

KICKS Information, Expectations, & Game Rules

General Information for Parents

Practices: Scheduled by each team's volunteer coach based on their availability. Coaches will aim to hold two practices per week when possible.

Communication: Coaches will use a group text thread to share updates and reminders with their teams.

Game Preparation: Players should arrive at least 10 minutes before game time, warmed up, and ready to play.

Snacks and Drinks: Parents are asked to volunteer on a rotation to provide drinks or snacks for halftime.

Game Day Updates: If there is uncertainty about whether games will be played (e.g., due to weather), please check with your coach or the K.I.C.K.S. Facebook page for the latest information.

Division Rules Disclosure

- **4K–5K Division:** Focus is on teaching the basics—going the correct direction, learning to score, and throwing in correctly. Rules will be introduced but not strictly enforced. The emphasis is on fun and learning.
 - **1st–3rd Grade Division:** Rules will be applied with gentle enforcement. Players may receive second chances to correct mistakes. Instruction and patience are emphasized.
 - **4th–6th Grade Division:** All standard rules of play will be enforced consistently. Players are expected to understand and follow the game's rules.
-

Team Composition

- Games shall be played with an equal number of players (ex, 5 vs. 5 or 6 vs. 6 players), depending on roster size.
 - Teams with additional players must use them as substitutes.
 - Both teams must have an equal number of players on the field at all times.
-

Game Duration

- Each game shall consist of two (2) halves of 20 minutes each.
 - A 10-minute halftime shall be observed between halves.
 - During halftime, a devotion will be held on the 4th–6th grade field.
-

Rule 1: Player Conduct

1.1 Players are expected to demonstrate good sportsmanship and safe play at all times.

1.2 Rough play will be handled as follows:

- First Offense: Verbal warning from the referee.
- Second Offense: Player must sit out for 3 minutes with no replacement allowed during that time.

1.3 Continuous or severe misconduct may result in removal from the game at the referee's discretion.

Rule 2: Player Equipment

2.1 The following equipment is required for all players to participate:

- Team shirt (uniform).
- Shin guards, fully covered by socks.
- Soccer cleats.

2.2 Players not wearing proper equipment will not be permitted to play until compliance is met.

Rule 3: Coaches and Referees

3.1 Coaches must treat referees with respect at all times.

3.2 Referees are often high school students and may make mistakes.

3.3 Coaches may request a stoppage of play to discuss concerns calmly.

3.4 Arguing with referees is strictly prohibited.

Rule 4: Substitutions

4.1 Substitutions may only occur at a dead ball (e.g., goal, throw-in, goal kick, free kick, or stoppage by the referee).

4.2 Coaches must notify the referee before a substitute enters the game.

4.3 Substitutions should be made quickly to ensure smooth gameplay.

Rule 5: Kick-Offs

5.1 Kick-offs start the game and restart after goals.

5.2 The ball must move forward or backward from the center spot to another player before the original kicker can touch it.

5.3 Opponents must remain outside the center circle until the ball is in play.

Rule 6: Throw-Ins

6.1 Awarded when the ball completely crosses the sideline.

6.2 The thrower must:

- Keep both feet on the ground.
- Use both hands on the ball to throw.
- Deliver the ball from behind and over the head.

6.3 In younger divisions (4K–5K, 1st–3rd), second chances may be given for incorrect throws.

Rule 7: Corner Kicks & Goal Kicks

7.1 A corner kick is awarded when the defending team last touches the ball before it crosses their own goal line (without scoring).

7.2 A goal kick is awarded when the attacking team last touches the ball before it crosses the goal line (without scoring).

7.3 Opponents must remain outside the penalty area (10 yards from the goalie box on the 1st-3rd grade field) until the ball is kicked into play.

Rule 8: Goalkeeper Rules

8.1 The goalkeeper may use hands only inside the penalty area.

8.2 Once the ball is picked up, the goalkeeper has 6 seconds to release it.

8.3 Goalkeepers may not pick up the ball if it is deliberately kicked to them by a teammate.

Rule 9: Fouls and Slide Tackles

9.1 No slide tackling is permitted in any division.

9.2 Rough or dangerous play will result in a foul and may lead to disciplinary action (see Conduct Rules).

9.3 Tripping, pushing, holding, or handballs will be called as fouls.

Rule 10: Offsides

10.1 In the 1st–3rd grade division, offsides will only be called when a player gains an advantage by being more than half the field ahead of the play. Referees may stop play at any time to instruct players on what offside looks like. After instruction, play will resume with a dead-ball restart (kick or throw-in), with possession awarded back to the team that committed the violation.

10.2 Offsides will be strictly enforced beginning in the 4th–6th grade division.

10.3 A player is offside if they are nearer to the opponent's goal than both the ball and the last defender at the moment the ball is played, unless:

- They are in their own half, or
 - They are level with the last defender.
-

Rule 11: Free Kicks

11.1 Direct and indirect free kicks will be awarded for fouls depending on the situation.

11.2 Defending players must stand at least 5 yards away from the ball on free kicks.

11.3 A penalty kick is awarded for fouls inside the defending team's penalty area.

Direct Free Kick

What it is: A kick where the player may kick the ball directly toward the goal and score without the ball touching another player.

When it happens: Awarded for more serious fouls, such as:

- Tripping or pushing another player.
- Holding or pulling an opponent.
- Handball (using hands or arms illegally).
- Rough or dangerous play.

Example: If a player pushes someone down, the referee awards the other team a direct kick. The kicker can shoot straight at the goal if they want.

Indirect Free Kick

What it is: A kick where the ball must touch another player first (a teammate or opponent) before a goal can be scored.

When it happens: Awarded for less serious violations, such as:

- A goalkeeper holding the ball too long (more than 6 seconds).
- A goalkeeper picking up the ball from a teammate's deliberate kick.
- Dangerous play without contact (like kicking too high near another player).
- Offside violations.

Example: If the goalie picks up the ball after their teammate passes it back with their foot, the referee awards the other team an indirect kick. The kicker must pass it to someone else before a goal can be scored.

Rule 12: General League Expectations

12.1 The focus of the league is fun, development, and Christian fellowship, not winning at all costs.

12.2 Coaches, players, parents, and referees are expected to uphold the values of sportsmanship, respect, and encouragement.