

# 2025 ESA Age Group Rules Summary at a Glance

March 2025

Grade	Players	Halves	Throw-in	Substitution	Goalie	Off-sides	Fouls
Pre K, K & 1st Grade <i>Size 3 Ball</i>	4v4	<b>Summer:</b> 30 Minute skills / 30 minute Game <b>Fall:</b> 2 x 20 minute halves - 5 minute halftime - Water breaks = 2 minute running time (if needed)	Spring - Instructor lead  Fall - Kick in only	Either team on any Stoppage (goal kicks, corner kicks, throw-ins & injuries)	No goalie No punting No heading	No off-sides	- Direct free kicks only, outside goal area - All free kicks must occur outside of the goal area - No penalty kicks - Explain Calls - No slide tackling
2nd - 4th Grade <i>Size 4 Ball</i>	7v7	- 2 x 25 minute halves - 5 minute halftime - Water breaks = 2 minute running time (if needed)	One do-over  Explain proper throw-in when making a decision for an improper throw-in	Either team on any Stoppage (goal kicks, corner kicks, throw-ins & injuries)	No punting No heading	No off-sides	- Direct free kicks only, outside goal area - All free kicks must occur outside of the goal area - No penalty kicks - Explain Calls - No cards but ejections ok if necessary - No slide tackling
5th & 6th Grade <i>Size 4 Ball</i>	7v7	- 2 x 25 minute halves - 5 minute halftime - Water breaks = 2 minute running time (if needed)	Explain proper throw-in when making a decision for an improper throw-in	Either team on any Stoppage (goal kicks, corner kicks, throw-ins & injuries)	No punting No heading	Yes off-sides	- Direct free kicks only - All free kicks must occur outside of the goal area - No penalty kicks unless handling the ball to prevent a goal - Explain Calls - No cards but ejections ok if necessary - No slide tackling
7th & 8th Grade <i>Size 5 Ball</i>	7v7	- 2 x 25 minute halves - 5 minute halftime - Water breaks = 2 minute running time (if needed)	Explain proper throw-in when making a decision for an improper throw-in	Either team on any Stoppage (goal kicks, corner kicks, throw-ins & injuries)	Normal Rules	Yes off-sides	- Direct free kicks only - Penalty kicks - Explain Calls - No cards but ejections ok if necessary - No slide tackling
9th, 10th, 11th, & 12th Grade <i>Size 5 Ball</i>	7v7	- 2 x 25 minute halves - 5 minute halftime - Water breaks = 2 minute running time (if needed)	Explain proper throw-in when making a decision for an improper throw-in	Either team on any Stoppage (goal kicks, corner kicks, throw-ins & injuries)	Normal Rules	Yes off-sides	- Direct free kicks only - Penalty kicks - Explain Calls - No cards but ejections ok if necessary - No slide tackling

**Referee feedback please contact Bill Garner: 612-963-1617 wgarner18@comcast.net or Adrian Trow (Referee Assignor): 612-481-9338**

# ESA General Rules for All

March 2025

Heading	Pre K - 6th	Per USSF, no heading allowed per concussion prevention safety. A foul is called and results in a direct free kick.
Handballs	All Ages	Per USSF, inadvertent handballs are not called. Raised arm handballs and batting down the ball are called. Referee judgment.
Jewelry, Equipment	All Ages	NO earrings – unless studded and taped, NO bracelets, NO necklaces, NO hats. YES – medical alert jewelry is specifically allowed and should be taped down showing lifesaving information. Shin guards under long socks REQUIRED. USSF/MYSA rules on uniform, cleats, & headgear
Teams	2nd-12th Grade	Both teams on the same sideline of the field – opposite of parents and spectators, registered team players in ESA uniform and coaches only.
Coaches	All Ages	Each team must have one "Registered Adult" Coach or Manager present to play. Must stay and coach from the "technical area" (USSF). Meaning the team's side of the field. May not go on field (unless summoned by the referee for injury). May not go to the endline (goalline).
Spectators	2nd-12th Grade	Parents and spectators must stay on the spectator side of the field (opposite of both teams) and not on the endline. Play must stop until spectators leave the endline.
Suspend Play	All Ages	If weather threatens, the referee "suspends" play and tells people to get to safety. If thunder is heard or lightning is seen the game is delayed for 15 minutes. No game can exceed 10 minutes past the scheduled end of the game. The game may be "canceled" by Site Supervisor.
Explain Calls	All Ages	Referees are to explain their calls – not just signal – so that ESA players can learn proper soccer rules. Younger ages are more "instructional" (per MYSA/USSF) and sometimes need demonstration of throw, etc.
Substitution	All Ages	USSF substitution on "Any Stoppage". This includes injury, foul, corner-kick, goal kick, throw-in, etc. Players must be up and ready to go in as substitutes BEFORE a coach calls for substitution.
Playoffs (NOT including ESA Cup)	5th - 12th Grade	Playoff and Championship games must have a winner – no ties. If the game is tied, play two 5-minute overtimes with a 3-minute halftime. Sudden death applies – the first goal wins. If it is still tied after two overtimes, go to a shootout (see procedure below).
Shootout Procedure	2nd - 12th Grade	<p><b>Teams:</b></p> <ol style="list-style-type: none"> <li>1) Line up both teams on the centerline in shooting order. Each team takes turns shooting at the goal from the penalty mark.</li> <li>2) Each team has 5 shots which must be taken by different kickers. You can use your goalie as a kicker. The team that makes more successful kicks is declared the winner. If scores are level after 5 pairs of shots, the shootout progresses into additional "sudden death" rounds</li> </ol> <p><b>Referees:</b></p> <ol style="list-style-type: none"> <li>1) The assistant referee stands on the goal line to see if the goalkeeper moves forward before the shot (can move sideways on the goal line) and to see if the ball crosses the goal line.</li> <li>2) The center referee stands to the side after placing the ball and signals the kicker to kick (no kick before the signal)</li> </ol> <p><b>NOTE:</b> The goalkeeper can not change during the shootout process (except for an injury that would make playing not possible.) If possible have the Site Supervisor guide overtime and shootout.</p>
Behavior		Inappropriate behavior by coaches, players, parents, and others will not be tolerated. Report behavior problems to the Site Supervisor, Referee Assignor, and ESA Executive Director for further investigation. Referee feedback, please contact <b>Adrian Trow: 612-481-9338</b> <a href="mailto:adriantrow@gmail.com">adriantrow@gmail.com</a>

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