

K-1 Sports Academy

8 - 11 Soccer Rules

1. The game will be played with as few as five to as many as eight players on a side with one player distinguished as the goalkeeper. Each team will have a maximum of sixteen 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 forty-five yards wide and seventy 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. The goal size will be six feet high by twelve feet wide.
3. The game will consist of four ten-minute quarters with a three-minute halftime and two minutes between quarters.
4. The size of the soccer ball is size four.
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 are allowed.
7. All players not playing in the game must be five yards behind the touch lines. Players should remain in one area designated by the coach so they can be seen and be given equal playing time.
8. 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.
9. The referee, according to the infraction, will award direct and indirect free kicks.
10. Penalty kicks will be placed twelve yards from the goal line.
11. Absolutely no slide tackling.
12. The referee will show yellow (caution) and red (sending off) cards in accordance with the laws of the game. A red card results in ejection from the game. Red cards shown for serious infractions may result in ejection for the remainder of the season with reinstatement only with the permission of the league coordinator.
13. No Forfeits! If the game cannot be played eight on eight then it will be played seven on seven or six on six depending on smallest team size. Teams may share players to keep with original format if necessary.