



**2026  
Youth Soccer  
Co-Ed 9-12 Year Olds**

**Equipment & Uniforms**

1. Ball Size: 5  
Field: 112ft by 150ft  
Goal: 6.5ft x 12ft
2. **SHIN GUARDS ARE MANDATORY!** Cleats are recommended (NO METAL OR REPLACEABLE STUDS).
3. Jerseys are furnished by the Recreation Department and are worn during games; this includes the goalkeeper's jersey. Parents are responsible for shoes, socks, shorts and shin guards. Shorts cannot have any zippers or pockets on them. **NO JEAN SHORTS!**

**League Information:**

1. Team photos will be held on Tuesday, October 6<sup>th</sup> times will be assigned to teams
2. Medals are awarded to regular season champions and tournament champions.
3. NO Profanity, Alcohol, or tobacco use is permitted by coaches, parents or players while on Recreation Department property.

**Game Information:**

1. Games are played on Mondays and Thursdays. Rain Outs will be rescheduled time permitting. Game times 6:30 and 7:30pm (*if needed*).
2. Games are played on the Soccer field between 28<sup>th</sup> and 29<sup>th</sup> Ave.
3. A single Elimination postseason tournament follows the regular season.
4. The seeding for the tournament is based on League standings.
5. Games are two (2) twenty (20) minute halves with a five (5) minute half time. Play will be resumed with a kickoff.
6. Officials are furnished by the Recreation Department.

**General Rules:**

**\*\*\* No parents should be in team benches area during the game, unless of an emergency.**

1. Six players (6v6) are allowed on the field at one time (including a goalkeeper) must have a minimum of 5 players to play/start a game, otherwise a forfeit will be recorded.
2. **Playing requirements;** All children must play one half. Exceptions: Injury, Illness, or disciplinary action. The coach is responsible for notifying the parents, scorekeeper, opposing coach and the recreation department of this situation before the game.
3. **Offside** will be called.
4. **NO SLIDE TACKLING** – towards the ball or against an opponent
5. **NO HEADING OF THE BALL**

6. Coaches may substitute on a goal, goal kick, injury, or throw in when that team has possession- coaches must notify the official and receive permission before substituting players. Substitutions must be at mid field when entering the field. The goalkeeper may change places with a player on the field whenever the clock is stopped or a substitution takes place. This includes an overtime period. The goalkeeper that is in the goal at the end of the overtime period is the goalkeeper that must be in goal for the penalty kicks. Anytime the goalkeeper is changed, the official should be notified.

7. **Goal Kick:** If the offensive player kicks the ball across the end line, the result is a goal kick. The ball may be placed anywhere on the six (6) yard box. The ball **does not** have to clear the outside of the eighteen (18) yard box before being touched by the offense or the defense.

8. **Corner Kick:** If the defensive player, including the goalkeeper kicks or plays the ball across the end line, the result is a corner kick. The ball must be placed in the corner area (inside or on the lines) on the side where the ball went out of bounds.

9. **Indirect Kick:** This kick is awarded if the penalty committed is off-sides, obstruction, charging into a player, obstructing the keeper when he/she has possession of the ball and dangerous play.

10. **Direct Kick:** The kick is awarded if the penalty is flagrant or deliberate whether it is pushing, tripping, a blatant hand ball, or intentionally charging the goalkeeper.

11. **Goalkeeper Possession:** Possession or control of the ball includes when the goalkeeper has the ball trapped by either or both hands or when bouncing into the ground or when releasing the ball into play. Once the goalkeeper has possession of the ball, he/she must release the ball into play within 6 seconds after taking control. The ball must be released from the general area of where the goalkeeper took possession. On any occasion when a player deliberately **kicks** the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch it with his/her own hands. The keeper is permitted to touch the ball with hands if the ball is headed to them by a player on their own team.

12. **Tie Breaker Sequence for Regular Season Games:** In case of a tie after regulation play there is one five-minute overtime. The first team to score is the winner. If no team scores, the game ends in a tie.

**For Tournament Games Only:** In case of a tie after regulation play there is one five-minute overtime. The first team to score is the winner. If the game is still tied after the first overtime, the teams will play a second five-minute overtime. The first team to score will be declared the winner. If the game is still tied after the second overtime, a shoot-out (penalty kicks) will occur (5 players per team). If this occurs, each coach will choose 5 players. Any player on the team may kick regardless of who was on the field last. Also, you may substitute for your goalkeeper. If the game is still tied after the first 5 penalty kicks, each team selects one player at a time until the tie is broken.

13. Players and coaches are subject to ejection and suspension for misconduct, including but not limited to fighting, verbal and/or physical abuse of an official.

**The Isle of Palms Recreation Department reserves the right to change, delete or add to these rules.**