

THE BASICS

- The Kids, Incorporated outdoor soccer program is an instructional sport designed to help encourage youth to participate in sports activity. The goal is to help them enhance their athletic and motor skills, while recognizing the social opportunities presented through participation in team sports.
- Shoes and shin guards are required for each player.
 - No toe cleats allowed.
- No jewelry or metal hairclips can be worn. No Exceptions!
- There is a free substitution rule, which means that substitutions can be made during any stoppage of play. Each player should play at least 50% of every game.

GAME RULES

- U5-U6 games consist of 30-minute practice then 30-minute games with 15-minute halves.
- U8 games consist of two 20-minute halves (running clock).
- U10 consists of two 25-minute halves.
 - U10 games will follow FIFA rules.
- Halftime will be five minutes.
- Games ending in a tie shall remain a tie.
- Start of play. The losing team will be awarded the kickoff. The winning team shall be awarded the choice which goal they would like to defend. The kickoff shall initiate play at the start of each half and after goals. Teams alternate kickoff for each half. The ball shall be kicked while it is stationary on the ground in the center of the field of play. A successful kick is when the ball has traveled at least its own circumference either forwards or backwards. After the kick off, any player except the one who kicked off may play the ball. The kicker may not play the ball until another player on either team has played it. (Penalty: indirect or free kick award to the opponent at the spot of the foul). **A GOAL MAY BE SCORED DIRECTLY FROM A KICKOFF.**
- U5-U8 all kickoffs and penalty kicks are indirect.
 - Indirect Kick – You can not score a goal off the kick
 - Direct Kick (U10) – A goal can be scored off the kick
- A goal is one (1) point and is scored when the entire ball passes legally beyond the goal line, between the goal post and under the crossbar.
- Offside will only be enforced in the U10 league.
- The ball is out of play when it has wholly crossed a goal line or touchline whether on the ground or in the air.
- The ball is in play at all other times, including:
 - When it rebounds from a goalpost or crossbar and remains in play.
 - When it touches an official or line judge in the field of play.
 - Until an official sounds the whistle
 - After a free kick or kickoff travel the circumference of the ball.
- All free kicks (U8 only) are to be indirect. A goal may not be scored until the ball has been played or touched by a second player of either team. No kicks may be taken by the attacking team within the defending team's goal box.

GAME RULES CONT.

- A throw in (U8-U10) is awarded when the whole of the ball passes over the touchline, whether on the ground or in the air. A second throw in is allowed if a player commits a foul on an initial attempt. The referee shall explain the proper method before allowing the player to re-throw. A proper throw in consist of three things: a player has each foot on the touch line or on the ground outside the touch line, uses both hands, and delivers the ball from behind and over his or her head.
 - Kick-ins or continuous play for U5 & U6
- Goal kicks may be taken from any point inside the goal area. Opponents must be six yards away from the ball. Goal kicks are awarded to the defending team when the entire ball crosses the goal line, either in the air or on the ground, having last been played by the attacking team. Any player on the defending team may take the goal kick.
- Goalie may touch the ball inside the Penalty Area.
- Players may be in the penalty area if they are actively defending the ball or trying to score. Once the keeper has the ball in hand all play must stop.
- Corner kicks shall be awarded when the whole of the ball passes over the goal line, either in the air or on the ground, having last been touched by the defending team. Players of the defending team shall be at least six yards from the ball until it has been kicked. A goal can be scored directly from a corner kick.
- One coach from each team may be on the field for the U5/U6 grade divisions, but may not enter the goal area. You do not have to be on the field if you choose not to be. Coaches for U8 & U10 are not allowed to be on the field of play during game.
- The build out line (U10 only) promotes playing the ball out of the back in a less pressured setting. Then the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play (punting and dropkicking is not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. The ball does not have to leave the penalty area to be considered live. The ball is live on the first touch.
- “No Parking” Rule – (U8) No defender or attacker may be positioned or stand in either goal area. Any player may enter either goal area to play the ball, but the player must immediately exit with the flow of play. Defenders may not act as De Facto goalkeepers or wait in front of the goal for the ball to be played. The referee shall have discretion to determine if the rule has been violated. The referee will explain the rule to the player and instruct the player where to stand in the field of play. A free kick (indirect) will be awarded to the opposing team if a player is parked in the goal area.

FOULS & MISCONDUCT

- Referees will try to explain infractions to the offending player. All decisions are made at the referee’s discretion. DO NOT ARGUE with the referee.
 - Intentional heading of the ball
 - Intentional trips or attempts to trip an opponent
 - Intentional kicks or attempts to kick an opponent
 - Intentional pushes or holds of an opponent
 - Intentional charges into an opponent
 - Kicks or attempts to kick the ball while it is in the possession of the goal keeper

FOULS & MISCONDUCT CONT.

- Handling the ball with hands
- Keeper holds the ball more than 6 seconds before releasing the ball
- Keeper touches the ball with their hands after they have received it directly from a throw in taken by a teammate
- Keeper touches the ball with their hands after it has been passed to them by a teammate (the goalie is allowed to kick a ball that is passed to them by a teammate, but is not allowed to pick it up)
- If an opponent unfairly distracts or impedes the person taking the throw in
- Slide tackling is not allowed, for ages U8 and under. Slide tackling for U10 will be held to USSF rules. If not, it will be a foul where the ball is played.

BEHAVIOR & GENERAL ITEMS

- Do not allow players to play or hang on the goals or nets. This is unsafe and causes damage to the nets.
- All coaches should encourage their players to display positive attitudes at all times.
- There should be absolutely no taunting of officials or players.
- Abusive or foul language from players, coaches, or spectators will not be tolerated.
 - Coaches may receive a yellow/red card for inappropriate behavior, language, or creating a hostile play environment.
 - The coach may also receive a red card if a parent/family member/spectator for their team creates a hostile play environment.
 - The referee has the right to delay the game or cancel the match if a coach and/or spectator does not exit the facility after receiving a red card.
 - Any coach who receives a red card is suspended for the following game and may not be present in the team bench.
- Spectators are expected to stay behind the sidelines. Spectators should never stand or sit behind the goals or end-line.
- Pick up all trash from the field and stands before leaving. Coaches make sure your team has cleaned their bench area before you leave.

WEATHER INFORMATION

When inclement weather occurs, Kids, Incorporated officials will make every effort to notify the coaches/parents. Social media and email will be the primary source of information about weather cancellation/delays. If a game is in progress and weather becomes a factor, the coaches and officials should make a decision in the best interest of the children. If lightning is present (within 10 miles), the field will be cleared for a minimum of 20 minutes.

NUMBER OF PLAYERS ON FIELD

- U5/U6/U8
 - 4v4 - no goal keeper
- U10
 - 7v7 - with a goal keeper

IMPORTANT INFO

- U5/U6/U8 will use a #3 size ball and U10 will use a #4 size ball.
- Please contact all of your players as soon as you receive your roster from the Kids, Incorporated office. Do not wait until it is time for the games to begin. Parents want to be informed about what is going on with their child's team now.
- Read your rules. These are important! There have been some changes.
- Coaches, please remember medals are provided for each team player. Coaches may pick up the medals for the team the week of their last game of the season.
- Kids will keep jerseys at the end of the season.