

OLD SAYBROOK PARK AND RECREATION

Kindergarten – 3rd GRADE

OUTDOOR SOCCER RULES



Purpose

The purpose of the OSPR soccer league is to introduce young children to the sport of soccer. This is a developmentally appropriate and instructional league. Our focus will be player development, knowledge of the rules, and sportsmanship. We want to develop players with more: individual skill, intelligence, creativity and confidence.

Throughout the season, our players should be taught the very basics of soccer. At the end of the 8 weeks, they should understand and be able to perform the following.

1. Identify offense vs. defense.
2. How to properly dribble with the inside of their foot.
3. How to properly pass to a teammate.
4. How to properly throw, by stepping towards their target and keeping their foot down.
5. Understand that in soccer you cannot use your hands, unless you are the goalie.
6. What to do after the ball is passed to kicked.
7. Demonstrate superior sportsmanship.

Please refer to the Soccer Unlimited online guide for drills and exercises that will achieve these goals.

I. PLAYERS

- A. **Kindergarten** will play 4v4 with **NO GOALKEEPER**
- B. **1st Grade and 2nd-3rd Grade-** Game play is 5v5. (Goalie and 4 players in the field). This can be modified if each team does not have at least 5 players

II. SUBSTITUTIONS

- A. There is no limit to the number of substitutions and can be done “Hockey Style”.
- B. Substitutions may be made:
 1. Prior to a corner kick
 2. Prior to a throw-in
 3. Prior to a goal kick
 4. After a goal
 5. Whenever a referee stops play
 6. Between quarters or half.

III. PLAYERS PLAYING TIME

- A. **Each player shall play a minimum of 50% of the total playing.**
- B. Exceptions to this Rule:
 - 1. Discipline and/or sportsmanship reasons.
 - 2. If a player is removed from a game for gross misconduct, by a coach or referee that player may not return to the game. If such should occur in the last quarter of the game, that player shall not play in the first quarter of the following game.

IV. REFEREES

- A. Referees will be assigned by the Park & Recreation department whenever possible.
- B. If said official fails to show for an assignment, it is the responsibility of the coaches to officiate the game, unless a suitable replacement can be found. It is recommended that the coaches each work one-half of the game.
- C. Referees will have final say concerning rules infractions.
- D. Referees should give a brief explanation of the rules infractions to players when it is possible.
- E. Referees may only be addressed by coaches for rules clarification only, and only during time outs.

V. SPECTATORS

- A. If an official deems that a parent or spectator is being abusive he will do as follows:
 - 1. Stop play and speak to the coach, who will then speak to that spectator.
 - 2. If an official must again stop play for the same offender, that person will be instructed to leave the playing area before play can be continued. Refusal to leave will result in immediate suspension of the game, and possible forfeiture.
- B. No spectators are allowed to stand on the lines of the field.
- C. No one is allowed to stand behind the goal.

VI. GAME FORMAT

- A. Game play will be following the new USYS Small sided games standards.
- B. Games will have assigned times to begin. If a team does not have enough players, please borrow a player(s) from the other team.

VII. GAME LENGTH

- A. **All Leagues** will play (4), (10) minute quarters.
- B. There shall be a break between quarters 1 & 2, and 3 & 4 for substitutions only.
- C. There shall be a (5) minute half time break.
- D. There will be **NO** overtime periods, games can end in a tie.

VIII. PLAYER EQUIPMENT

A. SHIN GUARDS MUST BE WORN BY EVERY PLAYER

- B. All players will wear tennis or soft cleated, standard, soccer shoes. Cleats are not mandatory but recommended.
- C. No jewelry shall be worn by players (i.e., rings, watches, bracelets, earrings, etc.)
- D. Balls – **All leagues** will use size 3.

IX. ADDITIONAL RULES

- A. Coaches may walk the field and coach from the field for **Kindergarten and 1st grade only**.
- B. Offsides will not be called
- C. A second throw-in must be allowed for players in **Kindergarten & 1st grade**, if first attempt is incorrect. The referee shall demonstrate the proper technique before allowing players to re-throw
- D. Opposing coaches and players will line up after the game facing each other and yell good game.
- E. Direct kicks are not allowed, all kicks must be indirect.
- F. When the goalie has possession of the ball, no defender is allowed inside the goalie box to “steal” the ball. In **Kindergarten and 1st grade**, the defense can make a play on the ball once it has reached a defender. For our **2nd & 3rd grade** leagues, they must get out of the goalie box.
- G. Corner Kicks – If the ball goes out of bounds on the baseline (goal line) and was last touched by the defense, the ball is awarded to the team on offense and is kick in at the corners.
- H. Goalie Kicks and Throws – If the ball goes out of bounds on the baseline (goal line) and was last touched by the offense, the ball is awarded to the team that was on defense and the goalie must put it in play with a throw, roll or place on the ground and kick to a player. No punting is allowed. The ball must be passed to a teammate on the same side of the field before it can cross ½ field.
- I. Headers are NOT allowed in our league and should not be taught in practice.

X. COVID-19 PROTOCOLS

- A. Coaches will be provided masks and gloves.
- B. During Games and Practices children should have their own area to keep their water bottles, masks or other personal belongings. You can use cones to mark off these areas. That should be spaced 6’ apart.
- C. When not playing in the game, subs should socially distant on the sidelines.
- D. Drills during practice should be themed to keep the children at a distant when applicable. Try to maintain a grid when you are able to.

- E. If any participant is displaying [symptoms of COVID-19, as defined by the CDC](#), they should not attend practice or games and OSPR should be notified.
- F. There will be a minimum 15 minutes in between scheduled practices and 30 minutes between games to allow for all participants to leave the field before the next group begins.
- G. All Players will need to bring their own water bottles to practices and games.
- H. Players will not huddle at any point during a game/practice. All sportsmanship will continue in a contactless manner. We will not shake hands after the game, but will face each team and yell, “good game.”