



Pre-K Rules of the Game

At this Pre-K age there is a 1 hour session, 1 time per week:

1. 1st 30 minutes: OPSC trainer trains 2 teams.
2. 2nd 30 minutes: Trainer steps off and the 2 teams play each other (with a referee)

Ball:

Size 4 ball. Home team provides balls.

Number of Players:

There are 4 players from each team on the field.

Length of Game:

The game shall consist of two 12-minute halves with a 4-minute break at halftime.

Equipment:

Shin guards are **MANDATORY**. Socks must be worn completely over the shin guards. Jerseys should be tucked in. Tennis shoes or soccer cleats may be worn. No baseball or football cleats, they have a toe cleat in the front that soccer cleats do not have. No jewelry or metal hair clips are permitted.

Field:

The field size is approximately 35 x 22 yards with small goals. One field is used for each game. Goal size is 4' tall x 6' wide. The goals are centered on the goal lines or end lines. The sidelines are often referred to as the touch lines.

Referees:

One referee will be assigned to each field. The referees will check each player's equipment prior to the game. The referees are the sole authority on the field and all their decisions are final.

Coaches:

One coach may be on the field. Their responsibility is to help position players and provide guidance. The coach should remain away from the front of the goal at all times and try to remain out the way of play.

Throw-ins:

No throw-ins at this age. Kick the ball in where it goes out of bounds on the sidelines.

Substitution:

The coach must request permission from the referee prior to making a substitution. A team can substitute only – 1. At the beginning of a quarter or half. 2. After either team scores. 3. Before either team's goal kick. 4. Your own throw in/ kick in. 5. For an injured player.

You cannot sub on a corner kick or on the fly!

Goalies:

No goalies are permitted. If a player touches the ball with their hand it is a hand ball and a direct free kick for the other team.

Kick-Off:

Occurs to start off and after half time. Kick is taken from the center of the field and the ball must move forward. The kicker may not kick the ball again until it has touched another player. A goal may be scored on a kick-off. Defenders must remain 3 yards back until the ball is played. Players must be on their own side of the field during kick-offs. No coin toss. The home team kicks off first and the opposing team takes the kick-off at the start of the second half. If a goal is scored the team who was scored on takes a kick-off to resume play.

Goal Kick:

A goal kick is awarded when the ball crosses the goal line and was touched last by the opposing team. The kick is taken from the edge of the penalty box. A player from the same team must then touch the ball before the opposing side touches the ball. The kicker may not play the ball again until it has touched another player first. Defenders must be at midfield or on their side of the field until a second offensive player has touched the ball or it is a live ball if it crosses the midfield line. A goal may be scored from a goal kick.

Corner Kick:

A corner kick is awarded when the ball has crossed the goal line and was last touched by a defensive player. A kick is taken from the corner on the side nearest to where the ball went out. The kicker may not touch the ball again until it has touched another player.

Direct Free Kick:

Awarded at the spot of the foul for the following violations:

1. Deliberate handball.
2. Tripping.
3. Pushing with hands or holding shirt of the opposite player.
4. Dangerous play (high kick).
5. Delaying game by kicking the ball away after the whistle was blown.
6. Jumping at an opponent.

The kicker may not touch the ball again until it has touched another player. Defenders must stand 7 yards away. A goal may be scored from a direct free kick without another player touching the ball.

Indirect Free Kick:

No indirect free kicks are given at this age group.

Offside:

No offsides are called at this age.

Out of Bounds:

The ball is out of play when it completely crosses the goal line or sideline – whether it is on the ground or air. The team gaining possession is responsible for getting the ball and kicking it in.

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Defensive Line:

Discourage defender withdrawn from the game waiting in the back. Impose that all players must play in front of a marked line. The line should be traced on the field at the defensive 1/3 (1/3 from goal line of the teams half). Players can play in this zone when actively playing the ball but cannot stay in that zone if the ball is away.

Penalty Kick:

Penalty kicks are not called at this age.

Slide Tackling:

No slide tackling is allowed at this age group. It will result in a direct free kick for the opposing team if it is done.

Playing Time:

Each player must play at least 50% of the total playing time.

Sportsmanship:

Coaches are responsible for the conduct of their assistant coaches, players and spectators at all times. No coach, player or spectator shall yell at the referee, opposing coach, players or fans. No coaches or fans shall run up and down the sidelines during the game. The coach shall have all players ready to be checked in by the referees before the scheduled game time. After the game is complete, players and coaches will line up and shake hands with the opposing team and referees along the centerline.

The final score is never recorded and no league standings are kept. The emphasis is on learning the game and having FUN, not winning and losing.