

# First Grade Soccer Rules - Short Form

**Number of Players:** 4 on each field (no goalkeeper) Refer to split field explanation on the website (coaches page) for more detail.

**Substitutions:** At the end of a period, after a goal, on a throw in by your team, on a corner kick by your team, on a goal kick by either team.

**Duration of Game:** 4 quarters of 8 mins, 2 min break between quarters, and a 5 min halftime break.

**Fouls:** All Fouls result in an indirect free kick with opponents no less than 6 yards away. The referee shall explain all infractions to the offending player.

**Throw-ins:** A second throw in must be allowed if a player commits a foul on the initial attempt. The referee shall explain the proper method before allowing the player to attempt a subsequent throw in.

**Goal kicks:** Opponents must be at least 6 yards away from the ball. Second touches are allowed.

**Spectators and Coaches positioning:** Parents, coaches, assistant coaches, non-participating players, and spectators will be located not less than 4 feet from the out of bounds touch line (side line) and they will be no closer than 20 yards from the goal line. No individual will be allowed to run the length of the field or enter the field of play except for participants of the game. The only exception should be that coaches and parents may enter the field of play to help an injured player when the referee stops play and signals that they may enter the field.

**Coaches on the Field:** Coaches of K/1 teams are allowed on the field of play DURING STOPPAGES to place and position players, e.g. Kick-Off, throw-ins, and goal kicks. The coach can NOT be on the field during play.