

PreK / K Division – Basic Rules of Play

- Games will be 6 v 6 (or based on available players) with teams split into two squads, using two fields. You are playing two games at the same time, splitting up your team evenly according to skill.
- Coaches should switch players between fields to try to balance out the games. This is ideally done at half time but if it is needed earlier, that is acceptable.
- If team sizes are imbalanced, have some players switch teams and wear pinnies.
- 2-1-3 (two (2) defenders, one midfielder (1), three (3) forwards), or 3-1-2 (three (3) defenders, one midfielder (1), two (2) forwards) formations are common. We want to stay away from having all the players standing back on defense or standing in front of the other goal attacking, spread the players out as best you can. Encourage player positioning.
- **There are NO goalies.** Players should not remain in the goal as a defender. No one should punt the ball.
- Game is run with **4, 10-minute quarters** with a 2-minute break between quarters 1 and 2, and 3 and 4, a 5-minute half time and no extra time.
- If a coach would like to practice first, use the first quarter for practice.
- The games are coach refereed. Coaches should remain on or near the sidelines to referee, coming into the field of play only when needed to assist a player. Give the kids space to play; coaches should not interfere with the play.
- When balls go out of play, coaches throw a ball back into play and call out “New ball!” to alert players to resume play with the new ball. Coaches are encouraged get the ball to the team who would be receiving it if there were a throw in, corner kick or goal kick. Coaches are also encouraged to get the ball to players who have not had many touches on the ball.
- After a goal, teams will return to their positions and the team who was scored upon will begin with the ball at mid-field. If teams/scores are imbalanced, this is another opportunity to pull the opposing team back further to allow the team with the ball more time to advance before encountering the opposing team.
- **No penalty kicks, indirect, or direct kicks are awarded.**
- No Offside calls (subtle warnings to be given to coach for *intentional* cherry-picking).
- **No slide tackles.** If slide tackles are done intentionally, coaches will be requested to pause the play and bring players together to address this behavior.
- **No heading.** *This is a US Soccer Guideline.* If heading is done intentionally, coaches will be requested to pause the play and bring players together to address this behavior.
- Cards are not issued for dangerous play or inappropriate conduct, but coaches will be requested to pause the play and bring players together to address instances. If inappropriate conduct continues, players will need to sit out for a brief period. If they return to the game and continue the conduct, they player will need to sit out for the remainder of the game and the coordinator will need to be notified.
- Shin guards are *mandatory*, socks **over** shin guards.
- Size 3 soccer ball.
- Please review recent rules changes at <https://www.freedomoptsoccer.com/recent-game-rule-updates>.
 - No accessories may be worn except for medically or religiously necessary devices that are taped securely and completely to the body.