



72 North Main - P.O. Box 129
Garland, UT 84312
(435)257-3118

Garland Recreation 2019 Fall Soccer Rules

League wide rules

1. Shin Guards are required.
2. No jewelry.
3. No front cleats.
4. Rain out games are not guaranteed to be made up.
5. No fouls (pushing, tripping, sliding, ect) the official will determine all fouls and spot of the kick.
6. Practice times are up to the coaches.
7. This league is meant to be fun and instructional. Parents and coaches are to conduct themselves in a mature manner. Sideline spectators are not allowed to talk to officials or kids from the opposing team.
8. If there are questions please ask the recreation department before the next game for clarification.
9. First team listed is home team and starts with the ball and provides the game ball.
10. No direct kick goals unless it is from spot of foul.

4 Year Old

The goal for this age group is to introduce them to soccer. The simple basics of how to kick, overhead throw ins, and no hands is what they need to learn.

1. Three players from each team on the field, no goalies.
2. The game will consist of 4 six minute quarters with two minute breaks between each quarter and five minutes for half time.
3. Start of the game and after each quarter will start with a center kick. Each team gets two.

5-6 Year Old

1. 6 players from each team on the field including the goalie.
2. Game consist of 4 eight minute quarters with two minute breaks between each and five minutes for half time.
3. Start of the game and after each quarter will start with a center kick. Each team gets two.

7-8 Year Old

1. 10 players for each team on the field at the same time including goalie.
2. Game consist of 2 twenty minute half's with five minute break for half time.
3. No penalty kicks just free kicks. Free kicks within penalty box area will be moved to the penalty box line.
4. No offsides but also no cherry picking. Meaning players are not allowed to purposely stay back and wait for the ball. Players should be no more then 15 feet ahead defenders. Officials will determine any unfair advantages from offsides positions.
5. Substitutions are allowed during any part of the game as long as there is a dead ball and team has position or possessing team is also doing substitutions.



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9-10 Year Old

1. 11 players from each team on the field including the goalie.
2. Game will consist of 2 twenty minute half's with a five minute break for half time.
3. There are penalty kicks.
4. There is offsides. Meaning team with possession cannot be ahead of defenders when the ball is kicked to them. They can beat the defender to the ball but just can't be ahead of them when ball is kicked.
5. Substitutions are allowed during any part of the game as long as there is a dead ball and team has position or possessing team is also doing substitutions.

6th-8th Grade

1. 6 players from each team on the field including the goalie.
2. Game consist of 2 twenty minute half's.
3. There is offsides.
4. There are penalty kicks.
5. Substitutions are allowed during any part of the game as long as there is a dead ball and team has position or possessing team is also doing substitutions.