

Dakota United Soccer Club

Recreational League

1st Grade Rules

Game Time:

Consists of 4 equal 10 minute quarters with 5 minute intervals between each quarter.

Coaches may mutually agree to shorten game time if short of substitutes.

Number of Players:

4 on each field

Do not attempt to teach positional play. No goalie or permanent defense!

The Ball:

A size 3 ball is used for 1st Grade.

Field Rotation:

Divide your players into 2 micro teams. Each week the micro team make-up should be different. Each micro soccer field is actually 2 side by side fields. One team will stay on the same field both halves while the other team will switch fields at half time allowing the players to play different opposition.

**Note – if a team does not have enough players to play two games, use only one field.*

Substitutions:

We encourage equal playing time, but also substitute when players appear tired. This could be as often as every couple of minutes.

Try to substitute when the ball goes out of bounds, but you may substitute while the game is going on.

Officials:

Parents (one from each team/ one per field) are to keep the play safe by following close to the play on the field, blowing the whistle if a player falls and could get kicked and keeping the play fair. Let others collect the ball when it goes out of bounds. Keep track of time. **DO NOT KEEP SCORE!**

Players Equipment:

The usual uniform of the soccer player is a team shirt (provided by Dakota United), shorts, calf socks, shin guards, and shoes. Shin guards and calf socks are required. Nothing dangerous to another player may be worn. Cleats, usually made from rubber, plastic, aluminum, or leather, can

be worn, but are not required.

Kick Off:

Kick off occurs at the start of each quarter with teams alternating who starts with the ball each time. A kick off is also used to restart the game after a goal. The team who did not score, kicks off at the center line. Opponents need to be at least 5 yards away from the ball. Teach players to be 10 steps away. You cannot score from a kick off directly; another player must touch the ball.

Throw-ins:

Awarded to the team who did not touch the ball last when it went out of bounds. The ball is thrown in with both hands in one continuous motion, starting from behind the head. Both feet must stay on the ground, on or behind the line when the ball is being released. If players do not execute the throw-in correctly, please explain the correct way and continue play.

Goal Kick:

Awarded to the defense when the ball (after being touched by the offense) crosses the goal line, but not resulting in a goal. Opponents need to be 5 yards away from the ball. Ball is placed on the ground about halfway to the half line and kicked out of the area by the defense.

Corner Kick:

Awarded to the offense when the ball (after being touched by the defense) crosses the goal line, but not resulting in a goal. An offensive player takes the kick from the corner nearest to where the ball went out of play. A goal may be scored directly from the kick. Opponents need to be 10 yards away from the ball as it is kicked. The kicker may not kick the ball a second time until touched by another player.

No Offside, No Penalty Kicks, No Direct or Indirect Free Kicks:

For penalties or fouls such as handball, pushing, tripping, etc. Please instruct the kids to not commit fouls and try not to stop the action. Let the kids play soccer as most will not commit fouls or penalties intentionally. Simply remind them not to push, use their hands, etc. while continuing play. If there is continuous foul play a free kick may be awarded.

No Keeping of Score:

The major objective is to keep the flow of play continuous with little time for stoppages. All players should have many touches of the ball. STOP the play when players are on the ground near the ball. Restart by doing a drop ball with one player from each team (drop the ball directly between two players and then resume play immediately).