

# K-1 Sports Academy

## 4 - 5 Soccer Rules

1. The game will be played six on six including the goalkeeper (six players on the field at the same time from each team). Each team will have a maximum of twelve players allowed on their roster. Each player must play at least half of every game and play in both halves.
2. The field size shall be approximately thirty yards wide and sixty yards long. Spectators must be a minimum of ten yards behind the touch lines (side lines), and at least ten yards away from the goal lines.
3. The game will consist of four eight-minute quarters with a three-minute halftime and two minutes between quarters.
4. Soccer ball size is a size three.
5. Shin guards are mandatory and must be worn under socks.
6. The provided K-1 Sports Academy jersey must be worn in order to participate in games. Jerseys must be tucked in to shorts. No hats, jewelry, or metal spiked cleats shall be allowed.
7. One coach from each team will be allowed on the playing field to instruct players.
8. All players not playing in the game must be five yards behind the touch lines. Players should remain in one area so they can be seen and be given equal playing time.
9. Players must throw-in the ball after any out of bounds play.
10. Substitution will be allowed during the following breaks in play for either team: kickoffs (including after a goal has been scored), throw-ins, goal kicks, corner kicks, and injury. Substitutions may only be made with the referee's acknowledgment.
11. The referee, according to the infraction, will award direct and indirect free kicks.
12. No offside violations will be called.
13. Absolutely no slide tackling.
14. No Forfeits! If the game cannot be played six on six then it will be played five on five or four on four depending on smallest team size. Teams may share players to keep with original format if necessary.