



Park City Recreation
Spring 2025 Youth Soccer Rules
3-4th Grade Division
The Weather Hotline
435-615-5432

All divisions in the Spring Youth Soccer League will play small sided games according to US Youth Soccer recommendations:

3&4th Grade– **7v7 includes goalie**
Can adjust number of players on the field if needed

Players Equipment

1. Players should wear their complete uniforms to all games.
2. Footwear must be soft cleated soccer shoes or tennis shoes.
3. **ALL PLAYERS MUST WEAR SHINGUARDS.** A child will not be allowed to participate without shin guards.
4. Size 4 soccer ball will be used

Players

1. **UNDER NO CIRCUMSTANCES should players be added to teams without the approval of Park City Recreation Department.**
2. Players must play at least half the game regardless of previous participation. If child misses practice they do not have to start but must still play at least half the game.
Remember this is a recreational league!
3. Each player should experience all positions on the field throughout the season.

Start of Play

1. Teams will play with:
 - 7 players per side –7 includes the goalie
 - If numbers dictate, teams may play with fewer players per side
2. Game times will consist of:
 - (2) 25-minute halves
 - Half time will be five (5) minutes
3. Goalies are used
 - Goalies must have a jersey that distinguishes them from all other players
4. Referees will be supplied by Park City Recreation
 - Referees will have players rock-paper-scissors to determine who starts with the ball; the

other team can pick the end they would like to defend first.

5. All players must be on their own half of the field at the start of play. **Switch sides after half.**
6. One coach per team is allowed to be on the field with the players. Due to the field size please limit to only one coach. **Although it is not a rule, our goal is that by mid-season, coaches remain on the sideline allowing the team to make decisions on the field.**
7. Opponents must be outside the center circle while the kickoff is in progress.
8. The ball must move forward and must be played by another player, of either team before the original kicker may play the ball again. Once the ball has been touched the opposing team may try to get the ball.

Playing Rules

1. Player substitution is unlimited and may occur at the following times: Just notify the ref before subbing so they can pause game play
 - After a goal by either team
 - Either team's goal kick
 - Your team's throw in/ kick in
 - Beginning of the second half
 - After an injury
2. A ball out of bounds on the sideline will be a: **THROW IN**
 - Throw in: teach players to keep their feet on the ground until the ball is released and that ball must go directly over your head.
 - Referees can encourage a second attempt at a proper throw in. If unsuccessful it will be a turn-over to the other team.
 - A goal kick will result when the ball goes over the end line and was last touched by an offensive player, and the kick will be taken from any point on the goal line. (When a goal kick is taken, the ball must be over the "18-yard mark" before the ball can be played by either team. **If the ball does not clear the area have the player re-kick.**
Defensive players must wait behind the build out line until the ball is kicked
 - A corner kick will result when the ball goes over the end line and is last touched by a defensive player.
3. Build Out Line: Line marked on the field halfway between the 18 box and the midfield line. The build out line is used to promote playing the ball in an unpressured setting.
 - The bottom line is when the goalkeeper has the ball the opposing team needs to move behind the build-out line, NOT pressure the goalkeeper.
 - **Goal keepers may not punt or drop kick the ball.** They can pass (kick the ball on the

ground) throw or roll the ball out.

- Once the ball has left the goalkeepers possession it is in play and the opposing team may cross the build-out line.
- A defending team player may be in front of the build out line when the ball is played (if the goalkeeper chooses not to wait), but if they interfere in any way with play before the ball crosses the build out line (as determined by the referee) the opposing team is awarded an indirect free kick.

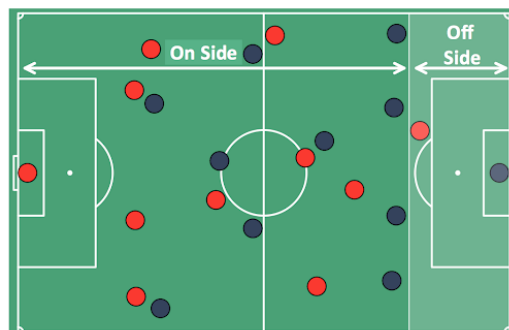


3. No direct free kicks will be awarded. All fouls will result in **an indirect free kick**; players must be at least four (4) yards away before the kick.

- Indirect free kick: The ball must be touched by another player before attempting to score a goal.
- Penalty kicks: For a foul occurring inside the goalie box, a penalty kick will be awarded.

4. Offsides: offside **WILL** be called in this division.

- A player is caught offside if they are closer to the opponent's goal than both the ball and the last defender when their team-mate plays the ball to them.
- There is **no offside** offence if a player receives the ball directly from: a goal kick, a throw-in, a corner kick.



- Offsides will not be called until teams have passed the build out line (see build out line diagram)

4. Goalies & Back-pass from players: The back-pass rule prohibits goalkeepers from intentionally handling the ball if it has been deliberately played to them by a teammate or from intentionally handling the ball when receiving directly from a throw in.

- If a goalkeeper does pick up the ball after a deliberate back pass with feet or a throw-in, an indirect free-kick will be awarded to the opposition on the spot where the goalkeeper touched the ball with their hands
- The offense is the goalkeeper touching the ball with their hands, not the actual back-pass

5. Slide Tackling is **NOT PERMITTED** under any circumstance. All players must remain on their feet when trying to get the ball from an opponent. Any infringement will result in an indirect free kick.

6. Hand balls will be coached against, reminding the players not to use their hands intentionally. If they are using their hands to protect themselves or an unintentional touch that doesn't affect play, **PLAY ON**. If play is affected the other team will be given an indirect free kick.

7. Any physical play (pushing, shoving, tripping, etc.) or poor sportsmanship (swearing, back talk to the ref, coach, etc.) is **NOT PERMITTED** under any circumstance. **Any infringement will result in an indirect free kick and possible ejection from the game.**

8. **No headers in any division.**

- If a player heads the ball, play will stop. An indirect free kick will be awarded.

CANCELLATIONS / RAIN-OUTS

1. Games postponed by the Recreation Department will be rescheduled if time and field availability allow. No other games will be rescheduled.

2. Cancellations due to inclement weather will be based upon field and safety conditions and not player comfort. All teams should assume their games will be played.

Official decisions regarding rain-outs will be made at 8:00am on Saturdays and 4:00pm on weeknights.

The Weather Hotline will also be updated at the same times, 435-615-5432.

Coaches will be notified directly when possible and are responsible for notification of their players.

Questions? Call Lauren @ 435-615-5420 or email lauren.wall@parkcity.org