



2026 Youth Soccer Rules

Rule 1 OUTDOOR/FIELD All competitions shall be governed by the Rules as stated herein in all cases where they are applicable. All members of MRC shall be governed by these Rules of Competition.

Rule 2 FIELD OF PLAY

2.1 Dimensions

- (a) PreK/K: 30 yards x 20 yards (goals are 4ft x 8ft)
- (b) 1st-3rd Grade: 35 yards x 25 yards (goals are 4ft x 8ft)
- (c) 4th-6th Grade: 35 yards x 25 yards (goals are 6.5ft x 12ft)

2.2 Game Postponement

A game may be postponed at the field site if weather conditions are too hazardous for play. Extreme weather includes lightning, snow or ice on the ground. Rain is not a reason to postpone play. In case of a postponed game, the MRC Sports Director can re-schedule the game if it does not conflict with the remainder of the season.

2.3 Team Responsibilities

All teams are responsible for the cleanup of the fields after each game. Please do not leave garbage on the sidelines.

2.4 Game Duration

Four 8-minute quarters with 2-minute quarter breaks and a 6-minute halftime break.

2.5 Ball Size

- (a) PreK/K: Size 3 Ball
- (b) 1st-3rd Grade: Size 3 Ball.
- (c) 4th-6th Grade: Size 4 Ball.

2.6 Number of Players on the Field

(a) PreK/K: 5 v 5 NO GOALIE

(b) 1st-3rd Grade: 6 v 6 (INCLUDES GOALIE)

(c) 4th-6th Grade: 6 v 6 (INCLUDES GOALIE)

2.7 Field Positioning

Teams may not place a defender in front of the goal to try and prevent the opposing team from scoring. Defenders may remain in their own half of the field to teach basic positioning, but defenders will always not be allowed to simply remain within a few yards of the goal. Defenders should position themselves outside of the goal box.

2.8 Substitutions

(a) Substitutions may be made, with the consent of the referee during any stoppage of play or for an injury.

(b) Each player will receive 50% of the total playing time. Substitutions will be allowed to give an opportunity for all players to get equal playing time and to balance rather than run up the score.

(c) Players 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. No players, parents, or spectators may be allowed to stand behind the goals.

2.9 Player's Equipment

(a) All players shall wear shin guards. Socks must be worn up and over the shin guards.

(b) A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry). NO JEWELRY.

(c) All players shall be in uniform to play.

(d) Standard approved soccer shoes or gym shoes shall be worn by all players. A player may not play in their bare feet. Shoes with toe cleats will not be permitted.

(e) A player shall not wear anything that may be dangerous to other players or themselves.

(f) All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects provided that:

(1) The proper team uniform is worn outermost; and

(2) Any hat should be without peak, bill or dangling or protruding object of any kind; and

(3) Referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.

(g) If a player is sick or has been in contact with someone who is sick, they are strongly discouraged from coming to practices or games

2.10 Field Boundaries

Each team, its coaches, players and spectators shall be on opposite sides of the field. The designated home team shall have choice of sides. Both teams should never be on the same side of the field. Coaches and other team officials shall not enter the field unless requested to do so by the referee.

Rule 3 THE RULES OF PLAY

3.1 Start of Play

(a) The ball will be placed at the center of the field by the referee and the game will start with one player taking a kickoff, 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 6 yards from the center mark.

(b) The ball is in play when it is kicked and moves **in any direction**. The kicker shall not play the ball a second time until it has been touched or played by another player. Punishment: For any infraction of these laws the kickoff shall be retaken.

(c) A goal shall not be scored directly from a kickoff without the ball being touched by at least one other player on either team.

3.2 Restart of Play

(a) After a goal has been scored, the game shall be restarted with a kickoff for the team that gave up the goal.

(b) 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.

(c) 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.

3.3 Ball in and out of Play

(a) The ball is out of play when it is wholly crossed the goal line or whole touchline, whether it is on the ground or in the air.

(b) The ball is out of play when the referee has stopped the game.

3.4 Method of Scoring

A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the goal box.

3.5 Offside Rule

The offside rule will not apply to any team 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).

3.6 Throw-ins/Kick-ins

(a) 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.

(b) 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.

(c) Several re-throws may be allowed if an incorrect throw occurs. Before the re-throw, the referee will instruct the thrower on proper technique and then proceed with the re-throw.

(d) The kicker/thrower may not play all until another player has touched it. If the kicker/thrower plays the ball a second time before another player has touched it, the above re-throw rules will apply.

(e) A goal shall not be scored directly from the throw-in.

3.7 Goal Kicks

(a) 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.

(b) A goal kick may be taken from anywhere inside the goal area.

(c) Any defending player may take the goal kick.

(d) The kicker shall not play the ball a second time until it has been touched or played by another player.

(e) The ball is in play when it crosses outside the goal area.

(g) The opposing team must be 6 yards away before the ball is kicked.

3.8 Corner Kicks

(a) 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.

(b) The ball shall be placed within a three (3) foot arcs from the corner flag or cone and shall be kicked into play from that position by an attacking player.

(c) A goal may be scored directly from a corner kick.

(d) Players from the opposing team to the kicker shall not approach within the distance of the center circle measurement (6 yards) of the ball until it is in play.

(e) 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.

3.9 Miscellaneous Rules

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

(b) Coaches, their assistants or spectators are not allowed on the field of play during the game unless permission is given by the referee (in case of emergencies or unusual situations).

(c) There will be no published team standings and game scores will not be recorded.

(d) Heading is not allowed.

(e) Slide tackling is not allowed.