



2011 Soccer Instructional League

Field of Play: The field must be rectangular. Its size will vary depending upon the age group. The sidelines are called touch-lines. The lines at each end of the field are the goal-lines. The smaller rectangle at each end of the field is the goal-area. In age groups playing with no goalie, no player, other than the goalie may enter the goal box. In age groups playing with a goalie, the larger rectangle is called the penalty-area. A goalie may use his/her hands anywhere inside the penalty box.

Field Dimensions

Little Kickers (Ages 3/4) – 30 x 20 yards

Ages 4/5 – 30 x 20 yards

Ages 6/7 – 45 x 30 yards

Ages 8/9 – 70 x 50 yards

Ages 10-12 – 85 x 50 yards

The Ball

Size 3: 3-5 years

Size 4: 6-9 years

Size 5: 10 years & up

Number of Players

Little Kickers: Three players on the field at a time. No goalie and no player should remain in front of the goal like a goalkeeper.

Ages 4/5: Four players on the field at a time. No goalie and no player should remain in front of the goal like a goalkeeper.

Ages 6/7: Five players on the field at a time. No goalie and no player should remain in front of the goal like a goalkeeper (a small goal box will be drawn to keep the players away from the goal).

Ages 8/9: Seven players on the field at a time and one of those players must be designated as a goalkeeper wearing the goalkeeper vest. Notify the referee about changing goalkeepers during play. No notification is necessary in between halves.

Ages 10-12: Eight players on the field at a time and one of those players must be designated as a goalkeeper wearing the goalkeeper vest. Notify the referee about changing goalkeepers during play. No notification is necessary in between halves.

Player's Equipment - Each player must wear shoes, socks, shin-guards, shorts or long pants, and a Foothills youth sports team shirt. No jewelry can be worn.

Coach/Parent Monitors – No referees for little kickers and 4/5 year age groups.

1. Each team should have one coach/parent monitor, referee, and/or instructor on the field.
2. Enforce the rules of the game in a consistent manner, but refrain from penalizing unnecessarily.
3. Briefly explain any infractions to the players.
4. Keep the time.
5. Let the players PLAY the game.

Referee – 6-12 years only. The duties of the referee include:

1. Enforcing the rules of the game in a consistent manner.
2. Refraining from penalizing where he or she is satisfied that, by doing so the offending team would gain an advantage.
3. Stopping the game if, in their opinion, someone is injured.
4. Keep the time.

If the referee stops the game for any reason not covered elsewhere in the rules, e.g. an injury to one of the players, the referee should restart the game by dropping the ball at the place where it was when play was stopped. **THE REFEREE IS THE FINAL AUTHORITY**

Fouls and Misconduct

1. Hitting, kicking, tripping, pushing, holding, or jumping at an opponent.
2. Handling the ball. (Not just ball hitting the player)
3. Playing dangerously.
4. Goalkeepers have 5 seconds to release the ball. After releasing the ball, the goalkeeper may not pick it up again until it is touched by another player. The goalkeeper may not pick up a ball that was deliberately kicked to them by a player on their team.

Slide Tackling -

Not allowed. While sliding in itself is not dangerous, and is not considered an offense, should a player put him/herself or another player in a dangerous situation while sliding, a dangerous play should be called, and the opposing team awarded an Indirect Free Kick.

Note: ALL free kicks are **INDIRECT**

- A goal may NOT be scored directly from a kick off.
- A goal may NOT be scored directly from a free kick.
- A goal may NOT be scored directly from a goal kick

Opponents must be at least 6 yards away from the ball until it is kicked.

Penalty kick awarded against a player for any of the ten 'penal' offences (kicks, trips, jumps, charges, strikes, holds, pushes, spits, tackles, handles the ball) in his/her own penalty area. A penalty kick is a **DIRECT** free kick.

OFFSIDE will only be called in the 10-12 year age group.

The Game

Duration of the Game:

Little Kickers - four 6 minute quarters (1-2 minute break in between quarters)

4/5 years - four 7 minute quarters (2-3 minute break in between quarters)

6/7 years – four 8 minute quarters (2-3 minute break in between quarters)

8/9 years – two 18 minute halves (3 minute break in between halves)

10-12 years – two 20 minute halves (3 minute break in between halves)

A team may substitute

- On any throw in,
- On any goal kick,
- After a goal has been scored or after any quarter.

The Kickoff -

- Kick-off will be alternated with the start of each half/quarter.
- The ball must move forward to be put into play.
- The kicker may not play the ball again until another player has touched the ball.
- You CANNOT score directly from a kick-off.
- After a goal, the team that was scored upon kicks off.
- The teams will change ends at half time. (6yrs+ only)

Goal-Kick: A goal-kick is taken when the ball completely crosses the goal-line outside the goal and was last touched by the attacking team. The ball is placed on either corner of the goal box and kicked by one of the players on the defending team. Members of the attacking team must be outside the marked box (penalty area). The ball must go outside the marked box before it may be played again by either team. If the ball does not go outside the box, the kick is retaken. The kicker may not kick the ball again until it has been touched by another player.

Corner-Kick: A corner-kick is taken when the ball completely crosses the goal-line outside the goal and was last touched by the defending team. The ball is placed on the corner of the field nearest to where it went out. The kick is taken by a player from the attacking team. Opponents must be at least 6 yards from the ball. The kicker may not kick the ball again until it has been touched by another player. A goal may be scored directly from a corner-kick.

Throw-In: The ball is put back into play where it crossed the touch-line. A goal may not be scored directly from a throw-in. The throw-in is taken by a player from the team opposite to that of the player who touched the ball last. Each throw-in must be with both hands over the head. Opponents must be at least 6 yards from the ball.

Method of Scoring: A goal is scored when the entire ball crosses over the goal-line, between the goal-post and under the cross-bar. Score will not be kept.

Example Field Map
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