

GENERAL LEAGUE RULES



Alexandria Soccer Association
Recreation Soccer League | Handbook/Rulebook

GENERAL LEAGUE RULES

I. FIELD/PARK RULES

- A. No pets, smoking or alcohol will be allowed at the field(s)
- B. All trash must be disposed of in trash containers

II. TEAM BENCH AND SPECTATOR AREAS

- A. All coaches (maximum of two [2]) and players will remain within 1 - 3 yards from the touchline and 10 yards of the centerline or in close vicinity to their assigned bench
- B. Spectators are to stay on the opposite side of the field as the players and coaches
- C. Abuses of this regulation, as determined by the referee, can lead to a caution or ejection from the field/area

III. PLAYING TIME ON THE FIELD

- A. All players should be participating in at least 50% of the game

IV. NO SCORE KEEPING | PREK - 6th GRADE

V. THE REFEREE (3RD GRADE AND UP)

A. THE AUTHORITY OF THE REFEREE:

- 1. Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match.
- 2. The referee:
 - a) Enforces the Laws of the Game
 - b) Controls the match in cooperation with the other match officials
 - c) Acts as a timekeeper, keeps a record of the match and provides the appropriate authorities with a match report, including information on disciplinary action and any other incidents that occurred before, during or after the match
 - d) Supervises and/or indicates the restart of play; and
 - e) Cautions (yellow card) or sends off (red card) players, coaches, or spectators where appropriate under the Laws of the Game.

B. ASSISTANT REFEREES (AR's)

- 1. The assistant referee indicates when:
 - a) The whole ball leaves the field of play and which team is entitled to a corner kick, goal kick or throw-in
 - b) a player has violated the Offside Law;
 - c) a substitution is requested
 - d) at penalty kicks, the goalkeeper moves off the goal line before the ball is kicked and if the ball crosses the line.

PreK & Kindergarten



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PRE-KINDERGARTEN & KINDERGARTEN GAME DAY RULES

FIELD DIMENSIONS	NUMBER OF PLAYERS ON THE FIELD	4 vs 4; No goalkeepers
	FIELD LENGTH/ FIELD WIDTH	25-35 x 15-25 yards (Acceptable range)
	NUMBER OF FIELDS	2 fields, side by side (diagram below)
	GOAL SIZE	3 x 5 feet

NO COACHES OR SPECTATORS



NO COACHES OR SPECTATORS

GAME RULES	BALL SIZE	Size 3
	GAME TIME	4 quarters of 8 mins each quarter; 2 min water breaks
	GOALKEEPERS	NO
	REFEREES	Coaches manage the game
	SUBSTITUTIONS	Yes, you can substitute players at anytime
	OFFSIDES	NO
	THROW-INS	NO
	KICK OFFS	Start of game & after each goal
	RESTARTS FROM THE SIDELINE OR ENDLINE	Continuous play, if ball leaves field restart by rolling a new ball into play
	FREE KICKS	N/A
	SLIDE TACKLING/ HEADING	NOT ALLOWED

First Grade



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FIRST GRADE GAME DAY RULES

FIELD DIMENSIONS	NUMBER OF PLAYERS ON THE FIELD	4 vs 4; No goalkeepers
	FIELD LENGTH/ FIELD WIDTH	25-35 x 15-25 yards (Acceptable range)
	NUMBER OF FIELDS	2 fields, side by side (diagram below)
	GOAL SIZE	3 x 5 feet

NO COACHES OR SPECTATORS



NO COACHES OR SPECTATORS

GAME RULES	BALL SIZE	Size 3
	GAME TIME	4 quarters of 10 mins each quarter; 2 min water breaks
	GOALKEEPERS	NO
	REFEREES	Coaches manage the game
	SUBSTITUTIONS	Yes, you can substitute players at anytime
	OFFSIDES	NO
	THROW-INS	NO
	KICK OFFS	Start of game & after each goal
	RESTARTS	Kick ins from the goal - defending team drops back to mid field Kick ins from the sideline and corner - defending team drops back 3 yards
	FREE KICKS	N/A
	SLIDE TACKLING/ HEADING	NOT ALLOWED

Second Grade



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SECOND GRADE GAME DAY RULES

FIELD DIMENSIONS	NUMBER OF PLAYERS ON THE FIELD	5 vs 5; No goalkeepers
	FIELD LENGTH/ FIELD WIDTH	40 X 30 yards (Acceptable range)
	NUMBER OF FIELDS	1 field, a quarter of an 11v11 field (diagram below)
	GOAL SIZE	4 x 6 feet



GAME RULES	BALL SIZE	Size 3
	GAME TIME	2 halves, 20 mins each; 5 min water breaks
	GOALKEEPERS	NO
	REFEREES	Coaches manage the game
	SUBSTITUTIONS	Yes, you can substitute players at anytime
	OFFSIDES	NO
	THROW-INS	NO
	KICK OFFS	Start of game & after each goal
	RESTARTS	Kick ins from the goal - defending team drops back to mid field Kick ins from the sideline and corner - defending team drops back 3 yards
	FREE KICKS	N/A
	SLIDE TACKLING/ HEADING	NOT ALLOWED

Third Grade



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THIRD GRADE GAME DAY RULES

FIELD DIMENSIONS	PLAYERS ON THE FIELD	6 vs 6; including goalkeepers
	FIELD LENGTH/ FIELD WIDTH	50 yards x 30 yards
	NUMBER OF FIELDS	1 (quarter of an 11 v 11 field)
	GOAL SIZE	2m x 3m Futsal Goals
GAME RULES	BALL SIZE	Size 4
	GAME TIME	2 halves, 22 mins each
	GOALKEEPERS	YES, No punting or drop kicks
	REFEREES	YES, one referee
	SUBSTITUTIONS	YES, w/referee approval at any stoppage of play, players subbing must be at midfield
	OFFSIDES	YES
	THROW-INS	YES
	KICK OFFS	Start of game & after each goal
	RESTARTS	FIFA regulation rules apply Opposing team drops back to build-out line during goal kicks & GK saves
	FREE KICKS	FIFA regulation rules apply
	SLIDE TACKLING/ HEADING	NOT ALLOWED

ADDITIONAL RULES:

I. SUBSTITUTIONS

- A. Substitutions are allowed at any stoppage of play with the permission of the referee.
 - 1. Throw-in, goal kick, corner kick, direct or indirect free kick, kick-off, or any other time when play is stopped.

II. BUILD OUT LINES | 3RD AND 4TH GRADE ONLY

- A. A Build Out Line ([educational video](#)) is used for both 3rd and 4th Grade.
 - 1. 3rd Grade Build Out Line will be at midfield.
 - 2. 4th Grade Build Out Line will be halfway between the top of the goal area and midfield.
 - 3. Goalkeeper punts or drop kicks are not allowed
- B. When a **goal kick** is awarded, the opposing team must retreat behind the Build Out Line.
 - 1. The opposing team may not cross the Build Out Line until a second attacker has touched the ball.



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2. If the opposing team crosses the Build Out Line before the second attacker touches the ball, the goal kick will be retaken.
- C. When the goalkeeper **makes a save** in the run of play
1. The opposing team must retreat to the Build Out Line and may not cross **until the ball is released** (thrown, rolled, passed)
 2. The goalkeeper does NOT need to wait for the opposing team to retreat to the Build Out Line, but may choose to do so.

Fourth Grade



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FOURTH GRADE GAME DAY RULES

FIELD DIMENSIONS	PLAYERS ON THE FIELD	7 vs 7; including goalkeepers
	FIELD LENGTH/ FIELD WIDTH	70 yards x 50 yards
	NUMBER OF FIELDS	1 (half of an 11 v 11 Field)
	GOAL SIZE	6.5 x 18 feet
GAME RULES	BALL SIZE	Size 4
	GAME TIME	2 halves, 25 mins each
	GOALKEEPERS	YES, No punting or drop kicks
	REFEREES	YES, one referee
	SUBSTITUTIONS	YES, w/referee approval at any stoppage of play, players subbing must be at midfield
	OFFSIDES	YES
	THROW-INS	YES
	KICK OFFS	Start of game & after each goal
	RESTARTS	FIFA regulation rules apply Opposing team drops back to build-out line during goal kicks & GK saves
	FREE KICKS	FIFA regulation rules apply
	SLIDE TACKLING/ HEADING	NOT ALLOWED

ADDITIONAL RULES:

I. SUBSTITUTIONS

- A. Substitutions are allowed at any stoppage of play with the permission of the referee.
 - 1. Throw-in, goal kick, corner kick, direct or indirect free kick, kick-off, or any other time when play is stopped.

II. BUILD OUT LINES | 3RD AND 4TH GRADE ONLY

- A. A Build Out Line ([educational video](#)) is used for both 3rd and 4th Grade.
 - 1. 3rd Grade Build Out Line will be at midfield.
 - 2. 4th Grade Build Out Line will be halfway between the top of the goal area and midfield.
 - 3. Goalkeeper punts or drop kicks are not allowed
- B. When a **goal kick** is awarded, the opposing team must retreat behind the Build Out Line.
 - 1. The opposing team may not cross the Build Out Line until a second attacker has touched the ball.



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2. If the opposing team crosses the Build Out Line before the second attacker touches the ball, the goal kick will be retaken.
- C. When the goalkeeper **makes a save** in the run of play
1. The opposing team must retreat to the Build Out Line and may not cross **until the ball is released** (thrown, rolled, passed)
 2. The goalkeeper does NOT need to wait for the opposing team to retreat to the Build Out Line, but may choose to do so.

Fifth & Sixth Grade



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FIFTH GRADE & SIXTH GRADE GAME DAY RULES

FIELD DIMENSIONS	PLAYERS ON THE FIELD	9 vs 9; including goalkeepers
	FIELD LENGTH/ FIELD WIDTH	70 yards x 50 yards
	NUMBER OF FIELDS	1 (half of an 11 v 11 Field)
	GOAL SIZE	6.5 x 18 feet
GAME RULES	BALL SIZE	Size 4
	GAME TIME	2 halves, 30 mins each
	GOALKEEPERS	YES, punting allowed
	REFEREES	YES, 2-3 referees
	SUBSTITUTIONS	YES, w/referee approval at any stoppage of play, players subbing must be at midfield
	OFFSIDES	YES
	THROW-INS	YES
	KICK OFFS	Start of game & after each goal
	RESTARTS	FIFA regulation rules apply
	FREE KICKS	FIFA regulation rules apply
	SLIDE TACKLING/ HEADING	NOT ALLOWED for 5th grade, ONLY 6th grade is ALLOWED

ADDITIONAL RULES:

I. SUBSTITUTIONS

- A. Substitutions are allowed at any stoppage of play with the permission of the referee.
 - 1. Throw-in, goal kick, corner kick, direct or indirect free kick, kick-off, or any other time when play is stopped.

II. MERCY RULE | 5TH & 6TH GRADE ONLY

- A. When a team is winning by five (5) goals, the losing team is permitted to add an additional player.
- B. If the winning team continues to expand its lead, the losing team may add an additional player for each goal that expands the lead.
- C. If the losing team scores, the losing team must remove any additional player(s) in a consistent fashion.
- D. Both coaches, in consultation with the referee, may agree to a different manner of implementing this rule in an effort to complete the full amount of time (e.g., having the winning team take off a player once it attains a five (5) goal lead or expands that lead).

U13-U19 | NCSL-REC



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U13-U19 AGE GROUPS GAME DAY RULES

FIELD DIMENSIONS	PLAYERS ON THE FIELD	11 vs 11; including goalkeepers
	FIELD LENGTH/ FIELD WIDTH	120 yards x 70 yards
	NUMBER OF FIELDS	1, Full 11v11 field
	GOAL SIZE	8 x 24 feet
GAME RULES	BALL SIZE	5
	GAME TIME	U13 & U14 2 halves – 35 mins each
		U16 & U19 2 halves – 40 to 45 mins each
	GOALIES	YES
	REFEREES	YES
	SUBSTITUTIONS	w/ referee approval at any stoppage of play, players subbing must be at midfield
	OFFSIDES	YES
	THROW-INS	YES
	KICK OFFS	Start of game & after each goal
	RESTARTS	FIFA regulation rules apply
	FREE KICKS	FIFA regulation rules apply
	PLAYING TIME	At least 50%/each player

ADDITIONAL RULES:

I. BOYS | NATIONAL CAPITAL SOCCER LEAGUE - RECREATION (NCSL-REC)

A. WEBSITE:

<https://ncsl.demosphere-secure.com/ncsl-successfully-launches-new-ncsl-rec-program-for-spring-2024-season>

B. LEAGUE RULES NCSL-REC:

https://docs.google.com/document/d/1wE7tn8WiWLszk859xEdcBaXnXWIY_KYnuLIi3DvoQq0/edit?usp=sharing