

**2026 Youth Soccer Rules
Cambridge, Alwood, Galva, ROWVA**

Apparel:

All players will be required to wear shin guards, preferably worn under the socks.

Soccer style cleats or tennis shoes only. If shoe has a toe cleat it will either need cut off prior to play or shoes will need changed.

Goalies must be denoted by a shirt of a different color than those on the field of play

Game Play:

Before each game, coaches and the officials to determine how many players will be on the field. This number will change weekly and the goal is to get a majority of the players on the field. Both coaches have to agree to the number of players that will be on the field. .

Ball Size- The Pre-K and K – 1st will play with a #4 ball and the 2nd – 3rd and 4th – 6th groups will play with a #5 ball.

PK will play four 5 minute quarters with 5 minute half time and **be officiated by the coaches.**

K/1st will play four 7 minute quarters with 5 minute half time and will have 1 official.

2nd/3rd will play four 8 minute quarters with 5 minute half time and will have 1-2 officials.

4-6th will play four 10 minute quarters with 5 minute half time and will have 1-2 officials.

Each team will be allowed one time out per half.

Pre-K will play without goalies and will have **no more than 5 kids on the field at one time.**

We will observe the fire sub rule. This means you can sub any player other than the goalie at any time. There does not need to be a dead ball. Goalie can only be substituted on dead ball.

Rules:

NO SLIDE TACKLING. FIRST TIME WARNING (Yellow Card) AND PENALTY KICK ISSUED.
SECOND TIME EJECTED FROM GAME AND PENALTY KICK ISSUED.

There will be no offsides.

Corner Kicks & Goal Kicks

The soccer rules state that a corner kick or goal kick is taken when the ball leaves the field of play by crossing over the end line (end zone or goal line). If the soccer ball goes out of play and over the end line by the offensive team, then a goal kick is awarded to the defensive team. The goal kick is taken from within the corresponding side (as to where the ball went out of play) of the goalie box. If the defensive

team puts the soccer ball out of play and over the end line, then a corner kick is awarded to the offensive team. The corner kick is taken from the corresponding corner (as to where the ball went out of play).

Penalty Kick

The soccer rules state that a penalty kick is to be awarded, if a contact foul or hand ball occurs within the penalty box. The soccer ball is placed at the penalty spot, which is centered 13 yards in front of the goal, with only the goalie being allowed to defend against the shot. All other soccer players must stay outside of the penalty box, until the ball is kicked at the goal. The goalie is instructed to keep both feet on the ground until the soccer ball is kicked.

Throw-ins

The soccer rules state that a throw-in puts the soccer ball back into play after the ball crosses over a sideline and leaves the field of play. Soccer rules state that a proper throw-in is when a player has both feet on the ground with the ball held with both hands behind the head. Both hands must be on the ball until it is released, and the feet must not leave the ground during the throw-in.

Two-touch Rule

The soccer rules state that when the soccer ball is being put back into play from a throw-in, a kick-off, or indirect kick, the soccer player may not touch the ball twice. Another soccer player must touch the ball. If the soccer player throws the ball in and then kicks it, or begins a kick-off or indirect kick and kicks it twice, it is a two-touch foul.

Soccer Rules: No Hands Rule

The soccer rules state that the only player on the field that can use hands and arms is the goalie (keeper). The goalie is able to pick up the soccer ball and throw it. If the goalie is outside of the penalty box, or if his own player passes the ball back to him, he cannot use hands or arms to handle the soccer ball.

Official will have final say on all calls. Please do not argue with official about the call. They are human and will make mistakes.

No fighting, abusive language, or inappropriate behavior will be tolerated. Any of these can be grounds for ejection from game or grounds. All players, coaches, and spectators are subject to this rule.

In the case of inclement weather, representatives from the host site will text coaches with game status a minimum of 2 hours prior to the first scheduled game. Coaches will be expected to communicate any game status updates to their respective teams.

If you have any questions, please contact the site coordinator prior to your game being played.