



MACRD YOUTH SOCCER LEAGUE RULES

1195 SE Kemper Way Madras, OR 97741 | ph: 541-475-4253 | macrecdistrict.com

	4-6	7-9	10-13
Ball Size	3	4	5
Players	5v5	9v9	11v11
Game Length	Four 10-min quarters	Two 25-min halves	Two 35-minute halves
Field Size	20X30 yards	35X55 yards	50X100 yards

Uniforms and Equipment

Required:

1. Shin guards
2. Uniforms – players will be given a MACRD Youth Soccer shirt that will be used as a jersey, players will be required to provide their own athletic pants/ shorts

Recommended:

1. Cleats – cleats must be rubber with no front cleat
2. Soccer balls – the MACRD provides the coaches with a ball bag for the duration of the season, but if a player wants their own ball the correct size for each age group can be found above

Game Play

- The clock is running, and will only stop for serious injuries or half-time/ quarters
- Kickoff – games start with a kickoff. A coin toss usually determines which team is starting play. Players must be positioned on their side of the field; the ball starts on the ground in the center of the field and the player taking the kickoff must move the ball over the midfield line without two-touching the ball.
 - A kickoff also restarts the game after a goal is scored by the team scored against
 - A kickoff also starts the second half (or quarters) of the game with the team who didn't have the first kickoff, teams will also change sides at the second half
- Player substitution – subs are only permitted during dead balls (throw ins, corner/ goal kicks, start of game play) but must be 'checked-in' by the referees



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- Two-touching - a player starting/ restarting game play (kickoff, corner/ goal kick, free kick, or throw in) cannot touch the ball again before another player also touches the ball
- Free kick – after a foul is called, a player on the opposing team can take a free kick. The type of kick (direct or indirect) is determined by the foul. Excessive force (shoving, pushing, etc.) results in a direct kick by the opposite team, as does a handball
 - Direct kick – is a free kick that is possible to score with
 - In-direct kick – if a free kick that needs to be touched by another player before going into the goal
- Hand balls – if the ball touches anywhere from the tip of a player’s finger to the shoulder, it’s a handball. The call is determined by whether or not the touch was intentional or unintentional. If an intentional handball occurs, the other team is awarded a free kick from the location of the handball occurred
- Goal kick – if the attacking team kicks the ball out of play over the goal line, the defending team gets a goal kick which is kicked from the goal box
- Throw ins – when the ball goes out of bounds over the sidelines, the team who did NOT touch the ball last gets a throw in to restart the play
 - The player doing the throwing must keep both feet on the ground and has to hold the ball with two hands and make the throw go over their head
- Corner kicks – when the defending team kicks the ball out of bounds over their own goal line, the attacking team gets to take a corner kick from the corner of the field
- Offside – a player is offside if they are nearer to the opponents’ goal line than both the ball and the second last opponent, a player is only called for being offside if they are involved in active play (ex. Receiving a pass)
 - *Offside will not be called in this league*
- *Slide tackles are not permitted in the league*