

3rd & 4th Grade Soccer

Gameday Rules and Reminders Updated FALL 2026



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

- **One game, with referee. Two 25 minute halves; 5 minute halftime;**
Games must end on time.
- **7v7 format, including GK / Size 4 ball**
- 3rd Grade: **6' x 12' goals.** 4th Grade: **7'x18' goals.** GOALS MUST BE WEIGHTED (for practices and games). **Children are NOT allowed to hang on or climb on goals!**
- **Substitutions when ball goes out, with permission of referee**
- 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 on the designated playing area (“the field”)
- Goalkeepers must wear shirt/scrimmage vest of different color from their team and opponent team
- Goalkeepers can only play one half.
- Pass back to GK is allowed, and they can pick ball up.
- Build Out Line rules used for these age groups. See [full explanation here.](#)
- Follow [lopsided game document](#) for games with 3 plus goal difference
- If a player needs medical attention on the field, they should be substituted out and can return later in the game, and a substitute can immediately enter.
- 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
- DCSC Socks, shorts, and club jersey required. On cold days, club jersey should be worn as the outer layer.
- Coaches should introduce themselves and shake hands before and after games
- Coaches supervise games from the sidelines, not on the field
- No whistles or excessive sideline coaching
- Parents/spectators on the sideline (not an endline!), and not interfering with GKs
- **Proper throw-ins.** Ball thrown with both hands, back to front, not sideways, both feet on the ground. **Ball turns over after 2nd improper throw-in.**
- Goal kicks happen from the edge of the penalty area. There are corner kicks.
- **Offside rule enforced**
- **Free kicks are indirect.** No penalty kicks.
- No Yellow or red cards, if there is a persistent issue with a player they may be asked by the referee to sit out for the remainder of the game at the refs dissection
- No dangerous or unsportsmanlike conduct
- No heading (**results in indirect kick or drop ball, depending on intent, at discretion of referee**),
- No use of hands. **“Intentional/deliberate” use of hands is a handball**
- No slide tackling or tripping (**results in direct or indirect kick, at referee discretion**)
- No excessive celebrating or unsporting behavior
- No dogs allowed at any DC Soccer Club venues, practices or games

- Inclement weather and dangerous field conditions – cancel game, according to club's safety guidelines. See website.