



# 1<sup>st</sup>-Grade Rules Sheet

**Registration - All players MUST have a current 2023-24 Club membership and all fees paid prior to participating in the 2024 Soccer Leagues.**

## **Equipment:**

- The Ball: Size 3
- Uniform: BGCLCV issued uniform. Non-uniform clothing is allowed based on weather conditions.
- Footwear: tennis shoes or soft-cleated soccer shoes.
- Shinguards: Must be worn. They must also be UNDER the socks.
- Illegal Equipment: hard protruding objects, casts, jewelry and zippers.
- Goal: 6 ft. wide x 4 ft high.

## **Number of Players:**

- Maximum number of players on the field at any one time is four (4). **NO GOALKEEPER.** May use a defender who stays on their side of the field, but must move to center circle when ball is on opposing team side (may not just stay by the goal)
- Maximum number of players on the roster should not exceed eight (8).
- Substitutions: At any time with the permission of the referee.
- Teams and games are coed. An uneven number of boys & girls per team are allowed.
  - If a team does not have four (4) players to start a game they have the option to play with less players (minimum of 3) or borrow a player from the other team if available.

## **Field Dimensions/Markings:**

- Dimensions: The field of play shall be rectangular, 20x40yds
- Markings: Distinctive lines no more than five (5) inches wide.
- Midfield Line: shall be marked out across the field.
- Center Circle: with a three (3) yard radius.
- Corner Arcs: Four (4) each with a two (2) feet radius.
- Goal Kick Lines: A dotted/dashed line midway between goal line and midfield line.
- No Touch Zone: A rectangle area (4 feet x 9 feet) in front of each goal.

## **Start of the Game:**

**Pre-game equipment check** – Three (3) minutes before start time. Have all players line up on their bench side for the equipment (shoes & shin guards) check.

**Pre-game conference** – One minute before start time.

- One coach and 1 player (designated captain) per team will go to midfield for the conference. **HOME team will have possession first and attack opposite goal from their bench. HOME team sideline is to the right of midfield (facing spectators). Visiting team is on left sideline.** Have starters out on field in their positions during the pre-game conference. Designated home team will get choice of starting on offense/defense.

## **Duration of the Game:**

- The game will be divided into four equal 9-minute quarters with a 3-minute half-time break and a one-minute break between quarters.

## **The Start of Play:**

- The offense can have any amount of players in the center circle on their half of the field.
- The defense must be outside the center circle and on their half of the field.
- The offense will kick the ball in any direction to signal the start of play from the center mark.

**Ball in and Out of Play:**

- The ball must completely cross the line to be “out of play,” ball is “in play” if any part of the ball is on or above the line.

**Method of Scoring:**

The ball must completely cross the goal line between goal posts and under crossbar for a goal.

**Off-Side:** None at this age level.

**Fouls and Misconduct:** No cautions or ejections issued. IF players are getting too aggressive, the referee will ask coach to substitute player to give the child a chance to calm down.

**Free Kicks (No Penalty Kicks):**

- All free kicks will be direct.
- Opponents must be five (5) yards away.

**Throw-In:**

- Awarded when the ball completely crosses the sideline.
- Opponent must be five (5) yards away.

**Goal Kick:**

- Awarded when the team that is attempting to score a goal, kicks the ball over the goal line outside of the goal posts. The opposing team puts the ball back into play with a goal kick.
- The goal kick should be taken from the goal kick lines marked on the field.
- Opponents must be five (5) yards away from the ball.

**Corner Kick:**

- Awarded when the team defending the goal last touched the ball when it crosses goal line.
- The opposing team puts the ball back into play with a corner kick inside the corner arc.  
Opponents must be five (5) yards away from the ball.

**No-Touch Zone:** Ball cannot be played by the offense IF the ball is in no-touch zone. Defense can clear the ball out of the no-touch zone. IF the ball is played by offense OR it comes to rest in no-touch zone, the referee will stop play (whistle) and award goal-kick to defending team.

**Slide Tackling:** Not allowed at this level.

**Heading policy/rule:** Players **cannot** use their heads to control a ball in the air, pass the ball OR shoot on goal. If a player heads the ball at this age, the referee will blow their whistle and award a free kick to the opposing team.

**General Rules/Guidelines:**

Coaches are responsible for knowing and following the rules. The rules govern the game and will be applied fairly. These rules supersede any referee errors during the course of the game. Any rule or situation not contained herein becomes the discretion of the Athletic Director. All leagues will be governed by the Athletic Director, who will arbitrate any problems, issues and/or penalties.

For more information about Club soccer or any of our sports, contact:

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