

# Dakota United Soccer Club

## BSL Recreational League

### Pre-K, Kindergarten, and 1<sup>st</sup> Grade Rules

**Game Time:** Consists of 4 equal quarters with approximately 2 minute intervals between quarters.  
Grades

**Pre-K and Kindergarten** plays 10 minute quarters with 5 minute off periods between each quarter

**1<sup>st</sup> Grade** plays 12 minute quarters with 3 minute off periods between each quarter

Coaches may mutually agree to shorten game time if short of substitutes

#### **Jamboree Game Time:**

**Pre-K and Kindergarten** plays 5 minute quarters with 2 minute off periods between each quarter

**1<sup>st</sup> Grade** players 6 minute quarters with 2 minute off periods between each quarter

**Number of Players:** Do not attempt to teach positional play. Allow all to run the whole field. No Goalie or permanent defense!

**Pre-K** – 4 on each field

**Kindergarten** - 3 on each Field,

**1<sup>st</sup> Grade** - 4 on each field.

**Field Rotation:** Divide your players into 2 micro teams. Each week the micro team make-up should be different. Each micro soccer field is actually 2 side by side fields. One team stays on the same field both halves while the other team switches fields at halftime.

\*note if the team does not have enough player's to play two games, use only one field.

**Substitutions:** BSL encourages equal playing time, but, also substitute when players appear tired. This could be as much as every couple of minutes. Try to substitute when ball goes out of bounds but you may substitute while the game is going on.

**Officials:** Parents (one from each team/one per field) are to keep the play safe by following close to the play on the field, blowing the whistle if a player falls and could get kicked and keeping the play fair. Let others collect the ball when it goes out of bounds. Keep track of time. **DO NOT KEEP SCORE!**

**Player's Equipment:** The usual uniform of the soccer player is a team shirt (provided by Dakota United), shorts, calf socks, shin guards and shoes. Shin guards and calf socks are required. Nothing

dangerous to another player may be worn. Cleats are usually made of rubber plastic aluminum, or leather, they are not required.

**Kick Off:** Officially begins each quarter with teams alternating the kick off at each quarter. A kick off is also used to restart the game after a goal. The team who did not score, kicks off at the center line. Opponents need to be 5 yards away from the ball. Teach players to be 10 steps away. You cannot score from a kick off directly; another player must touch the ball.

#### **Throw-in:**

**Pre-K and Kindergarten** - There are no throw-ins. Restart with a kick from where the ball went out of bounds.

**1<sup>st</sup> Grade** - Awarded to the team who did not touch the ball last when it went out of bounds. The ball is thrown in with both hands in one continuous motion, starting from behind the head. Both feet must stay on the ground, on or behind the line when the ball is released. If players do not execute the throw-in correctly, please explain the correct way and continue play.

**Goal Kick:** Awarded to the defense when the ball (after being last touched by the offense) crosses on the goal line, but not resulting in a goal. Opponents need to be 5 yards away from the ball. Ball is placed on the ground about halfway to the half line and kicked out of the area by the defense.

**Corner Kick:** Awarded to the offense when the ball (after being touched by the defense) crosses the goal line, but not resulting in a goal. An offensive player takes the kick nearest the corner where the ball went out of play. A goal may be scored from the kick. Opponents need to be 10 yards away from the ball as it is kicked. The kicker may not kick the ball a second time until touched by another player.

**No Offside, No Penalty Kicks, No Direct or Indirect Kicks:** for penalties or fouls such as handball, pushing, tripping, etc. Please instruct the kids to not commit fouls but do not stop the action. Let the kids play soccer as most will not commits fouls or penalties intentionally. Simply remind them not to push, use their hands, etc. while continuing play.

**NO KEEPING OF SCORE:** The major objective is to keep the flow of play continuous with little time for stoppages. All players should have many touches of the ball. STOP the play when players are on the ground near the ball. Restart by doing a drop ball with one player from each team.