

PALMYRA AREA RECREATION & PARKS COMMISSION (PARPC)

LEAGUE RULES for K and 1 & 2 Boys/Girls (Under 8 Year Old Program)

KINDERGARTEN (4 vs. 4 - No goalie) size 3 ball (field approximately 20 X 35 yards)

- **1ST & 2ND GRADE** Size 3 ball (field approximately 40X50 yards)
- **EACH TEAM WILL HAVE 4 TO 7 PLAYERS ON THE FIELD PLUS A GOALIE.** The exact number will be determined according to team size for each particular season in order to guarantee plenty of playing time for everyone.

GAMES - 32 minutes long (3 minute half- time)

Eight minute quarters – substitute referee directed

(If additional substitution is needed, coaches may substitute on the fly.)

Teams switch ends at halftime.

GENERAL SOCCER RULES

*Jewelry of any kind should not be worn during practice/ games.

*Slide tackling is not performed.

WHEN STARTING THE GAME- (THE KICK OFF)

*Soccer game begins when referee puts the soccer ball in middle of center circle.

*Referee checks to see if the goal keepers are ready.

*Soccer team that has the kick off must have two soccer players next to the soccer ball.

*Soccer ball must roll forward on the kick off.

SUBSTITUTIONS

Can be made on ALL kick-ins, goal kicks, after a score, when a player raises his hand due to injury, or because they are tired. That is, you can substitute without possession of the ball.

There is NO OFF-SIDES called in the U7 age group.

Coaches are highly encouraged to not intentionally take advantage of this rule by allowing players to remain in the offensive end of the field when play is in their defensive end. The intent of not calling off-sides is to avoid confusion that accompanies it with younger players; it is not to encourage incorrect play.

THE CORNER KICK

*TEAM “A” is attacking team “B’s” goal.

*When team "A" shoots but a member of team "B" blocks the ball or gets hit with the ball and the ball goes over the end line team "A" gets a corner kick.

*The ball is placed on a corner and gets kicked back into play by team "A".

*Team "B" has to be ten yards from the ball.

THE THROW IN

*The ball goes out of bounds past the side line by team "B" so team "A" gets a throw-in.

*Team "A" player must take the ball and hold the ball behind his head and throw the ball back in play while keeping both feet on the ground and not cross over the sideline until the ball is released.

HINT- Have your player drag his back foot as he throws, to try and keep both feet on the ground during the throw.



The Soccer Foul – results in indirect kicks

*Run into a player.

*Impede a player's progress.

*Kicks a player instead of the ball especially from behind.

*Grab a player.

*A referee may call a dangerous kick if a player is on the ground involved in the play, OR a player makes a high kick putting himself or other players in danger.

An INDIRECT KICK is to be awarded for the vast majority of the fouls. These would include tripping, holding, and pushing type fouls in the course of regular play.

* An indirect kick is taken at the point of the foul.

*The defending team must be *5 yards back*.

*Referees are encouraged to stop play, set the ball properly, and insure players understand what they should be doing.

NOTE: Coaching should only be done from your own sideline, please do not have a second coach on the opposite side of field interfering with the other team's coaching. No coaches or parents, etc. are permitted anywhere along the goal line.

***** SPORTSMANSHIP – GAME SCORING *****

At times, the score of a game may become lopsided. This could be the result of a disparity in skill level, age of the players, one team being short handed, etc. The goal of recreational soccer is to learn the game of soccer, enjoy equal playing time, and keep the game fun for the kids. PLEASE keep in mind that the final score and which team wins is not important in this league.