

# KICK START SOCCER RULES



The focus of this League is not about winning or losing but fostering a sense of team work and camaraderie while balancing the need for all participants to develop physically, mentally and emotionally. It is designed to be a learning league for the players.

1. Everyone receives equal amount of playing time.
2. Each player **MUST** wear shin guards.
3. Games will be played with 5 position players (2 forwards, 1 midfielder and 2 defenders) and **NO** Goalie.
4. The first day of the league will be practice only. This will be a great chance to get to know the team and the coaches.
5. After the first week, games will be played. the teams will practice/warm –up for 15 minutes before the start of the game.
6. Games consist of a 15 minute warm-up, two 15 minute halves and a 5 minute halftime.
7. The teams will alternate starting with the ball each half with a free kick at midfield.
8. Score will **NOT** be kept during the game.
9. There are NO official referees. Coaches from both teams are the referees.
10. Coaches need to help move the game along and teach the kids the proper way to play the game.
11. Offsides will not be enforced at this age but coaches will encourage players NOT to “camp out”.
12. The ball will be declared out of play when the ball completely crosses the outside lines. The Coaches will blow the whistle to stop play. The other team will be allowed an undefended throw in. Opposing coach should encourage their team to fall back on defense on throw-ins.
13. Position players “touching the ball” with their hands will receive a warning for the first two games. After week two “touching the ball” with their hands will be a penalty and the ball will be awarded to the other team.
14. Tripping, pushing and slide tackling are **Strictly Prohibited**. Players should be encouraged to stay on their feet when going after the ball.
15. A player that continually plays rough will be forced to sit out for at least 3 minutes. Coaches need to explain why they are sitting out to help them learn the proper way to play.
16. Upon a penalty the coaches should stop play and explain the penalty to the player and award the ball to the opposing team at the spot of the penalty.