



Lakota Sports Organization's Instructional League - Soccer Rules

Effective: March 10, 2021

The following rules have been designed to ensure fair play for all participants. Any questions concerning these rules should be directed to a member of the League Coordinator or Soccer Commissioner.

Sportsmanship: Good sportsmanship is always to prevail. Coaches will be held responsible for the conduct of themselves, their players, players' parents and spectators.

Number of Players:

Spring – U5 and U6 - Eleven (11) is the maximum number of players on a team: 4 field players on 2 side-by-side fields, and two to three substitutes. (A team must have a minimum of 2 field players). Players may only play on one team per division.

Fall - U5 - Eleven (11) is the maximum number of players on a team: 4 field players on 2 side-by-side fields, and two to three substitutes. (A team must have a minimum of 2 field players). Players may only play on one team per division.

Fall - U6 – Twelve (12) is the maximum number of players on a team: 5 field players (Includes a goalkeeper) on 2 side-by-side fields, and two substitutes. (A team must have a minimum of 3 field players). Players may only play on one team per division.

League Equipment: All players must wear shin guards, socks and numbered jersey. Any player without shin guards will not be allowed to play. Teams are responsible for providing game balls. The ball size is: Size 3

Field Dimensions:

Spring - U5 and U6, age group play on 30 x 20-yard field. The goals are 3 ft (H)x by 6 ft (W).

Fall - U5, age group play on 30 x 20-yard field. The goals are 3 ft (H)x by 6 ft (W).

Fall - U6, age group play on 35 x 25-yard field. The goals are 5 ft (H)x by 10 ft (W).

The Goal Box: The goal box is 10 ft (W) by 6 ft (L) located directly in front of the goal. There is no ball contact allowed within the goal box, however, all players may pass through the goal box as long as they do not touch the ball when the ball touches or is in the goal box. If the ball comes to a rest on the goal box, a goal kick is awarded regardless of who touched the ball last. Any part of the ball or player's body on the line or inside the plane of the box is considered in the goal box and an extension of such. If a defensive player touches the ball after it has entered the plane, a goal will be awarded to the offensive team. If an offensive player touches the ball after it has entered the plane, a goal kick will be awarded to the defensive team. The plane of the goal box extends upward.

Fall U6 - The goal box is 12 ft (W) by 36 ft (L).

Uniforms/Protective Casts: If both teams are wearing the same color, a coin flip in pool play will determine which team must change (or wear pinnies). Hard casts will not be allowed. No jewelry will be allowed, including earrings of any type, rope necklaces and bracelets. The only exception will be players wearing medical bracelets.

Goal Scoring: A goal may only be scored from a touch (offensive or defensive) within the team's offensive half on the field. The ball must be completely on the offensive half of the field and cannot be touching the mid-line (Example: kick-off). If a player in their defensive half kicks the ball across the midline and the ball hits another player (offensive or defensive) and the ball goes in the goal, a goal will be awarded. If a ball is kicked from the defensive half and is not touched before the ball rests in the goal, a goal kick is awarded to the defensive team.

Restarting Play: After a goal score, restart with a kick-off from the mid-field line. All restarts for balls leaving the play area along the touch lines (sides) are **INDIRECT or kick-ins (No Throw-in)**. All restarts for non-red card offenses are **INDIRECT** kicks at the point of the foul. There are no direct kicks or penalty kicks.

Game Duration: The game shall consist of 4 8-minute quarters, separated by two minutes. The halftime period is 5 minutes long, but maybe shortened or lengthen by the official. A coin toss will determine direction and possession before the start of the game. There are no timeouts, and the game clock does not stop.

Substitution: Substitutions must be made during dead-ball situations, regardless of possession. Teams must gain the referees attention and players must enter and exit at mid-field.