



South Metro Recreational Youth Soccer League Rules

Rules and Guidelines (Revised July 20, 2026)

ALL RULE(S) CHANGES WILL BE HIGHLIGHTED IN YELLOW

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City	Contact	Email	Inclement Weather Line	League Websites
Raymore	Nick Cook	ncook@raymore.com	(816)892-3131	www.teamsideline.com/ raymore
Belton	Jared Benson	jaredb@beltonparks.org	(816)348-3744	www.teamsideline.com/ belton
Grandview	George Hermanson	ghermanson@grandview.org	(816)316-4990	www.teamsideline.com/ grandview
Peculiar	Dharma Gilsdorf	dgilsdorf@cityofpeculiar.com	(816)779-2299	www.teamsideline.com/ peculiar

Section 1: Facility Policies / Draft Rules

Facility Policies:

Each city abides by different policies in regards to pets, smoking, and noise ordinances at their facility. Please be respectful and follow each individual city's policies if your team travels for share play.

Draft Rules:

The South Metro Sports Leagues have draft rules set to ensure fair play between share-play communities. In divisions where score and standing are kept, each coach will be allowed to "freeze" or keep 5 players. The 5 players will include the son/daughter of the coaches and team sponsors. After all coaches have selected their players, the remaining players will be distributed equally at the discretion of league officials by age, grade, and/or talent level.

In rare occasions, additional "freezes" may be allowed at the discretion of the league officials as long as it does not affect the competitive balance of the league. League officials also reserve the right to allow less than 5 "freezes" to help with the competitive balance of teams. Teams and individuals who would like to play with the same players and coaches each season should consider participating in competitive offerings.

Section 2: Kindergarten Soccer Rules

General Rules:

- There is no off-side in this division unless a player is intentionally “camped” inside the penalty area. If so, the opposing team shall receive an indirect kick.
- In the kindergarten division, all free kicks which occur as a result of a foul shall be indirect.
- Only one (1) coach per team may enter the field during play to assist or set up players. Coaches may not stand in front of the goal.
- All kindergarten players are allowed a second attempt on all kick-offs, kick-ins, corner kicks, etc; if the first attempt was incorrect. If the second attempt is still incorrect, the ball will be considered “in play” provided it is on the playing field.
- Indirect kicks will not receive a second attempt.
- All teams in this division will play 4v4.
- Goalies are not allowed in this division and may not “camp” in front of the goal box. If a player is found to intentionally “camping” inside the goal area, the opposing team shall receive an indirect kick.

Division Details

Ball Size:	Number 3
Number of Players:	4 players on the field per team <i>Suggested Maximum Players Per Team: Eight (8)</i>
Substitutions:	Any stoppage in play After a goal or at quarter Injuries
Playing Equipment:	Shin guards are mandatory Tennis shoes or soft-cleated soccer shoes
Referee:	Explains all rule infractions to offending player and/or coach
Linesman:	No linesman, just center referee
Duration of Game:	Four 8-minute quarters
Offside:	No offside
Fouls & Misconduct:	All fouls will result in an indirect kick
Free Kicks:	All kicks are indirect
Penalty Kicks:	No penalty kicks
Throw-in:	Kick-ins will be only used
Goal Kick:	Can be taken anywhere inside goal area
Corner Kick:	Taken at corner closest to where ball exited the field
Score:	NO OFFICIAL SCORE WILL BE KEPT IN THIS DIVISION
Playing Time:	All players are guaranteed to play fifty percent (50%) of each game before a player sits out (is on the sideline, not the field) twice during a game all players must have sat out once.

Section 3: 1st / 2nd Grade Soccer Rules

General Rules:

The Field:

- **Dimensions:** The field of play shall be rectangular, its length being not more than 50 yards nor less than 40 yards and its width not more than 30 yards nor less than 20 yards. The length in all cases shall exceed the width.
- **Markings:** Distinctive lines not more than five (5) inches wide. A halfway line shall be marked out across the field. A center circle with a five (5) yard radius. Four corner arcs each with a two (2) foot radius.
- **Goal Area:** Three (3) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel with the goal line.
- **Penalty Area:** None
- **Goals:** The size of the goals will be 6 x 18 feet. Goals may be smaller.

The Ball: Size 3

Number of Players:

- Maximum number of players on the field at any one time is six (6), one of which is the goalkeeper.
- Minimum number of players to start or continue a game is four (4)
- Substitutions: Anytime ball is out of play with the permission of the referee
- Playing Time: Each player should play a minimum of 50% of the total playing time available

Player's Equipment:

- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- Player's may not wear any item of equipment that may be dangerous to themselves or others.
- Tennis shoes or soft-cleated soccer shoes are recommended
- Shin guards are mandatory

The Referee:

- An referee will be assigned to each field. Their job is to keep the playing environment FUN, SAFE, and focused on the children.
- Duties: Keep time, enforce rules, stop and restart play
- When stopping play for a foul or other rule infraction, referees should explain to players WHY

Assistant Referee:

- In some instances, assistant referees may be used within this division

Duration of the Match:

- The game shall be divided into two (2) equal, twenty (20) minute halves
- There shall be a half-time break of five (5) minutes

The Start of Play: Conform to FIFA, with the following exception: Opponent must be five (5) yards from the center mark while kick-off is in progress.

Ball In and Out of Play: Conform to FIFA: The ball must completely cross over the out of bounds lines to be considered out of play.

Method of Scoring: Conform to FIFA: The ball must completely cross over the goal line and between the posts and beneath the crossbar to be a goal.

Off-Side: There is no off-side in this division

Fouls and Misconduct: Conform to FIFA with the following expectations:

- All fouls shall result in an indirect free kick with the opponent five (5) yards away
- The referee must explain ALL infractions to the offending player
- Slide tackling is not permitted in the league
 - All players must not play from the ground

Free Kicks: Conform to FIFA with the following exception:

- All free kicks will be indirect
- Opponents must be five (5) yards away

Penalty Kicks: There are no penalty kicks (PKs) in this division

Throw-In: *Replaced by Kick-In*

- Awarded when the ball completely crosses the sideline
- Kick-in is considered as an indirect free kick with the opponent five (5) yards away from the ball

Goal Kick: Conform to FIFA with the following exceptions:

- Goal kick may be taken anywhere within the goal area
- Opponents must be five (5) yards away from the ball

Corner Kick: Conform to FIFA with the following exceptions:

- Opponents must be five (5) yards away from the ball
- Corner kicks are indirect free kicks

Grace Rule: Games that are resulting in a losing margin of 10 goals will no longer keep score at that point in time (10-0, 13-3). The score that invokes the grace rule will be inputted on Teamsideline.

- Coaches are expected to finish the remainder of the game during the Grace Rule
- Once the Grace Rule is in effect, losing teams cannot complete a “comeback” to win the game

Coach Box: Teams are allowed a maximum of three (3) coaches allowed on the sideline during the games, regardless of the amount of assistant coaches that help during practices. **NO** coaches or parents may be allowed to stand behind the goals and must stay on their respective team’s sideline throughout the entirety of the game.

Section 4: 3rd / 4th Grade Soccer Rules

General Rules:

The Field:

- **Dimensions:** The field of play must be rectangular. The length of the sideline must be greater than the length of the goal line.
 - Length: Minimum 45 yards, Maximum 60 yards
 - Width: Minimum 35 yards, Maximum 45 yards
- **Field Markings:** Distinctive lines not more than 5 inches wide. A halfway line shall be marked out across the field. A center circle with an 8 yard radius. Four corner arcs each with a 1 yard radius.
- **The Goal Area:** Conform to FIFA. 6 yards from each goal post and 6 yards into the field of play joined by a line drawn parallel to the goal line.
- **The Penalty Area:** 10 yards from the inside of each goal post and 10 yards into the field of play, joined by a line down parallel to the goal line. The area bounded by these lines and the goal line is the penalty area. Within the penalty area, a penalty mark is made 8 yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with the radius of 8 yards from the penalty mark is drawn outside the penalty area.
- **Goals:** 6 x 18 feet to 7 x 21 feet. Goals must be anchored securely to the ground.

The Ball: Size 4

Number of Players:

- Maximum number of players on the field at any one time is seven (7), including the goalkeeper.
- Minimum number of players to start or continue a game is five (5).
- Substitutions: At any time the ball is out of play and with the referee's permission

Player's Equipment:

- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- Players may not wear any item of equipment that may be dangerous to themselves or others.
- Tennis shoes or soft-cleated soccer shoes are recommended
- Shin guards are mandatory

The Referee:

- An referee will be assigned to each field

Assistant Referee:

- Not required
- When applicable, assistant referees will be used within this division

The Duration of the Match

- The match shall be divided into 2 equal halves of 25 minutes each.
- There shall be a half-time break of 5 minutes.

The Start and Restart of Play: Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play.

The Ball In and Out of Play: The ball must completely cross the line to be "out of play". The ball is "in play" if any part of the ball is on or above the line.

The Method of Scoring: Conform to FIFA. The ball must completely cross the goal line between the posts and beneath the crossbar to count.

Offside: Offside will be called in this division. Conform to FIFA.

Fouls and Misconduct: Conform to FIFA with the exception of:

- An indirect kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponent's penalty area.
- Deliberate heading is not allowed in this division. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
 - The call of "deliberately" heading the ball is subject to the referee's discretion
- Slide tackling is not permitted in the league
 - All players must not play from the ground

Free Kicks: Conform to FIFA with the exception that opponents are at least 8 yards from the ball

Penalty Kicks: Conform to FIFA with the exception that the penalty mark is at 8 yards and players other than the kicker and defending goalkeeper are at least 8 yards from the penalty mark and outside the penalty area and arc.

Throw-Ins: Conform to FIFA

Goal Kicks: Conform to FIFA

Corner Kicks: Conform to FIFA with the exception that opponents remain at least 8 yards from the ball until it is in play.

Grace Rule: Games that are resulting in a losing margin of 10 goals will no longer keep score at that point in time (10-0, 13-3). The score that invokes the grace rule will be inputted on Teamsideline.

- Coaches are expected to finish the remainder of the game during the Grace Rule
- Once the Grace Rule is in effect, losing teams cannot complete a "comeback" to win the game

Coach Box: Teams are allowed a maximum of three (3) coaches allowed on the sideline during the games, regardless of the amount of assistant coaches that help during practices. **NO** coaches or parents may be allowed to stand behind the goals and must stay on their respective team's sideline throughout the entirety of the game.

This division will take part in the end of season tournament.
Please visit Section 6 of this rulebook to review the game procedures.

Section 5: 5th / 6th Grade Soccer Rules

General Rules:

The Field:

- **Dimensions:** The field of play must be rectangular. The length of the sideline must be greater than the length of the goal line.
 - Length: Minimum 45 yards, Maximum 60 yards
 - Width: Minimum 35 yards, Maximum 45 yards
- **Field Markings:** Distinctive lines not more than 5 inches wide. A halfway line shall be marked out across the field. A center circle with an 8 yard radius. Four corner arcs each with a 1 yard radius.
- **The Goal Area:** Conform to FIFA. 6 yards from each goal post and 6 yards into the field of play joined by a line drawn parallel to the goal line.
- **The Penalty Area:** 14 yards from the inside of each goal post and 14 yards into the field of play, joined by a line down parallel to the goal line. The area bounded by these lines and the goal line is the penalty area. Within the penalty area, a penalty mark is made 8 yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with the radius of 8 yards from the penalty mark is drawn outside the penalty area.
- **Goals:** 6 x 18 feet to 7 x 21 feet. Goals must be anchored securely to the ground.

The Ball: Size 4

Number of Players:

- Maximum number of players on the field at any one time is seven (7), including the goalkeeper.
- Minimum number of players to start or continue a game is six (6).
- Substitutions: At any time the ball is out of play and with the referee's permission

Player's Equipment:

- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- Players may not wear any item of equipment that may be dangerous to themselves or others.
- Tennis shoes or soft-cleated soccer shoes are recommended
- Shin guards are mandatory

The Referee:

- An referee will be assigned to each field

Assistant Referee:

- When applicable, 2 assistant referees will be used within this division

The Duration of the Match

- The match shall be divided into 2 equal halves of 30 minutes each.
- There shall be a half-time break of 5 minutes.

The Start and Restart of Play: Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play.

The Ball In and Out of Play: The ball must completely cross the line to be "out of play". The ball is "in play" if any part of the ball is on or above the line.

The Method of Scoring: Conform to FIFA. The ball must completely cross the goal line between the posts and beneath the crossbar to count.

Offside: Offside will be called in this division. Conform to FIFA.

Fouls and Misconduct: Conform to FIFA with the exception of:

- An indirect kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponent's penalty area.
- Deliberate heading is not allowed in this division. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
 - The call of "deliberately" heading the ball is subject to the referee's discretion
- Slide tackling is not permitted in the league
 - All players must not play from the ground

Free Kicks: Conform to FIFA with the exception that opponents are at least 8 yards from the ball

Penalty Kicks: Conform to FIFA with the exception that the penalty mark is at 10 yards and players other than the kicker and defending goalkeeper are at least 8 yards from the penalty mark and outside the penalty area and arc.

Throw-Ins: Conform to FIFA

Goal Kicks: Conform to FIFA

Corner Kicks: Conform to FIFA with the exception that opponents remain at least 8 yards from the ball until it is in play.

Grace Rule: Games that are resulting in a losing margin of 10 goals will no longer keep score at that point in time (10-0, 13-3). The score that invokes the grace rule will be inputted on Teamsideline.

- Coaches are expected to finish the remainder of the game during the Grace Rule
- Once the Grace Rule is in effect, losing teams cannot complete a "comeback" to win the game

Coach Box: Teams are allowed a maximum of three (3) coaches allowed on the sideline during the games, regardless of the amount of assistant coaches that help during practices. **NO** coaches or parents may be allowed to stand behind the goals and must stay on their respective team's sideline throughout the entirety of the game.

**This division will take part in the end of season tournament.
Please visit Section 6 of this rulebook to review the game procedures.**

Section 6: 7th - 9th Grade Soccer Rules

General Rules:

The Field:

- **Dimensions:** The field of play must be rectangular. The length of the sideline must be greater than the length of the goal line.
 - Length: Minimum 45 yards, Maximum 60 yards
 - Width: Minimum 35 yards, Maximum 45 yards
- **Field Markings:** Distinctive lines not more than 5 inches wide. A halfway line shall be marked out across the field. A center circle with an 8 yard radius. Four corner arcs each with a 1 yard radius.
- **The Goal Area:** Conform to FIFA. 6 yards from each goal post and 6 yards into the field of play joined by a line drawn parallel to the goal line.
- **The Penalty Area:** 14 yards from the inside of each goal post and 14 yards into the field of play, joined by a line down parallel to the goal line. The area bounded by these lines and the goal line is the penalty area. Within the penalty area, a penalty mark is made 10 yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with the radius of 8 yards from the penalty mark is drawn outside the penalty area.
- **Goals:** 6 x 18 feet to 7 x 21 feet. Goals must be anchored securely to the ground.

The Ball: Size 5

Number of Players:

- Maximum number of players on the field at any one time is seven (7), including the goalkeeper.
- Minimum number of players to start or continue a game is six (6).
- Substitutions: At any time the ball is out of play and with the referee's permission

Player's Equipment:

- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- Players may not wear any item of equipment that may be dangerous to themselves or others.
- Tennis shoes or soft-cleated soccer shoes are recommended
- Shin guards are mandatory

The Referee:

- An referee will be assigned to each field

Assistant Referee:

- When applicable, 2 assistant referees will be used within this division

The Duration of the Match

- The match shall be divided into 2 equal halves of 30 minutes each.
- There shall be a half-time break of 5 minutes.

The Start and Restart of Play: Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play.

The Ball In and Out of Play: The ball must completely cross the line to be "out of play". The ball is "in play" if any part of the ball is on or above the line.

The Method of Scoring: Conform to FIFA. The ball must completely cross the goal line between the posts and beneath the crossbar to count.

Offside: Offside will be called in this division. Conform to FIFA.

Fouls and Misconduct: Conform to FIFA with the exception of:

- An indirect kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponent's penalty area.
- **Head Touching:** Players in this division are allowed to touch the ball with their head
 - Players during practice are limited to 15-20 headers per week to prevent any potential brain injuries
- Slide tackling is not permitted in the league
 - All players must not play from the ground

Free Kicks: Conform to FIFA with the exception that opponents are at least 8 yards from the ball

Penalty Kicks: Conform to FIFA with the exception that the penalty mark is at 10 yards and players other than the kicker and defending goalkeeper are at least 8 yards from the penalty mark and outside the penalty area and arc.

Throw-Ins: Conform to FIFA

Goal Kicks: Conform to FIFA

Corner Kicks: Conform to FIFA with the exception that opponents remain at least 8 yards from the ball until it is in play.

Grace Rule: Games that are resulting in a losing margin of 10 goals will no longer keep score at that point in time (10-0, 13-3). The score that invokes the grace rule will be inputted on Teamsideline.

- Coaches are expected to finish the remainder of the game during the Grace Rule
- Once the Grace Rule is in effect, losing teams cannot complete a “comeback” to win the game

Coach Box: Teams are allowed a maximum of three (3) coaches allowed on the sideline during the games, regardless of the amount of assistant coaches that help during practices. **NO** coaches or parents may be allowed to stand behind the goals and must stay on their respective team's sideline throughout the entirety of the game.

This division will take part in the end of season tournament.
Please visit Section 6 of this rulebook to review the game procedures.

Section 7: Tournament Game Procedures

Overview:

Teams participating within the 3rd / 4th grade up to the 7th- 9th grade divisions will participate in an end of season tournament. The end of season tournament brackets will be randomly selected at the beginning of the season (up to mid season depending on availability of the host city's coordinator).

General Rules:

- **Game Length:** Games will be played for the full game length of each divisional regular season game
 - 3rd / 4th Grade: Two (2) 25 minute halves, 5 minute half-time break
 - 5th / 6th Grade: Two (2) 30 minute halves, 5 minute half-time break
 - 7th - 9th Grade: Two (2) 30 minute halves, 5 minute half-time break
- **Scoring:** Teams will win and advance to the next round of tournament play based on goals scored. Ties will not be allowed during tournament play.
- **Tie-Breakers:** If a tournament game results in a tie at the end of regulation, teams will determine a winner by penalty kicks (PKs).
 - Teams will take turns doing penalty kicks to the best of 3
- **FIFA Shootout Rules:**
 - Only players that are on the pitch at the end of the game are allowed to participate in the shootout.
 - If still a tie, then Sudden Death PK
 - The remaining players that finished the game on the pitch, including the goalkeeper, will kick.
 - If still tied, then players from the bench will kick
 - **A PLAYER CANNOT TAKE A SECOND KICK UNTIL THE ENTIRE ROSTER HAS KICKED**

Within Sudden Death PK situations, each team will be allotted the same amount of attempts to score a goal.

Examples:

Situation 1: The first team to attempt a sudden death PK scores. The second team gets one attempt to score a PK. If the second team does not score on their one attempt, the game is over and the first team wins.

Situation 2: The first team to attempt a sudden death PK does not score, the second team gets one chance to score. If the second team scores on their first attempt, the game is over and the second team has won the game.

Situation 3: The first team to attempt a sudden death PK scores. The second team scores on their first attempt also. Both teams will continue to take shot attempts in accordance with the FIFA Shootout Rules above until a team scores.