

NLSC RECREATION SOCCER PLAYING GUIDELINES (Spring 2025)					
	Pre-K	K/1st Grade	2nd/3rd Grade	4th/5th Grade	6th Grade +
EQUIPMENT & PLAYER REQUIREMENTS					
Ball size	Size 3	Size 3	Size 4	Size 4	Size 5
Equipment	Shin Guards (required) Soccer Cleats (required) Socks (required) Retainer strap for glasses	Shin Guards (required) Soccer Cleats (required) Socks (required) Retainer strap for glasses	Shin Guards (required) Soccer Cleats (required) Socks (required) Retainer strap for glasses	Shin Guards (required) Soccer Cleats (required) Socks (required) Retainer strap for glasses	Shin Guards (required) Soccer Cleats (required) Socks (required) Retainer strap for glasses
Jewelry	NO jewelry allowed	NO jewelry allowed	NO jewelry allowed	NO jewelry allowed	NO jewelry allowed
GAME BASICS					
Fields	A	A	B	B	C
# of Players	4v4 or 5v5 at Coach's discretion NO Goalkeepers	4v4 or 5v5 at Coach's discretion NO Goalkeepers	6v6 to 8v8 at Coach's discretion INCLUDES Goalkeepers	6v6 to 8v8 at Coach's discretion INCLUDES Goalkeepers	9v9 INCLUDES Goalkeepers
Periods/time	45 minutes total Four - 10 Minute quarters with short breaks to talk/correct	55 minutes total Two - 25 minute halves 5 minute halftime	55 minutes total Two - 25 minute halves 5 minute halftime	55 minutes total Two - 25 minute halves 5 minute halftime	55 minutes total Two - 25 minute halves 5 minute halftime
Substitutions	Unlimited - during any stoppage	Unlimited - during any stoppage	Unlimited - during any stoppage	Unlimited - during any stoppage	Unlimited - during any stoppage
Referee	None: Coach from each team on field	None: Coach from each team on field	1	1	1
Scoring	No Scores or Standings Kept	No Scores or Standings Kept	No Scores or Standings Kept	No Scores or Standings Kept	No Scores or Standings Kept
GAME CALLS / ACTIONS					
After Goal	Kick Off From Center of Field	Kick Off From Center of Field	Kick Off From Center of Field	Kick Off From Center of Field	Kick Off From Center of Field
Free Kick (Fouls/Infractions)	Coaches Call Indirect Free Kick (ball must be passed/touched before scoring)	Coaches Call Indirect Free Kick (ball must be passed/touched before scoring)	Referee calls & explains infringement (see Fouls/Infractions below) Indirect Free Kick	Referee calls & explains infringement (see Fouls/Infractions below) Indirect Free Kick	Referee calls & explains infringement (see Fouls/Infractions below) Indirect Free Kick
Penalty Kick	None	None	None	None	None
Ball out of play/ Ball Reentry	Kick-In from ground	Kick-In from ground	Throw-In 1 retake allowed	Throw-In 1 retake allowed	Throw-In 1 retake allowed
Goal Kick	When offense kicks ball out behind defense goal. Place ball on inner goal line & kick in.	When offense kicks ball out behind defense goal. Place ball on inner goal line & kick in.	When offense kicks ball out behind defense goal. Place ball on inner goal line & kick in.	When offense kicks ball out behind defense goal. Place ball on inner goal line & kick in.	When offense kicks ball out behind defense goal. Place ball on inner goal line & kick in.
Corner Kick	When defense kicks ball out behind own goal. Place ball on closest corner & kick-in.	When defense kicks ball out behind own goal. Place ball on closest corner & kick-in.	When defense kicks ball out behind own goal. Place ball on closest corner & kick-in.	When defense kicks ball out behind own goal. Place ball on closest corner & kick-in.	When defense kicks ball out behind own goal. Place ball on closest corner & kick-in.
Handball	Allow incidental Intentional (elbow and below) - stop play and give indirect free kick from place of handball	Allow incidental Intentional (elbow and below) - stop play and give indirect free kick from place of handball	Allow incidental Intentional (elbow and below) - stop play and give indirect free kick from place of handball	Allow incidental Intentional (elbow and below) - stop play and give indirect free kick from place of handball	Stop play and give indirect free kick from place of handball
Headers	NOT ALLOWED	NOT ALLOWED	NOT ALLOWED - stop play and use drop ball at place on field for opposing team	NOT ALLOWED - stop play and use drop ball at place on field for opposing team	ALLOWED
Offsides	NOT CALLED	NOT CALLED	NOT CALLED	NOT CALLED	NOT CALLED
Punting	NOT ALLOWED - not called but explained	NOT ALLOWED - not called but explained	NOT ALLOWED - stop play & use drop ball at place on field for opposing team	NOT ALLOWED - stop play & use drop ball at place on field for opposing team	ALLOWED
Slide Tackle	NOT ALLOWED - not called but explained	NOT ALLOWED - not called but explained	NOT ALLOWED stop play & indirect free kick from point of slide tackle	NOT ALLOWED stop play & indirect free kick from point of slide tackle	NOT ALLOWED stop play & indirect free kick from point of slide tackle
FOUL / INFRACTION CATEGORIES - these scenarios require an indirect free kick and ball is placed where foul or infraction occurs					
Tripping	Defender is trying to steal ball but misses and makes contact with foot or leg. Intentional or unintentional.				
Pushing	Player extends arms and outward to push another player. Intentional or unintentional.				
Elbowing	Player swings elbow and hits another player. Intentional or unintentional.				
Dangerous Play	Raising a foot above chest level to contact the ball. Kicking the ball when a player is on the ground. Player dives and slides on the ground (SLIDE TACKLE).				
Obstruction	Using the body to obstruct a player who does not have the ball.				
Intentional Handball	Extending arm or hand away from the body to control ball.				
Unsportsman-like Conduct	Verbal abuse, name calling, racism to another player, coaches, or referee (involve coach if necessary or communicate to Rec Director)				
NOT A FOUL / INFRACTION					
Tackling the Ball	Defender extends leg and touches the ball, then contacts leg and player falls. If contact made to ball FIRST , it is not a foul.				
Shoulder to Shoulder Contact	Players may use body to protect the ball if arms remain tight to the body . Player must be using body to position themselves on the ball.				
Accidental Handball	Player does not have time or space to change hand position and ball hits hand. Player is using hand or arm to protect themselves.				