



## 2026 GRADES 2-3 REC SOCCER RULES

### **NCSAA ROSTER RULES**

NCSAA's roster rules are posted at [www.ncsaasports.com](http://www.ncsaasports.com). Schools are expected to know and follow NCSAA's roster rules and guidelines at all times. National Sports ID will lock at the Week 3 Deadline on April 8 for the final time. Any player who expires after this date will NOT be permitted to be added back to the roster. It is 100% the responsibility of the School, Athletic Director, Coach, and Player to be on top of your team's expiration dates. NCSAA will NOT be sending reminders.

### **NCSAA FORFEIT RULES**

NCSAA's forfeit rules are posted at [www.ncsaasports.com](http://www.ncsaasports.com). Schools are expected to know and follow NCSAA's forfeit rules and guidelines at all times.

### **DIVISIONS**

- Elementary Coed Recreational (Grades K-1)
- Elementary Coed Recreational (Grades 2-3)
- Elementary Boy's Competitive (Grades 4-5)
- Elementary Girl's Competitive (Grades 4-5)
- Middle School Boy's Varsity (Grades 6-8)
- Middle School Girl's Varsity (Grades 6-8)

### **RECREATIONAL DIVISION**

Our Recreational Division will not keep an official score or have standings or playoffs. These games will be designed to introduce the student-athletes to the sport of soccer without the pressures of winning or losing.

**Field of Play:** Approximately 60 yards x 30 yards

**Goal Size:** 7'x14

**The Ball:** Size 4

Home team provides the match ball.

### **Coaches and Spectator Conduct/Responsibilities**

- Family members, parents, and spectators are required to observe the contest from designated areas.
- Participants, coaches, parents, and family members must conduct themselves appropriately during game play.
- 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.

### **Number of Players:**

- The maximum number of players on the field per team at any one time is eight (8).
- The game is played 8 vs 8 including a goalkeeper.
- The recommended maximum number of players on roster is sixteen (16).
- Substitutions are unlimited and allowed during any dead-ball situation and for injuries.
- Playing Time: Since recreational, we recommend a minimum of 50% of the total playing time.
- All players not playing in the game must be three yards behind the touch lines.
- One coach from each team will be allowed on the playing field to instruct players.
- No Forfeits. Teams may play with lesser players if necessary.

### **Required Equipment:**

- A team jersey must be worn during the game.
- No hats, jewelry, or metal spiked cleats are allowed.
- All players are required to wear shin guards.

### **The Referee:**

- NCSAA will provide one official for each game.

### **Duration of the Game:**

- Each game will consist of two, twenty minute halves.
- Halftime will be 3 minutes long.
- Referee's and site coordinators may add extra water breaks at their discretion.

**The Start of Play:**

- Play should be started with a kick-off at the center mark of the field.
- Encourage the opposing team to stand 3-5 yards from the ball at each re-start.
- The team listed first on the schedule will start the game with the ball.
- Teams shall rotate kick-offs at half.

**Ball In and Out of Play:**

- Players must throw-in the ball after any out of bounds. Coaches and referees will start to teach proper throw in techniques at this age. Illegal throw-ins will be loosely enforced for this age group.
- Any ball crossing the goal line will result in a goal kick for the defending team or a corner kick for the attacking team.

**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!**