



7th – 8th Grade Coed (6v6) Soccer Rules

Recreation Soccer = All players play half the game. All games ending in a tie, remain as a tie. No shootouts will be carried out.

1. **The Number of Players per team:** Two teams play a match, each consisting of not more than (6) players, of whom one is the designated goalkeeper. A Match may not start or continue if either team consists of fewer than three players
2. **The Duration of Match** = two halves of 20 minutes. There shall be a half-time interval of 5 min. No added time at the end of either half for a tie or missed opportunity of play.
3. **Ball Size** = 5
4. **Field Size** = 75" X 150"
5. **Goalkeepers** = Yes
6. **Offside** = Yes
7. **Heading** = Yes
8. **Substitutions** = Substitutions are allowed on any out of bounds play (i.e., throw-in, goal kick, corner kick.)
9. **Referee** = Will be assigned by the recreation department of the city you are signed up with.
10. **Equipment** = Shin guards are required. Cleats are optional. Each city's rec director will distribute jerseys.
11. **Kick off**= Start of play at the beginning of the game and the beginning of each quarter will start from the center X. Each team will alternate who will begin play from this spot after each quarter. Resuming play after a goal will also start from the center X.
12. **Sideline out of bound** = Throw in. (Ball held with two hands behind the head, both feet must remain on the ground as the ball is thrown into play.)
13. **Endline out of bounds**
 - a. **Goal kick** = When the ball is kicked out of bounds over the end line by the team attacking the goal on that endline. The defensive team can place the ball anywhere on the goal box line and kick it back into play.
 - b. **Corner kick** = When the ball is kicked out of bounds over the end line by the team defending the goal on that endline. Any player on the offensive team places the ball on the corner closest to where the ball went out of bounds and kicks it into play toward the goal or to a teammate in their offensive half of the field.
 - c. **On a Goalie Save:** the ball can be put back into play on a throw, kick, or punt.
14. **Hands** = Free Kick. Set the ball where the child touched it and have the opposing team kick it into play



- a. **Hands inside the penalty box by the defending team will result in a penalty kick.**
- b. **Penalty kick** = The referee will place the ball 7 yards out from the goal. Any player for the offensive team may take the kick. The goalie must remain on the goal line between the goalposts. The goalie may move from side to side along the goal line, but they may only move forward toward the ball after the offensive team has kicked the ball.

15. Fouls and Misconduct:

- a. **Direct Free Kick** from the spot of the foul = Hands, Kicking, tripping, dangerous (excessive) shoulder charging, pushing (arms and/or arms extended). Any of these carried out in the penalty box results in a penalty kick.
- b. **Indirect Free Kick** from the spot of the foul = High kick, playing on the ground, pass back to keep that is picked up by the keeper.
- c. **Substitution:** Players may be subbed in at any ball out of bounds (Goal kick, throw in) We suggest subbing approximately every 6 minutes.

18. Offsides: A player is in an offside position if: He is nearer to his opponents' goal line than both the ball and the second-last opponent. A player is not in an offside position if: He is in his half of the field of play.

19. In the case of a tie during a soccer tournament:

- 1. 5-minute overtime
- 2. If neither team scores 3 man shoot out
 - a. Coach will pick the kicker and the goalie.
 - a. Once kickers and goalies are chosen, they can't be switched.
 - b. In case of a tie at the end of the 3 man shoot out, each team will receive another kick off until one team becomes victorious. During this time kickers and goalies may be switched.