



# K-1 Soccer rules

## General play

1. Play is carried out between the touch lines and the goal lines.
2. There are 4 players per team, no goalkeepers.
3. Coaches are allowed onto the field to assist in positioning during the game.
4. Equipment ( size three ball, adequate inflation, goal nets, corner flags, players shin guards), will be checked prior to play by the referee. Players cannot play without the use of shin guards.

## Fouls/ infractions

5. There is no heading in this league. Use of the head results in an indirect free kick to the opposition, from the spot the foul takes place.
6. There is no use of the hands (no goalkeepers at this age). Use of hands results in an indirect free kick to the opposition, from the spot the foul takes place.
7. Coach contact with the ball results in an indirect free kick to the opposition from the spot contact takes place.

## Duration

8. The game will have 32 minutes of play, split into 4 equal 8 minute periods, with a half time break and a quarterly water break for safety hydration.
9. Referees and coaches will attempt to ensure that all players receive equal playing time. Consideration is made for players that are unsure of their desire, injuries and reckless behavior. Reckless or violent behavior will result in the child being removed from the game. Reintroduction into the game is at the discretion of the field supervisor & coach.
10. Weather stoppages will follow the High School guidelines. Thunder or lightning will result in a thirty minute delay to all games. This may result in the cancellation of the remainder of the game. Each occurrence of thunder or lightning restarts the clock.

## Goals

11. Goals are scored by the ball crossing the goal line between the goal perimeter.
12. A ball being prevented from crossing the goal line by use of hands, results in a goal.
13. A ball being prevented from crossing the goal line by use of the head, results in a goal.
14. A ball being prevented from crossing the goal line by contact with the defending teams coach, results in a goal.

## Restarts

15. Restarts resulting from a goal take place from the center circle, the ball being placed by the referee. The receiving team lines up on their goal line and advances as soon as the ball is kicked.
16. Restarts resulting from a foul or infraction take place from the spot of the foul or infraction, the ball being placed by the referee. The receiving team retreats 8 paces,

counted out by the referee. The ball is played on the referee's whistle, and the receiving team advances as soon as the ball is kicked.

17. Restarts from a ball going into touch on the sidelines will be initiated by the referee from the point the ball goes out of play. Possession goes to the team that did not put the ball out of play. The ball is kicked into play from the ground, uncontested, by the attacking team.
18. Restarts from a ball going into touch over the goal lines will be initiated by the referee from any point in the goal area. Possession goes to the team that did not put the ball out of play.
19. Restarts from any other reason (i.e. player falls over and hurts themselves causing play to stop for safety reasons especially clashes of the head), will result in an indirect kick(drop ball equivalent), awarded to the team that had possession at the time of the stoppage. Location is at the referees discretion. ***Head injuries result in immediate substitution of the players involved and no further participation for safety protocols, players to be escorted to their parents for determined action.***
20. Restarts for the water breaks will be awarded to the team in possession at the referees discretion from the center circle. Receiving team lines up on their goal line and advances on the referee's whistle.

#### **Playing time**

21. In the spirit of fair play and player development, playing time is split as equally as possible by the coaches with the assistance of the referee at planned stops throughout the game for substitutions.
22. The end of the game is signified by three short blasts from the referee's whistle.
23. After the game concludes, teams will meet in the center of the field to high-five after the game. Any inappropriate behavior during this may result in the child sitting out at the next game.