

# 2019 Youth Soccer Rules

These rules are based in accordance with US Youth Soccer Guidelines. Please note that times and number of players on a field may change if needed.

## Kindergarten

- 3 v 3
- Four 8-minute quarters
- Size 3 ball

## 1<sup>st</sup> – 2<sup>nd</sup>

- 5 v 5
- Four 10-minute quarters
- Size 3 ball

## 3<sup>rd</sup> – 4<sup>th</sup>

- 7 v 7 (4 forwards, 1 midfielder, 1 defender, 1 goalie)
- Four 12- minute quarters
- Size 4 ball

## 5<sup>th</sup> - 8<sup>th</sup>

- 7 v 7 (4 forwards, 1 midfielder, 1 defender, 1 goalie)
- Four 15- minute quarters
- Off sides are in play
- Size 4 ball

## Rules for ALL AGES

- All players must have shin guards
- All throw ins are 2 handed over the head
- All players must play equal amounts
- If a player is down or the goalie has the ball in hand stop kicking
- All team members must shake hands after game
- Teams will alternate starting ball at each quarter
- No Sliding in front of other players

## Field Dimensions:

1<sup>st</sup> / 2<sup>nd</sup> Grade – 25 yds wide x 40 yds long

3<sup>rd</sup> / 4<sup>th</sup> Grade – 35 yds wide x 50 yds long

5<sup>th</sup> – 8<sup>th</sup> Grade – 45 yds wide x 70 yds long