

**American Fork Recreation
Preschool - 9th Grade Divisions
(Condensed Rules)**

Number of Players/Field size –

Division	Players	Field size
P & Kindergarten	5 v 5	35 x 25 yds
1/2 grade	6 v 6	45 x 30 yds
3/4 grade	8 v 8	60 x 40 yds
5/6 grade	8 v 8	70 x 50 yds
7-9 grade	11 v 11	105 x 60 yds

Game – Preschool - 4th grade games consists of 23 minutes halves with a 4 minute halftime. 5/6 grade 25 min half & 7th-9th grade games consist 30 minutes halves.

The Referee – Pre-school through 2nd grade will be officiated by a volunteer from each team. Officials will be provided for the 3rd-12th grade divisions.

Start of Play – At the beginning of the game and following each goal a kick-off will occur. The ball is in play when it is kicked and clearly moves. The player taking the first kick may not touch the ball again until another player touches the ball. Players must remain in their own half of the field until the ball is kicked.

Substitutions – Substitutions are unlimited and may be made during any dead ball for Pre-school through-2nd grades. In 3rd -9th grade divisions, substitutions may be made prior to a throw in by the team with possession (by both teams if the team with possession decides to substitute). Prior to a corner kick, goal kick, after a goal or at half time by either team. Substitutions must be done with the referee's approval and with more then 2 minutes remaining in the half.

Sliding and Slide Tackling –NO slide tackling is allowed, but players can legally slide to play the ball if there is no danger of injury to an opponent.

Corner Kicks – When a ball crosses a goal line and was last touched by a defender the game is restarted with a corner kick by an attacking team player.

Throw-ins – A throw-in is taken at the spot where the entire ball crossed over the touch-line and taken by the team opposite to that of the player who last touched the ball. **A legal throw-in:** 1-Both feet on the ground during delivery with one or both feet on or behind the touch-line. 2-Delivery from behind and over the head using both hands. 3-Players must face in the direction they are throwing the ball. Pre-school through 2nd grade divisions allow game to play-on regardless of

throw-in. Second chance on throw-ins for 3rd / 4th division.

Goals – Following a goal, the ball is restarted from the center spot of the field.

Penalty Kicks – Will be taken at 8 yards for 3/4 grades, 10 yards for 5/6 grades & 12 yards for 7th-12th .

Goal kicks – Taken by the defender after the whole of the ball passed over the goal line when last touched by the attacker. The goal kick is taken from anywhere inside the goalie box. Ball must clear the penalty area (re-kick if not) before being touched by another player. Opposing team players must be outside penalty area.

Fouls – Tripping, *intentionally* handling the ball, shoving/pushing, kicking the player and not the ball, tackling from behind are some of the most common infractions. These infractions will start with a direct kick from the point of violation. Fouls inside penalty box will result in a penalty kick.

Yellow / Red Cards – In the 5th-9th grade divisions, players or coaches may receive a yellow or red card from the head official. Yellow card will act as a formal warning to a player or coach. A red card will be issued for removal of a player or coach from the game or field.

Pass Back Rule – Goal keepers may not use their hands on a ball deliberately passed back to them by a teammate but may use their feet to play the ball.

Offside –

Preschool-2nd grade: Not enforced.

3/4 grade games: No penalty will be assessed at this level. Referee should stop play, point out the infraction, then restart the game with throw-in from touch line with the team who committed the off side.

5th - 9th grade games: Offside is fully recognized and enforced.

Equipment – Players shall not wear anything dangerous to themselves or other players, such as, ear rings, bobby pins, barrettes, beads, necklaces, watches, hats, casts, anything made of hard plastic, metal or anything else that officials view as dangerous.

Shin guards are required for all players in all divisions.

Shoes are required that cover and protect the foot.

Cleats are not required. Football or baseball cleats are not allowed if they contain a “toe” cleat.