



2023 K-1 SOCCER RULES

National Sports ID

National Sports ID Requirements to be completed and approved by roster deadline.

1. **Headshot Photo** – Similar to a Driver's License or Student ID Photo. This should be a close-up, clearly lit photo that shows the student-athlete's entire face and hair looking directly at the camera. No hats. No sunglasses. This can be a recent school photo or one simply taken from your cell phone.
2. **Scan of Birth Certificate, State ID, or Passport**
3. **Proof of Grade** – This can be your most recent report card, most recent School ID, school schedule showing your child's grade, screen shot of Online Account (i.e. Infinite Campus) proving grade level, etc.
4. **E-Sign NCSAA Participant Waivers**
5. **Pay \$10.99 National Sports ID fee per student-athlete**

Game Day Check In & Rosters

1. League officials will check every team's National Sports ID prior to each game.
2. Any player not on the official National Sports ID roster will be ineligible to play for that day.
 - **If a player is "verified" (green) in NSID but NOT on the official team roster, they are INELIGIBLE to play.**
3. Teams who play ineligible players will forfeit their game.
4. No players will be added to the rosters after the Wednesday prior to Week (4) of the season.
5. Players who arrive after check-ins have occurred but are on the official National Sports ID roster must check-in with the NCSAA Site Director prior to checking into the game.
6. No student-athlete is allowed to play on 2 rosters in the same sport. Student-athletes may not move divisions after the 3rd Week of the Season (and must have written league approval).

Field of Play: Approximately 30 yards x 15 yards

Goal Size: 4'x6'

The Ball: Size 4 **Home team provides the match ball.**

Players: 6 v 6 with NO goalkeeper. Absolutely NO GOAL KEEPING is allowed. All six players need to be actively running to try to score a goal.

Equipment: Shin guards are required. No steel or center cleats allowed. No jewelry is permitted during play.

Duration: 4 – 10 minute quarters. There will be a 2 minute break between quarters. Halftime will be 3 minutes long.

All players not playing in the game must be 3 yards behind the touch lines.

One coach from each team will be allowed on the playing field to instruct players. Parents may remove their child from the field to provide direction but are not allowed to be in the field of play during the duration of the game.

No Forfeits. Teams may play with lesser players if necessary, depending on smallest team size.

Play will be started with a kick-off at the center mark of the field.

The opposing team must be 3-5 yards from the ball at kick off and each re-start.

A coin flip will take place at the beginning of each game. The team that wins the coin flip will get to choose if they would like kick-off or choose a side to defend. The visiting team calls the coin flip.

Teams shall rotate sides and kick-off at halftime.

Playing Time: Each player shall play a minimum of 50% of the total playing time.

Substitutions

Substitutions are unlimited and allowed during any out of bounds, stoppage of play and for injuries.

Ball In and Out of Play

Players must throw-in the ball after any out of bounds as best as possible based on the age group.

Free Kicks

The referee, according to the infraction, will award direct and indirect free kicks.

Offside

The offside rule is not applicable to this age group.

Slide Tackling and Heading are NEVER allowed!

Coaches and Spectator Conduct/Responsibilities

Family members, parents, and spectators are required to observe the contest from the sidelines. Participants, coaches, parents, and family members must conduct themselves appropriately during game play. Foul language will not be tolerated and will lead to removal from the field. Inappropriate, rude, or confrontational behavior by a coach, player or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the League Officials. The Coach is the only person allowed to talk to the official before, during and after the game.