



Arlington Soccer
PLAYING RULES

1st Grade
GROUP

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1ST GRADE GROUP

The following rules of play and additional instructions will apply to all games and scrimmages for the Arlington Soccer's (ARL) Recreational Soccer League. The Laws of the Game as authorized by the International Federation of Association Football (F.I.F.A.) and the United States Soccer Federation (U.S.S.F.) shall apply in all cases except as follows:

LAW 1 FIELD OF PLAY

- The field of play is rectangular, its length being no more than 35 yards or less than 20 yards and its width not more than 25 yards or less than 20 yards. The length in all cases shall exceed the width.
- Goals are set in place at the center of each endline. Goals are two (2) yards wide.
- Goal area lines are ten (10) yards wide and extend five (5) yards out from the endline.

LAW 2 THE BALL (Size 3)

The 1st Grade group uses a Size 3 ball.

LAW 3 NUMBER OF PLAYERS

- The maximum number of players on the field at one time for each team is four (4) - unless the runaway game rule is in effect (see Runaway Game Rule in next section).
- The minimum number of players on the field at one time is three (3).
- There is no goalkeeper in 4 vs. 4 game format.
- Substitutions are allowed at any stoppage of play. The player going out must be completely off the field before a new player can enter.

LAW 4 PLAYERS' EQUIPMENT

- Shin-guards are mandatory for all players.
- Players of teams participating in Association competition are required to wear the uniform of the team's neighborhood club.
- Proper soccer shoes in conformity with the official lawful standard are the only acceptable soccer shoes. Sneakers may be worn, but no hard-soled street shoes are permitted.
- The "home team" according to the schedule must change its uniform colors if they conflict with the "away team" colors. Pinnies may be used by the home team if needed to resolve a jersey color conflict.

LAW 5 REFEREES

- Each team coach becomes the game leader on the field.
- The role of the game leader is to keep the game moving, to encourage and instruct players from both teams, monitor substitutions, track elapsed time and stop and restart game as needed. The game leaders should think of themselves as an instructor rather than a referee (but please see additional note at end, under "For the Good of Soccer").
- All Association coaches, players and adult spectators must recognize the game leaders as the sole authority over the game. As specified under the F.I.F.A. Laws, maintaining respect for the game leader is of vital importance to successful youth soccer. Behavior which falls below this standard of respect and interferes with the game leader's ability to officiate will not be tolerated. Any incidents will be subject to Arlington Soccer Rules & Discipline Committee for review and discipline.

LAW 6 ASSISTANT REFEREES

- There are no assistant referees. Each team's coach will become the game leader on the field.

LAW 7 DURATION OF GAME

- Four ten (10) minute quarters with a three minute break between quarters and a five minute break at half time.

LAW 8 THE START OF PLAY

- The game begins with the ball being played from the approximate center spot by the team winning the coin toss. Opposing players must be at least five (5) yards away. The kick is indirect. The ball may be kicked in any direction.

RESTARTS

- Opponents must be five (5) yards away from the ball on all restarts. All restarts are indirect. (The ball must be touched by another player before a goal can be scored.) The player taking a kick cannot touch the ball again until another player has played it. Restarts after a goal are taken from the center, same as the start of play.

LAW 9 BALL IN AND OUT OF PLAY

- The ball is out of play when it has completely crossed over the sideline or end line; or when the game has been stopped by the game leader.
- A ball going out of play over the side is restarted by a kick-in by the team not playing the ball out of bounds. The ball is placed on the ground where it went out of play and kicked into play. All kick-ins are indirect.
- A ball going out of play over the end line is played in either by a goal kick or a corner kick. (see Goal Kick and Corner Kick)

LAW 10 METHOD OF SCORING

- Players may only score a goal from inside their attacking half of the field. All kicks from within the player's defending half of the field will be considered indirect kicks. If a ball is kicked from the defending half of the field and goes directly into the opponent's goal, without touching another player (either team), the game will be restarted with a goal kick to the defending team.
- The ball must pass completely across goal line between the goal posts and under the crossbar.

LAW 11 OFFSIDE

- There is no offside in the 1st Grade group. However, there is a "10-second rule" in effect to limit player "camping" in a goal area. Please see Additional Instructions and ARL Philosophies section at the end of this document.

LAW 12 FOULS AND MISCONDUCT

- All fouls result in awarding an indirect free kick for the team that was fouled.
- ARL prohibits slide tackling to challenge for a ball with an opponent. This infraction shall be treated as dangerous play and the penalty for such an infraction is an indirect free kick awarded to the other team.

LAW 13 FREE KICKS

- All free kicks are indirect (the ball must be touched by another player before a goal can be scored).
- The player taking a kick cannot touch the ball again until another player (from either team) has touched it.

LAW 14 THE PENALTY KICK

- There are no penalty kicks in the 1st Grade group.

LAW 15 THE THROW-IN

- There are no throw-ins. A ball going out of play over the side is restarted by a KICK-IN by the team not playing the ball out of bounds. The ball is placed on the ground where it went out of play and kicked into play.
- All kick-ins are indirect.

LAW 16 THE GOAL KICK

- The defending team takes a goal kick when the attacking team touched the ball last before it went over the end line. The ball may be kicked from anywhere inside the goal area.
- All goal kicks are indirect. The player taking the kick can only touch the ball once and another player must touch it before that kicker can play the ball again. The ball must leave the goal box before it is in play.
- When a team is taking a goal kick, the defending team (the team not taking the kick) must stand on, or behind, the halfway line. Once the ball is kicked, the game is considered live, and players can move wherever they like on the field.



LAW 17 THE CORNER KICK

- The attacking team takes corner kicks when the defending team touched the ball last before it went over the end line. Corner kicks are taken from either corner of the field, one (1) yard from the spot where the end line and sideline meet.
- Opposing players must be at least 5 yards away from the ball when corner is taken.
- All corner kicks are indirect.

ADDITIONAL INSTRUCTIONS & PHILOSOPHIES 1ST GRADE GROUP

10-Second Rule

No player can remain in either goal area for longer than 10 continuous seconds

EXCEPT:

- 1) during corner kicks, or
- 2) defensive players during an attacking free kick in the defensive half of the field, or
- 3) if the ball has also been in or adjacent to the goal area for the same period of time.

Coaches should apply this rule with forgiveness and instruction, as players are still learning the fundamentals of the game. The proper restart will be an indirect free kick for the opposing team at the location of the ball when the play was stopped (on goal area line if the ball is in goal area).

RATIONALE:

This is an effort to deter players who have been told to act as a goalkeeper, even though there are no goalkeepers in 4v4 soccer. Additionally, this rule is also in effect for the attacking team for any players that acts as a “goal hanger;” someone who stands in front of the defending team’s goal, and waits for the ball. Players should be involved in play.

HEADING

- Heading is not allowed. If the ball touches a player on the head, play is stopped. If the header was deemed deliberate, an indirect free kick will be awarded to the opposing team from the spot of the offense. If the header was deemed unintentional, then play restarts with a drop ball to the team that last kicked it.

TEAM ROSTER SIZE

- In the 1st Grade group, the ARL recommends that teams are formed with 8 players. With four (4) players on the field, that would provide four (4) substitutes for each game.
- A player may only play in an ARL sanctioned league game if that player has been registered with the ARL and has been added to the team’s official roster.

RUNAWAY GAMES

- When a team is losing by four (4) goals, it may add one (1) additional player, creating 5 v 4.
- When a team is losing by five (5) goals, it may add another additional player, creating 6 v 4.
- The maximum player advantage is two (2) players.
- The process is constantly adjusted depending on the score of the game.

SCORE REPORTING

- Do not report game scores to the Score Recorder.

PROFANITY

- Under no circumstances will any coach use profanity or physically or psychologically abuse any other person.

GOOD OF SOCCER

- Opposing parent/coaches and players should shake hands after each game.
- For the purpose of fostering the good of soccer and the development of all ARL players; all field players will play a roughly equal amount as all other field players in every scheduled game. Any disciplinary issues, for which a coach may wish to restrict playing time below what would be considered equal playing time, must be discussed and approved in advance with the ARL Recreational Soccer Director.
- Although coaches are allowed on the field, they should not “joy-stick” or micro-manage the players – games are for players to have fun and learn by doing; any “errors” that a coach sees should be addressed on the sidelines or at practice, not during the game.

TEAM BENCHES

- Teams are encouraged to set up their ‘team bench’ on the same sideline, separated by the halfway line. Parents and spectators will sit on the opposite sideline, facing the teams.

AREA CLEAN UP

- All teams shall be responsible for maintaining field areas in a clean and neat appearance, disposing of all trash prior to leaving the field.