2027 K-1 SOCCER RULES

NCSAA ROSTER RULES

NCSAA's roster rules are posted at www.ncsaasports.com Schools are expected to know and follow NCSAA's roster rules and guidelines at all times.

NCSAA FORFEIT RULES

NCSAA's forfeit rules are posted at 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 Boys (Grades 6-8)
- Middle School Girls (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 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 – 8 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 start 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.