

# Peninsula Athletic Association

## Small Sided Soccer Format and Rules

	<u>1<sup>st</sup>/2<sup>nd</sup> Grade</u>	<u>3<sup>rd</sup>/4<sup>th</sup> Grade</u>	<u>5<sup>th</sup>/6<sup>th</sup> Grade</u>
<b>Field Size</b>			
<b>W x L in Yards</b>	20/25 x 35/40	30/35 x 35/55	35/50 x 50/80
<b>Center Circle Yards</b>	6	10	10
<b>Penalty Mark</b>	No	No	Yes
<b>Goal Sizes</b>	6' x 12'	6' x 18'	8' x 24'
<b>Ball Size</b>	#3	#4	#4
<b>Roster Size</b>	8	10	12
<b>Field Players</b>	4	6	9
<b>Goal Keepers</b>	Yes	Yes	Yes
<b><u>Game Lengths</u></b>			
<b>Maximum Time</b>	40 Minutes	50 Minutes	60 Minutes
<b>Recommended</b>	2 x 20 Min Halves	2 x 25 Min Halves	2 x 30 Min Halves
<b>Referee</b>	Yes	Yes	Yes

**These rules establish team, field, goal and ball sizes in the PAA Soccer league, and increases these each year for 1<sup>st</sup>/2<sup>nd</sup> through 5<sup>th</sup>/6<sup>th</sup> Grade players. This is done for a number of reasons:**

1. The number of players on the field should be developmentally appropriate for children to experience and develop the motor skills necessary in soccer. It also meets the needs of the players' social development.
2. By increasing the number of players on the field and rosters incrementally, it is easier for the coach to deal with the challenge of new players being added to the team. Often times, the new players added to the team are playing soccer for the first time.
3. The use of small-sided games maximizes player contact time with the ball, which aids in the improvement of these new players and their integration into the team.

### **Substitutions**

- Substitutions may be made, with consent of the referee during any stoppage of play.
- The number of substitutes shall be unlimited.
- Each player will play a minimum of **50%** of the total playing time.
- Substitutions will be allowed in order to give an opportunity for all players to get equal playing time and to balance rather than to run up the score.
- Players, coaches and spectators not on the field of play must remain two (2) yards behind the touchline and not within the distance of the goal area from the corner of the field.

### **Player's Equipment**

- **ALL PLAYERS SHALL WEAR SHINGUARDS.** Socks must be worn up and over the shinguards.
- All players shall be in uniform to play. A minimum "official" uniform is the standard league shirt (RED/BLUE). Goalkeepers shall wear shirt colors that distinguish them from other players.
- All players shall wear appropriate footwear... no metal, and no toe cleats. A player shall not wear anything that may be dangerous to other players or themselves. No casts, braces, etc.

## **Charging the Goalkeeper**

- In all leagues, no player shall make physical contact with the goalkeeper, harass the goalkeeper or attempt to play the ball once the goalkeeper has control of the ball in any manner.  
**Note: Also included in “having control of the ball” is, if the goalkeeper holds the ball on the ground with one or both hands.**

## **Coaching**

- Soccer coaching is an excellent opportunity to learn, develop, and establish group behavior, friendly relationships, enjoyment and many other items. Above and beyond anything else it must be fun!
- The coach or designated adult (18 years or older, unless approved by the Association) should attend every practice and every game. All coaches, team managers, and assistants must fill out the required Washington State Patrol forms.
- The coach is responsible for his own behavior as well as that of his players and spectators.  
**Remember this is just for fun.**
- Every player must play in each game at least **50%** of the playing time unless they are not able to play due to illness or injury.
- Coaching from the sidelines is permitted but not recommended. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.

## **The Rules of Play**

A coin is tossed; the team that wins the toss then decides which goal it will attack in the first half or period of the match. The other team takes kick-off to start the match. The teams will alternate the kick-off prior to start of the second half or new period. Teams will only switch ends at half time of a game.

### **Start of Play**

The ball will be placed at the center of the field by the referee and the game will start with one player taking a kick into the opponent’s half of the field, after a given signal by the referee. At the time of the kickoff, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be:

- Grades 3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup> ten yards from the center mark
- Grades 1<sup>st</sup>/2<sup>nd</sup> six yards from the center mark

The ball is in play when it is kicked and moves forward. The kicker shall not play the ball a second time until it has been touched or played by another player. For any infraction of these laws, for 1<sup>st</sup>/2<sup>nd</sup> Grade, the referee will explain the proper procedure and the kickoff shall be retaken.

Kick-offs for 3<sup>rd</sup>/4<sup>th</sup> and 5<sup>th</sup>/6<sup>th</sup> shall be played per FIFA rules.

### **Restart of Play**

- After a goal has been scored, the game shall be restarted in like manner by a player of the team that gave up the goal.
- To start the second half, the game will be restarted with the kickoff by a player of the opposite team to that of the player who started the game.
- Restarting play after temporary delay: In the case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed “in play” when the ball has touched the ground.

### **Ball In and Out of Play**

- The ball is out of play when it has wholly crossed the goal line or whole touchline, whether it is on the ground or in the air,
- The ball is out of play, when the referee has stopped the game.

### **Offside Rule**

- **The offside rule will not apply to 1<sup>st</sup>/2<sup>nd</sup> grade teams**, however, the intent of the rule will be followed. Positioning a player in front of the opponent's goal irrespective of the location of the ball on the field is contrary to the aims of the program. The referee shall take appropriate action to prevent this kind of play (an indirect kick to the offended team and instructional statements to the violating players and coach.
- Grades 3<sup>rd</sup>/4<sup>th</sup> and 5<sup>th</sup>/6<sup>th</sup> will play with the offside rule. The referees will call the rules and the proper penalties will be assessed.

### **Fouls and Misconduct**

**FREE KICKS: Free kicks shall be classified under two (2) headings:**

**“Direct”, from which a goal can be scored by a direct kick against the offending side and “Indirect”, from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.**

**NO DIRECT KICKS SHALL BE AWARDED in the 1<sup>st</sup>/2<sup>nd</sup> Grade league. ONLY INDIRECT KICKS WILL BE USED.**

**Penalty Kicks will be granted ONLY for 3<sup>rd</sup>/4<sup>th</sup> and 5<sup>th</sup>/6<sup>th</sup> Grade leagues . They will be taken at ten (10) yards from the goal.**

**A DIRECT KICK** shall be awarded for the following nine (9) intentionally committed offenses:

- Kicking an opponent
- Tripping an opponent
- Jumping at an opponent
- Charging an opponent in a violent or dangerous manner
- Charging an opponent from behind
- Striking an opponent
- Holding an opponent
- Pushing an opponent
- Handling the ball, with the exception of the goalie, in the designated area

**An INDIRECT KICK** shall be awarded for the following offenses:

- Dangerous play, (high kicking)
- Charging fairly (shoulder to shoulder) when the ball is not within the playing distance of the players involved
- Impeding the progress of an opponent
- Obstructing the goalkeeper (there will be NO INTENTIONAL physical contact with the goalkeeper in the “penalty area”)
- Preventing the goalkeeper from releasing the ball from his hands
- Lying on the ball and not allowing others to play it
- Unsportsmanlike behavior

**SLIDE TACKLING WILL NOT BE ALLOWED in any league!** If a slide tackle occurs it shall be considered dangerous play. The referee will stop play and instruct the player of his infraction and then award the opposing team an indirect free kick at the spot of the foul.

### **Throw-ins**

- When the whole of the ball passes over the whole touch line, either on the ground or in the air, it shall be put back into play by a throw-in. The throw shall be taken from the point where it crossed the line, by a player of the opposing team.
- The thrower must face the field of play and must keep both feet on the ground while releasing the ball. He/she shall use both hands on both sides of the ball to deliver the ball from behind and over his/her head.
- A goal shall not be scored directly from the throw-in.

### **Goal Kicks**

- When the whole of the ball passes over the whole of the goal line, excluding the portion between the goal posts and under the crossbar (either in the air or on the ground), having last been played by one of the players on the attacking team, it shall be kicked directly into play by a goal kick.
- A goal kick may be taken from any point inside the goal area.
- Any defending player, including the goalkeeper, may take the goal kick.
- The kicker shall not play the ball a second time until it has been touched or played by another player. (6) The ball is in play when it crosses outside the penalty area.

### **Corner Kicks**

- When the whole of the ball passes over the whole of the goal line excluding that portion between the goal posts and under the crossbar, (either in the air or on the ground), having last been played by one of the defending team, a player of the attacking team shall have a corner kick.
- The ball shall be placed within a three (3) foot arc from the corner flag or cone and shall be kicked into play from that position by an attacking player.
- A goal may be scored directly from a corner kick.
- Players from the opposing team to the kicker shall not approach within the distance of the center circle measurement of the ball until it is in play.
- If the player who takes the kick plays the ball a second time before it has been touched by another player, the referee shall explain to the kicker the proper procedure of a corner kick. Then the referee shall award an indirect kick to the opposite team from a spot where the infringement occurred.
- For any other infringement the kick shall be retaken.

### **Miscellaneous Rules**

**Good judgment, sportsmanship and fair play should govern the decisions and actions of all coaches, referees and spectators.**