



Soccer Rules | 4th-5th Grades

ALL RULES FOLLOW RECOMMENDATIONS BY US YOUTH SOCCER

- 7 vs 7 (6 players on the field plus a goalie)
- Size 4 Ball
- 20 minute halves. No added time. 3 minute halftime.
- SUBSTITUTIONS: Game will stop for coaches will sub players at 5:00, 10:00 and 15:00
- Offside - obvious offside will be called. Please be lenient with the officials, they will not be calling it exact.

Free kicks - opponents should be 10 yards away

Throw-ins - out of bounds on the sidelines - either team

Goal Kicks - ball kicked out of bounds on the endline by offensive team

Corner Kicks - ball kicked out of bounds on the endline by the defensive team

- Recommended formation: 2-2-2
2 defenders, 2 midfielders, 2 strikers
Other possible formations: <https://youthsoccer101.net/7v7-formations/>

Goalie: The goalie is the only player that is allowed to touch the ball with their hands. Their sole purpose is to keep the ball from making it into the net.

Defender: Defenders do everything they can to prevent the other team from scoring and not let the ball past them. They play on their half of the field near the goal box and up to the midfield line. Defenders are often expected to perform throw-ins, goal kicks, and corner kicks on their own side of the field.

Midfielder: Assist the defenders in getting the ball away and getting the ball passed up to the forwards for them to score. They often cover the halfway point between their own goal line and the midfield line. They can also cover between the midfield line and their opponent's goal line.

Forward: Main objective is to score and primarily play in the opponents territory up to the midfield line.