

5th & 6th 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. 5th grade: Two 25 minute halves / **6th grade: Two 30 minute halves (if field times allow);** 5 minute halftime; Games must end on time.
- **9v9 format, including GK** / Size 4 ball
- **7'x 21' goals.** GOALS MUST BE WEIGHTED (for practices and games). Children are NOT allowed to hang on or climb on goals!
- **Substitutions at any stoppage in play,** with permission of referee
- No adults on the designated playing area ("the field")
- 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)
- 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.
- Goalkeepers must wear shirt/scrimmage vest of different color from their team and opponent team
- Goalkeepers can only play one half
- **No Build Out Rules used. Pass back to GK NOT allowed; GKs must use feet if passed to by teammate.**
- Shin guards are mandatory. Closed toe footwear mandatory; cleats are optional.
- No jewelry, no watches, no earrings (freshly pierced ears must be covered with band-aids)
- Nothing hard in players' hair
- DCSC 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
- Coaches supervise games from the sidelines, not on the field
- No whistles or excessive sideline coaching
- Parents/spectators on the sideline, not on 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 1st improper throw-in.**
- **Goal kicks happen from inside 6 yard box.** There are corner kicks.
- **The offside rule is enforced according to FIFA laws**
- **Free kicks can be direct or indirect, at referee's discretion. There are penalty kicks.**
- **Yellow and red cards are enforced. Red cards will result in a match ban.**
- No dangerous or unsportsmanlike conduct
- 5th GRADE: No heading (results in indirect kick or drop ball, depending on intent, at discretion of referee). **** 6th GRADE: Heading is permitted.**
- "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.