

Grades 1-4: Rule Modifications/Clarifications. (Revised 8/28/2026)

- One referee is used.
- Each team must have a goalkeeper that wears a different color shirt/pinnie than both teams.
- Goalkeeper may move about the field as any other player. They do not have to stay in front of the goal.
- Goalkeeper can use their hands inside their goal area. Marked by an arc.
- Goalkeeper is not allowed to punt the ball. They can throw, dribble, or pass it.
Note: Opposing team does not have to retreat to the center line when the goalkeeper touches the ball with their feet or picks it up with their hands.
- All restarts can be dribbled, passed, or shot at the goal by the first player touching the ball.
 - When the ball goes 'out' on the sideline. No throw-ins.
 - Goal kicks and corner kicks.
 - Kickoffs.
 - Free kicks resulting from fouls/penalties (all are considered direct free kicks)
- On a goal kick, the ball is placed on top of the goal arc. The defending team retreats to the center line and may pressure as soon as the ball is touched and moves.
- Teams alternate taking the kickoff each quarter. Teams switch sides at half-time.
- After a goal is scored, kickoff at center line.
- Penalty kicks do not apply.
- Opposing players must stand a minimum of 4 yards from the spot of restart in grades 1-2 and 5 yards in grades 3-4.
- Either team can substitute at any stoppage. Any goal kick, corner kick, pass-in, goal scored, etc.
Note: No substitutions allowed on restarts after fouls, unless substituting an injured player.
- Offside penalties do not apply.
- Red and yellow cards are not used.
- Competitiveness Rule – Applies when a 5-goal differential is reached. Losing team may add one player. Player is removed if the goal differential is less than 5.