



**Soccer League – Park Stars
Grades: K-2 and 3-4
RULES AND REGULATIONS**

1. SPORTSMANSHIP & CONDUCT (PLAYERS, COACHES AND SPECTATORS)

- a. **Be a Good Sport Whether You Win or Lose.** Show a positive attitude toward your teammates, coaches, game officials, and spectators watching the game.
- b. **Respect Officials.** Show respect and courtesy to game officials and coaches by following their instructions and directions. Refrain from addressing the game officials or commenting on their decisions before, during, or after the game.
- c. **Respect Teammates, Coaches, and Opposing Players.** Maintain control of their emotions, avoiding the use of abusive or profane language, taunting or humiliating remarks, and/or gestures and physical assault upon another player at any time. Respect the coaches and players of the opposing team and display sportsmanship at all times. At the conclusion of a game be humble and generous in victory and proud and courteous in defeat.
- d. **Follow the Rules.** Your team, the league and soccer in general all have rules for practices and games. Practices and games are more fun and safe within the rules.

NOTE: ANY BEHAVIOR DEEMED INAPPROPRIATE TO THE PROGRAM AND/OR ITS PARTICIPANTS MAY RESULT IN EJECTION FROM THE GAME AND/OR THE FACILITY AND POSSIBLE SUSPENSION OR EJECTION FROM THE PROGRAM. NO EXCEPTIONS WILL BE MADE. THIS INCLUDES PLAYERS, COACHES AND SPECTATORS.

2. TEAM SELECTION

- a. Teams are co-ed.
- b. When multiple teams are formed from the same practice time, the teams will be established during the first practice session, mixing player abilities, age and school. If you would like to request your child to be on a team with one other friend, please fill out a **Youth Sports Buddy Form**.
- c. PP&R is unable to guarantee pre-established teams will remain together. Once players are assigned and teams created, rosters become set and no adjustments can be made.

3. PLAYER EQUIPMENT

- a. PP&R will provide each player with a T-shirt. Each team will be assigned a specific colored T-shirt. Players must wear their T-shirt to each game. Wearing the T-shirt to practices is at the parents' discretion.
- b. Pockets are not allowed on athletic shorts or pants worn by players during the game.
- c. Hard, molded shin guards are required. These are to be worn inside the sock.
- d. Soccer cleats or athletic shoes are required. Screw in spikes are not allowed.
- e. A penny of a different color than the team shirt is required for the goalkeeper (Grades 3-4 only).
- f. No jewelry of any type is allowed. Hair accessories containing metal are not allowed. Medical information tags must be taped against the body. Players who need to wear eyeglasses are encouraged to use straps to secure their glasses. Safety glasses or goggles are recommended. Casts of any type are not allowed.
- g. Soccer ball size will be determined based on the grade level of the team. See the "General Guidelines" chart.

4. INJURY

- a. Your child's safety is important to us:
 - a. Any player who is bleeding, or has an open wound, or has any blood on their uniform, must leave the game for appropriate treatment and may not return prior to the first opportunity for such player to return.
 - b. Any player that receives a substantial blow to the head, or other serious injury, will not return to play during that day.
- b. Return to play after injury:
 - a. Any player diagnosed by a medical professional with a serious injury players, including a concussion, may not return to play without medical clearance from a medical physician.
 - b. Any player that has had a minor injury and received appropriate treatment may re-enter at a dead ball situation or at the end of a timeout. If a team calls a timeout, and the injured player has received appropriate treatment by the end of the timeout, the player may re-enter the game at that time. An injured player may return to the game in the same period of play they were injured.

5. GENERAL GUIDELINES

Age Group	Number of field players	Ball size	Game Length	Roster Size	Field Size	Goal Size	Goal-keeper?	6 Foot Arc?	Off-sides?	Special Rules	Referees?
Grades K-2	5V5	#3	2 - 20 min halves	10	30x20 yards	4X6	NO	YES	NO	Coaching to correct form. Do over on throw in, mistake on whistle kick...	Away Coach is Ref for 1 st half; Home Coach is Ref for 2 nd half.
Grades 3-4	5V5	#4	2 - 20 min halves	10	40x30 yards	6X12 - cones	YES	YES, unless Goal Box is marked	YES	Coaching to correct form	

6. SET-UP & NUMBER OF PLAYERS

- a. Field length and width vary depending on age group (see "General Guidelines chart).
- b. Tall cones should be used to mark the corners with flat cones or flags to mark the.
- c. **6 Foot Arc:** 6" arc should be marked for K-2 Grade teams. 6 ft arc will be used in 3-4 games when a goal box is not marked.
 - a. No offensive or defensive player is allowed to touch the ball within the arc. If a defensive player touches the ball within the arc the offensive team receives a corner kick. If an offensive player touches the ball within the arc the defensive team receives a goal kick. If the ball stops within the arc the defensive team receives a goal kick.
- d. **Goal Box Area:** 3 yards from each goal & 3 yards into field of play
- e. Player's will be on the interior sideline, and all spectators will be on the exterior sideline.
- f. Number of players will be determined based on the grade level of the team.
 - Grades K-2: 5v5**
 - Grades 3-4: 5v5**
- g. If a team is short-handed, teams may share players to ensure both teams are able to play.
- h. Teams may not play more than the approved number of players on the field.

7. REFEREES & LINESMEN & BENCH PARENTS

- a. **Coaches will act as referees.** Coaches will be lenient in their application of the rules. The players are not technically skilled and should not be governed by strict applications of the rules of the game. Coaches try to keep the action flowing so players have the greatest opportunity for game play. Coaches have discretion in their application of the rules of the game. At the beginning the season coaches will be lenient when calling infractions, and will become stricter with their enforcement of the rules as the season progresses.
- b. The coach for the away team will act as referee for the 1st half of the game; the coach for the home team will act as referee for the 2nd half of the game.
- c. No linesmen are needed.
- d. A parent will be asked to stay with players on the sidelines when the coach is the acting referee.

8. DURATION OF GAME

- a. Games will consist of two (2) twenty-minute periods, substitutions are permitted at any dead ball. Playing time will be divided equally among players
- b. Half time is five minutes long.
- c. At all grade levels, teams will change goals at halftime.
- d. There are no time-outs, but the coach may stop the clock for injuries, lost balls, etc. The clock will not be stopped for goals unless the coach feels that one of the teams is deliberately wasting time.
- e. Individual time will be kept for fields separately. Start times on fields will be offset by 15 minutes. The beginning and end of playing periods will be signaled by the timekeeper.

9. START AND RESTART OF PLAY

- a. Coaches will participate in a pre-game coin toss. The visiting team shall call heads or tails. In all grades, the team that wins the coin toss decides which goal it will attack during the first half.
- b. The game begins with a kickoff from midfield. The ball must be passed forward from one player to another. The defensive team will be 3 yards away.

10. INDIVIDUAL PLAYING TIME

- a. **All players should play approximately equal amounts of time** unless they are injured or sick, being disciplined, or ejected for improper conduct.
Exceptions:
 - 1) Any player that misses part of the game because of tardiness is not guaranteed the opportunity to play the minimum two (2) quarters.
 - 2) Any player who severely disrupts the team may not be entitled to play the minimum two (2) quarters.
NOTE: In such cases the coach **must** contact the program coordinator to discuss the matter.
- b. Substitutions will occur as needed, and the coach will call players on and off the field.

11. SCORING

- a. **For grades K-2 and 3-4, NO SCORE IS KEPT DURING THE GAME.**

12. OFFSIDE

- a. Offsides will not be enforced in K-2 games, but referees should instruct players to avoid flagrant “cherry-picking”. Similarly, referees should instruct defenders not to act as goal keepers in defending or blocking their own goal.
- b. Blatant offsides will be enforced by referees for 3-4 grade games.

13. FOULS & MISCONDUCT

- a. Players are not allowed to kick, trip, jump at, charge, obstruct, hold, push, or strike an opposing player. The basic rule is “play the ball, not the player”.
- b. Players also may not strike, carry, or propel the ball their hand or arm. The key judgment for the handball fouls is whether the contact was “hand to ball” (foul) or “ball to hand” (no foul).
- c. **PP&R prohibits slide tackling for all age groups.**
- d. In K-2, all penalties are indirect (another player must touch the ball before a goal can be scored) and there are no penalty kicks. All opponents must be at least 6 yards away from the ball at the time the kick is taken.
- e. In 3-4, the player committing any foul is penalized by the award of an **indirect free kick** to the opposing team. The kick is taken from the place where the foul occurred, unless it is inside the goal box. In this case, the indirect kick will be taken at the nearest point outside the goal box area.

14. THROW-INS

- a. The team that last touches the ball, which goes out of play along the side of the field (touchline), loses possession to the opposing team. The opposing team is awarded a throw-in. The player taking the throw-in must hold the ball with both hands and throw the ball with equal force over the head while keep some part of each foot on the ground. If there is an incorrect throw-in at the K-2 level, the coach will briefly stop play, instruct the player on the correct throw-in procedure and allow the player to attempt the throw-in again.
- b. After a throw-in is taken, another player must touch the ball before the thrower can touch it again.
- c. A goal cannot be scored directly from a throw-in.

15. GOAL KICK

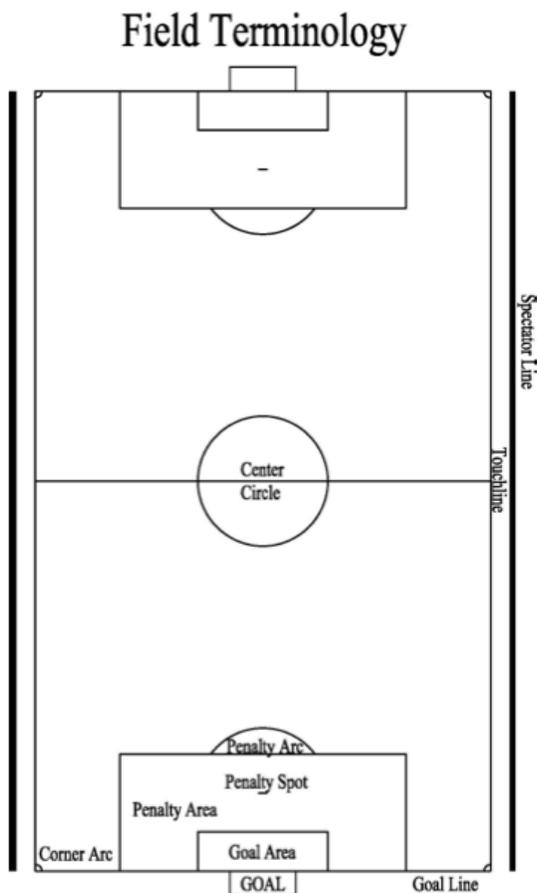
- a. Balls that go out of bounds beyond the goal line and are last touched by the offensive or attacking team are restarted by the defensive team. The defensive team restarts play with a goal kick (a free kick from within the goal handling area) anywhere in the goal handling area. The offensive team cannot touch the ball until it has traveled 15 feet from the goal line.

16. CORNER KICK

- a. Balls that go out of bounds beyond the goal line and are last touched by the defensive team are restarted by the offensive team. A corner kick is taken from within the arc on the side of the field from which the ball went out of play.
- b. Defensive players must remain at least 5 yards from the ball until it is touched and has moved.
- c. The player taking the corner kick cannot touch the ball a second time unless another player has touched it.

17. GOALKEEPING (applies to Grades 3-4 only)

- a. The goalkeeper may pick up the ball with their hands in the goal box. The goalkeeper may move in support of their team outside the handling area and move backwards to the goal when the opposition wins possession.
- b. The goalkeeper should be made aware that they may use **ONLY** their feet outside the handling area. The goalkeeper may not pick up a ball with their hands that has been intentionally passed back to them by their own teammate by foot or leg, but may do so when the ball is passed by the head or chest. The penalty will be an indirect free kick by the opposing team.



PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland

Commissioner Amanda Fritz Director Mike Abbate

