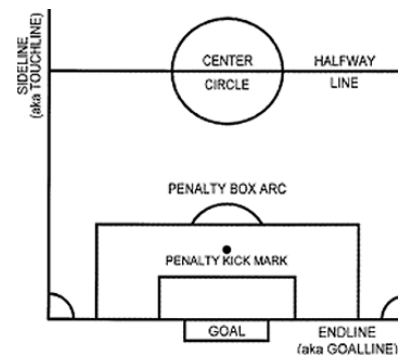


2nd and 3rd Grade General Information

Alexander Soccer Club



Top things players should learn/demonstrate at this age group

- * Have fun.
- * Show good sportsmanship.
- * Emphasis on passing and team movement.
- * Challenge kids to use both feet, pass, and move to support teammates.
- * Introduce Midfield play.
- * Introduce offside.

Basic Rules

General

1. Use size 4 ball
2. Should wear soccer cleats, must wear shin guards cover by socks or sock/shin guards combination
3. For ball to be out of bounds or count as a goal, the entire ball must cross the entire line.
4. Slide tackling is not permitted.

Game setup

1. Referee keeps time – quarters are 10 minutes each
2. 4 quarters per game with a short water break ~3 min break between quarters for coaching and position changes.
3. Teams will play 6v6 or 7v7 (based on the number of kids and coaches available) (includes goalie) – players split between offense and defense, 1 goalkeeper. IF team rosters allow and both coaches agree, teams can play 6v6 or 7v7 when kids are missing for individual games.
4. – players split between offense and defense, 1 goalkeeper. IF team rosters allow and both coaches agree, teams can play 7v7.
5. Coaches must use provided rotation schedule during regular season to ensure all players play all positions.
6. Substitutions are encouraged during each quarter so no player sits an entire quarter.

Heading

1. **No headers in practices or games.**
2. A player that **deliberately heads the ball** outside of the goal box will result in an **indirect free kick** from the spot of the offense.
3. A player that **deliberately heads the ball** inside of the goal box will result in an **indirect free kick** from the goal box line (same place as goal kick). Note the kick could be for the offense or defense.

Kickoff

1. Referee decides who kicks off first with a coin-toss, paper-rock-scissors, etc.
2. Kickoffs start each quarter or after a goal. One offense player passes to another. Ball must go forward and be touched by a second player (example one player cannot dribble out of or shot from a kickoff).
3. Other team must be out of the center circle and on their half of the field until the ball is touched
4. Kickoffs rotate between teams (1st and 3rd quarters are red team & 2nd and 4th quarters are black team)

Throw-ins

1. Throw-in restart goes to team not touching the ball last before out of bounds across the sideline
2. Player throws two-handed from behind the head while keeping both feet on the ground.
3. Player must stand with both feet outside of the field of play (behind the line).
4. If the first attempted throw-in needs significant improvement, coach gives instruction, and the player tries again. If second attempt is not successful, opposing team gets possession and begins with a throw-in. This only applies during regular season, there is no second chance during the tournament.
5. There is no offside on throw-ins

Goal kicks

1. Attacking team touching the ball last before out of bounds across the end line results in a goal kick
2. Ball is placed anywhere in the goal box
3. Goalkeeper or any other player can kick the ball back into play
4. Both teams must wait for the ball to leave the penalty box. If touched before leaving the box, re-kick.

Corner kicks

1. Defending team touching the ball last before out of bounds across the end line results in a corner kick
2. Ball is placed anywhere inside the arcs painted at each corner of the field, corners are marked by flags

Handballs

1. The ball hitting a hand/arm when the player's hands are raised results in a direct kick other team
2. A player using his/her hand to direct the ball results in a direct kick for the other team
3. Referees will call handballs. On restarts, opposing team must be a minimum of 10 feet away from kick.

Fouls

1. Pushing, grabbing, tripping, or reckless play results in a free kick for the other team
2. Dangerous play (player kicking the ball while on the ground, high kicking) results in free kick for the other team
3. The other team must be 10 feet away from the ball before it is kicked

Penalty kicks

1. Awarded when the defending team fouls or deliberately handles the ball in the penalty box
2. Ball placed on the penalty kick mark.
3. All players except kicker and goalie leave penalty box until the kick is taken. Ball is live once kicked.

Goalie saves

1. Goalies may use hands anywhere in their penalty box. If used outside of the box, a handball is called.
2. Once the goalie has his/her hand on the ball, the other players must stop trying to win the ball.
3. To restart, goalies can throw or punt from anywhere inside the penalty box. **Punting is not allowed:**
 - a. If a goalkeeper punts the ball, an Indirect Free Kick is awarded to the opposing team at the spot of the punt. If the offense occurs within the goal box, the kick is taken on the goal box line at the point nearest to the punt.
 - b. Goalkeepers should be encouraged to throw or roll the ball to start the attack.
 - c. Goalkeepers can dribble, but the ball is live for the other team to win back as soon as the goalkeeper dribbles.
4. All players should be encouraged to try goalie, do not force them, but keep encouraging them to try especially.

Offside

1. Offside is designed to keep teams from "cherry picking". Referees will judge if a player is offside.
2. If offside, the opposing team restarts the ball with a free-kick where the player was judged to be offside.
3. A player is offside at the time the ball is played in his/her direction if the following are true -
 - a. The player is involved in the play or his/her offside position is influencing the other team –AND –
 - b. The ball or at least two defenders (including goalie) are not between the player and the attacking goal
4. A player cannot be offside under any conditions when on their own half of the field or on throw-ins.

Substitutions –

1. A rotation system is used to help ensure players experience various positions throughout games and the season. Players move to a new position each quarter. However, it is not required that they stay on the field for the full quarter in a given position.
2. Unlimited substitutions may be made with the consent of the referee.
3. Substitutes must be at the mid-field line in order to enter the game when one of the following occurs.
 - a. After a goal by either team.
 - b. Before any goal kick.
 - c. Before a throw-in your favor and on an opponent's as long as the opponent is subbing.
 - d. At the beginning of any period of play.
 - e. After an injury.

Build Out line – 2nd /3rd grades can include build out lines