct after the referee has warned the player and the coach.

K-1 and 2-3 will not play short a player due to the small numbers on each team. 4-5-6 will not be able to substitute for the ejected player.

## **Goal kicks**

This kick is taken when the offensive team kicks the ball over the end line.

The ball does have to be on the ground when the kick is taken.

Kick may be taken by anyone of the defending team.

Ball must leave the goal box before either team touches it.

If the ball does not leave the penalty area, the kick will be retaken.

## **Corner kick**

This kick is taken when the defensive team kicks the ball over the end line.

The ball is placed on the corner of the field.

The ball is placed on the corner of the side the ball went out on.

The ball is kicked from the ground.

## **Throw ins**

This is the only time a player is allowed to use their hands during a game - except the goalie.

Taken when the ball goes out of bounds over the sideline.

Taken by the team that did not kick the ball out of bounds.

Watch for proper technique.

If a player does not use the proper throw in technique, the referee or coach should show the player the proper form and allow one more throw in opportunity.

The throw should be taken from the spot where the ball went out of bounds.

## **Goalie**

The goalie plays in front of the goal and is in charge of protecting the goal.

The goalie will wear a red pinney to distinguish him/her from the other players.

The goalie can only use his or her hands in the penalty area.

When not in the penalty area, the goalie is just like any other field player.

The goalie cannot pick up a ball that is deliberately kicked back to him/her by teammate.

Once the goalie allows the ball to touch the ground, it cannot be picked up again.

For a goal to be scored, the ball must go completely over the goal line.

## **Offsides**

Offsides occurs when an offensive player is farther up field than two players from the opposing team (the goalie is almost always one of them) at the time the ball is passed by the offensive team to the offensive player. The offensive player can be even with the 2<sup>nd</sup> to last defensive player though.

Offsides occurs only on a team's offensive side of the field.

One offensive player cannot camp out in front of the goal and wait for a long pass - thus an easy scoring opportunity.

The defense is awarded an indirect free kick from the spot where the infraction occurred.

Will not be called in levels K-1 and 2-3.