

## AHPD Small Sided Soccer (5v5) updated 9-8-21

- **Game Duration:** Two games are played simultaneously. Kindergarten plays four 7-minute quarters. 1<sup>st</sup> and 2<sup>nd</sup> grade play four 10-minute quarters (2 minute breaks btw 1<sup>st</sup> and 2<sup>nd</sup> quarters and 3<sup>rd</sup> and 4<sup>th</sup> quarters, 5 min break at halftime). Quarters 1 & 2 and 3 & 4 are separated by a 2-minute break. Quarters 2 & 3 are separated by a 5-minute break. 3<sup>rd</sup> and 4<sup>th</sup> grade play two 25-minute halves with a 10 minute half-time. Half-way through the 1<sup>st</sup> and 2<sup>nd</sup> halves, referees should stop play to allow coaches to sub players, but should not stop clock – essentially splitting into quarters.
- **Number of players on the field:** Five players, 3 minimum.
- **Goalkeepers:** None for Kindergarten. All other levels have goalkeepers.
- **Scoring:** In Kindergarten, a goal may only be scored from the attacking half of the field. If any player kicks the ball from the defending half and it goes into the opposite side goal untouched, no goal is awarded. In all other levels, a goal may be scored from anywhere on the field.
- **Substitutions:** Allowed at any point there is a stoppage in play in K through 2<sup>nd</sup> grade (kick-in, goal scored, etc.) All other levels by the rule.
- **Offside:** The Offside Rule is not enforced until 3<sup>rd</sup> grade.
- **Penalty kicks:** No penalty kicks until 3<sup>rd</sup> grade.
- **Free kicks:** All free kicks will be indirect at the point of incursion. Opponents must be 6 yards from the kicker. A free kick given within 6 yards of the goal must be moved seven yards away so the defenders may form a wall 6 yards from the ball. 1<sup>st</sup> and 2<sup>nd</sup> grade allow 7 yards. All other levels allow 10 yards.
- **Kick-Ins:** No throw-ins in K through 2<sup>nd</sup> grade. Kick-ins are taken at the point where the ball left the field and are taken by the team that did not kick the ball out. In 3<sup>rd</sup> and 4<sup>th</sup> grade, players are allowed a second attempt on throw-ins.
- **Corner kicks:** To be performed when the ball crosses the goal line and is last touched by the defense.
- **Goal kicks:** In Kindergarten, goal kicks are taken from anywhere on the goal line. In 1<sup>st</sup> and 2<sup>nd</sup> grade, goal kicks may be taken half way between the goal and touch-line. All other levels are by the rule.
- **Ball size:** Size 4
- **Ball in and out of play:** The ball must completely cross the boundary to be out of play.
- **Uniform:**
  - AHPD House league uniforms must be worn during games.
  - No head gear/garments may be worn other than knit caps during cold weather.
  - All glasses must be secured with a strap.
  - No metal jewelry allowed. Recent ear piercings may be covered by band-aids.
  - Shin guards are **MANDATORY**.
  - Gym shoes or soft-cleated soccer shoes are accepted. **No metal spikes or shoes with toe cleats are allowed.**