

1st Grade Soccer



Gameday Rules and Reminders

Fall 2021

Items shown in **maroon** are changes from rules in effect for the previous age band.

- Single field format, no referees, coaches manage games
- **Four 12 minute quarters; 3 minute breaks;** Games must end on time
- 4 v 4 format / Size 3 ball / Pugg goals / No goalkeeping
- Substitutions on the fly
- Coaches and “player bench” from both teams should be on one side of the field; spectators on the opposite side from the coaches and “player bench” (and not on end lines).
- No adults other than coaches on the designated playing area (“the field”)
- Shin guards are mandatory
- Closed toe footwear mandatory; cleats are optional
- No jewelry, no watches, no earrings (freshly pierced ears must be covered with bandaids)
- Nothing hard in players’ hair
- Socks, shorts, and club jersey required. On cold days, club jersey should be worn as outer layer.
- Coaches should introduce themselves and shake hands before and after games
- **Continuous play model** (keep players moving and ball in motion on the field) – [see info](#)
- For the start of the game and restarts after goals: ball is placed at mid-field
- Goal is to keep kids playing; field lines should be monitored for safety rather than strictly enforced
- Coaches supervise games from the sidelines as much as possible
- No whistles or excessive sideline coaching
- No throw-ins; out-of-play balls rolled in or kicked in by adults (no throwing or bouncing)
- No offside rule
- No free kicks, no penalty kicks, no throw-ins, no goal kicks, no corner kicks
- No dangerous or unsportsmanlike conduct; No excessive celebrating
- No heading, no use of hands
- No slide tackling or tripping
- No dogs allowed at any DC Soccer Club practice or game
- Inclement weather and dangerous field conditions – cancel game, according to club’s safety guidelines. See website.