

Rules - Youth Fall Soccer 2026

Any rules not specifically listed in this document will refer to the US Youth Soccer Rule Book.

The Game

The game will be officiated by two (2) officials during most cases and one (1) official on occasion. Both officials will act as the referee, lineman, and scorekeeper for each game. Officials will be provided for 2nd-9th Grades leagues by Spanish Fork Recreation. Kindergarten and 1st Grade leagues will be officiated by the coaches of each respective team. Each game will start with a coin flip to determine which team will kick off each half.

- **Kindergarten Leagues** will be played 6 v 6 and will NOT have a goalie. There are no forfeits in this league and teams will play with as many players as show up to the game with a maximum of 6 players on the field for one team at a time. Coaches will officiate each game and be in charge of keeping track of the game clock.
- **1st Grade Leagues** will be played 8 v 8 and teams will have a goalie. There are no forfeits in this league and teams will play with as many players as show up to the game with a maximum of 8 players on the field for one team at a time including the goalie. Coaches will officiate each game and be in charge of keeping track of the game clock.
- **2nd Grade Leagues** will be played 8 v 8 and teams will have a goalie. There are no forfeits in this league and teams will play with as many players as show up to the game with a maximum of 8 players on the field for one team at a time including the goalie. Officials will be provided by Spanish Fork Recreation for this league. 2nd Grade leagues are used as a training ground for officials as there is no official score being kept and no standings tracked in the league. NO offsides will be called in this league.
- **3rd/4th Grade Leagues** will be played 9 v 9. Each team must have at least seven (7) players, including the goalie, to play the game. If a team does not have at least seven (7) players the game will be considered a forfeit. All rules including offsides will be enforced by the officials in this league.
- **5-9th Grade Leagues** will be played 11 v 11. Each team must have at least nine (9) players, including the goalie, to play the game. If a team does not have at least nine (9) players the game will be considered a forfeit.

Forfeits

During games that are considered a forfeit officials are not legally allowed to officiate the games. It is encouraged that teams share players and still have a practice scrimmage in these situations so that all players in attendance get a chance to play. Forfeit time is 10 min. after the scheduled game time.

Game Time

- Kindergarten - 15 minute halves
- 1st-2nd Grades - 20 minute halves
- 3rd-9th Grades - 25 minute halves
 - All games will have a 5 minute half time.

Ball Size

- Kindergarten - Size 3
- 1st Grade - Size 3
- 2nd Grade - Size 4
- 3rd/4th Grades - Size 4
- 5th/6th Grades - Size 5
- 7-9th Grades - Size 5

Uniforms and Player Equipment

- Players must be in their team issued jersey for the season they are participating in, in order to play.
- Shin guards are strongly recommended for all age groups, but are required for play in 2nd-9th grade leagues.
- Cleats can not have a toe cleat, metal cleats or spikes are not allowed. Cleats are not required for play.

Headers

Headers are not permitted in our Kindergarten-6th grade leagues. Headers will be allowed in our 7-9th Grade Leagues. An intentional header will be treated as a hand ball. Incidentally headers will not be called as fouls, an incidental header cannot result in a scoring goal. If an incidental header results in a goal then it will be a goalie kick for the defending team.

Throw Ins

Throw-ins are awarded to a team when the opposing team hits the ball completely over either touchline (sideline). The thrower must have both hands on the ball with both feet touching the ground on or behind the line and the throw must be made directly over the head.

Hand Ball

Anytime a player touches the ball with their arm from their elbow or lower it is considered a hand ball. Hand balls can be either intentional or incidental. In any and all cases that the ball is touched by a player from the elbow or down it will result in a free kick for the opposing team.

Drop Ball

A Drop Ball is similar to a Jump Ball in Basketball. A Drop Ball is when two (2) players from opposing teams have dual possession of the ball with their feet and no progress is made for a considerable amount of time. If a drop ball situation occurs. The referee will throw the ball to the nearest goalie and the goalie will then release the ball into play.

Goal Kicks

- A goal kick is a free kick by the defenders, from the goal area, when the attacking team hits the ball over the goal line but not into the goal.
- On goalie kicks the defending team is not allowed to enter the 18 yard box (bigger rectangle goalie box) even on a ball that is kicked and doesn't reach the outside of the box. The defending team may attempt to steal the ball as soon as it is completely outside of the 18 yard box. After the goalie kicks the ball and if it does not make it outside the 18 yard box members of the goalies team may possess and advance the ball.

Corner Kick

When the defending team hits the ball past its own goal line, the offensive team puts the ball into play from the corner arc nearest where the ball went out.

Free Kicks - Direct vs Indirect

- Direct Kick
 - Awarded for major fouls. The ball can be kicked directly into the goal for a score.
- Indirect Kick
 - The ball is kicked in to play, but must be touched by another player (either team) before it goes into the goal
- On all free kicks the defending team must be at least 10 yards away from the ball. Defenders may move closer once the ball is kicked.

Fouls

- Major Fouls
 - Major Fouls will result in a direct free kick for the team that the foul was committed against. Major fouls include but are not limited to kicking or attempting to kick an opponent, striking or attempting to strike an opponent, pushing, holding, tripping, charging in a violent manner, charging from behind (unless the opponent is obstructing the ball).
- Minor Fouls
 - Minor Fouls will result in an indirect free kick for the team that the foul was committed against. Playing in a dangerous manner, charging another player when the ball is not within playing distance, intentionally obstructing an opponent, charging the goalkeeper when the goalie is in possession of the ball and inside the goalie box, goalkeeper takes longer than six seconds while in control of the ball, if a player persistently infringes the rules of the game, player or coach shows disagreement from a decision by the referee, and any other unruly conduct.
- Penalty Kicks
 - Penalty kicks are awarded when a major foul occurs within the 18 yard box (goalie box).

- On minor fouls that occur within the 18 yard box an indirect free kick will be taken where the foul occurs.

Slide Tackling

Slide Tackling is not permitted in our Kindergarten-6th grade leagues. Slide Tackling will be allowed in our 7-9th grade leagues. On any attempted slide tackles the player must touch the ball before making any contact with the player in possession of the ball or else it will be considered an automatic foul. Fouls on slide tackles can be deemed either a minor foul or major foul based on referee discretion.

Offsides

- An attacking player is offside if there are not at least two (2) defending players (goalie included) between them and the goal when the ball is passed to them.
- Players can have two (2) defending players between them and the goal when the ball is passed to them, and then using their speed and agility get past those defending players by the time they receive the ball to be considered a legal play and not considered offsides.
- In our leagues the player will not be offside in any of the following instances
 - If they are on their own half of the field.
 - If the ball is last touched by an opponent.
 - If they receive the ball from a goal kick, corner kick, throw in or drop ball by the referee.

Yellow & Red Cards

- We will not be using yellow or red cards in our leagues.
 - An officials, site supervisor or any other Spanish Fork Parks and Recreation staff has the right to remove any player, coach or spectator for any unsportsmanlike conduct
 - If a player is removed, or ejected, from the game due to unsportsmanlike conduct that team must continue the game with one (1) less player on the field. Just as if a Red Card was issued. If another player from the same team is ejected they would be playing with two (2) less players. This process would continue as necessary. (Example: instead of 11 v 11 it would be 11 v 10)

Field Dimensions

- Kindergarten
 - 40 x 25 yards
- 1st & 2nd Grades
 - 50 x 35 yards
- 3rd/4th Grades
 - 80 x 50 yards
- 5th-9th Grades
 - 100 x 60 yards

Tournament Overtime Rules

If a game ends in a tie during end of season tournaments. We will use a penalty kick over time to determine a winner.

- The goalie for the penalty kick overtime must be the player that was the goalkeeper at the conclusion of the game.
- Three (3) penalty kicks will be taken in alternating fashion from each team. Each team must have a different player attempt each penalty kick.
- Any player, even players on the bench at the end of regulation can be selected to attempt a penalty kick
- If at the end of each team's three (3) penalty kicks and the teams are still tied, we will have one (1) alternating kicks repeating until we get a winner.
- All players must take one (1) penalty kick (excluding the goalie) before a player can attempt a second penalty kick.