



Youth Soccer League Handbook

Tessa Bollinger
Recreation Specialist/League Director
Phone: 573-339-6736
Fax: 573-339-6393
tbollinger@cityofcapegirardeau.org

Jen Rose
Recreation Coordinator/Asst. League Director
Phone: 573-339-6737
Fax: 573-339-6370
jsrose@cityofcapegirardeau.org

Shawnee Park Sports Complex
1157 South West End Blvd
Cape Girardeau, MO 63703
573-339-6788

Shawnee Soccer Fields
1618 Minnesota Ave.

League Rules

Game Times and Required Number of Players

Age Group	Duration of Game	Ball Size	# of players avoid forfeit	# of players on field
Pre K	Four 8 Minute Quarters	3	-	All
Kindergarten	Four 8 Minute Quarters	3	5	8
1 st and 2 nd	Four 10 Minute Quarters	4	5	8
3 rd and 4 th	Two 25 Minute Halves	4	5	8
5 th and 6 th	Two 30 Minute Halves	4	8	11
7 th and 8 th	Two 35 Minute Halves	5	8	11

*Half time for each grade will be five minutes long.

Required Playing Time

1. All players are required to play at least one-half of the game. Coaches need to be sure that players are given at least the minimum amount of playing time.

Substitutions

1. All Pre-K players play at all times. There are no substitutions.
2. Grades K-8 are free to substitute when permitted under USSF guidelines.
3. Either team may substitute: after a goal, at the beginning of the second half of play or the second half of overtime, at the time of a yellow card, at the time of injury, or prior to a goal kick.
4. A team that has possession on a throw-in may substitute. If the non-throwing team wishes to send in substitutes at the same time, they must be standing at the midfield line ready to enter when called. An unlimited number of players may be substituted.
5. At the time of a penalty kick, a goalkeeper may be replaced by a player presently on the field.
6. Players substituting into the game must be standing at the midfield line and be ready on the field.
7. No substitutions are allowed on a corner kick.

Goalkeepers

1. There are NO goalkeepers in the Pre-K division.
2. Kindergarten - allowed unlimited time to clear the ball.
3. First/Second Grade - must release the ball within 6 seconds. After 6 seconds, the call will be an indirect kick against the goalie who took more than 6 seconds. The ball will be placed at the point of the offending goalie when the whistle is blown, unless in the goal area. If in the goal area, the kick should be taken from the part of the goal area line, which runs parallel to the goal line, at the point nearest to where the infringement occurred.

4. Third/Fourth, Fifth/Sixth, and Seventh/Eighth – The goal keeper may hold or bounce the ball for a total of 6 seconds before releasing the ball. Throwing the ball into the air and allowing it to hit the ground is considered releasing the ball. If the goalie drops the ball on accident, he/she may not pick the ball up until another player touches it. If the goalie takes more than 6 seconds, the result will be an indirect free kick against the goalie who took more than 6 seconds. The ball will be placed at the point of the offending goalie when the whistle was blown, unless in the goal area. If in the goal area, the kick will be taken from the part of the goal area line that runs parallel to the goal line, at the point nearest to where the infringement occurred.

Ball Placement for a Goal Kick

1. Kindergarten, First/Second Grades – IF there is not an area to place the ball; the ball will be placed along the penalty area line (preferably not in the center of the goal).
2. Third/Fourth, Fifth/Sixth, and Seventh/Eighth – The ball will be placed anywhere in the goal area. Once the ball is placed on the ground, the team is unable to move it to another point within the goal area.

Coaches and Fans

1. All teams are allowed to have two coaches.
2. Pre-Kindergarten, Kindergarten, and 1st/2nd Grades are allowed to have one coach on the field to help the players move the game along.

Offside

1. Kindergarten, 1st/2nd Grades – Offside rule does NOT apply
2. Third through eighth grades – USSF guidelines and interpretations are in effect.
3. Questions to remember concerning the offside rule:
 - Did they play the ball?
 - Did they interfere with an opponent?
 - Did they gain advantage from being in the offside position?

Heading

1. Heading the ball for 6th grade and under is not acceptable.
 - When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

Handballs

1. A handball should only be called when the referee is convinced that it is intentional.

Dangerous Play

1. Raising the foot above the waist while in the immediate vicinity of an opposing player.
2. Playing the ball while lying/sitting on the ground while in the immediate vicinity of an opposing player.
3. Continuing to kick a ball while a player is on the ground and in the immediate vicinity and the player on the ground is not playing the ball.

Penalty Kicks

1. Does not apply to Kindergarten or First and Second Grades. All kicks are indirect.
2. USSF rules apply to all other divisions.

Throw-Ins

1. Kindergarten and 1st/2nd Grades are permitted second tries.
2. A spin on the ball does not make it illegal. The law states to use both hands from behind and over the head. It does not say it has to be equal force.
3. All opponents must be at least 2 yards back from the thrower.
4. Feet must remain behind the line.

Rain Out Policy

Mondays have been left open on the schedule for the purpose of rescheduling games that have previously been cancelled due to weather. Rain-out games WILL BE PLAYED on the first available Monday following the game that was cancelled. The order in which games are rained out is the order in which they will be re-scheduled.

Score/Standing

1. Pre-K, K, and 1st/2nd will NOT keep score or standings.
2. 3rd/4th, 5th/6th, and 7th/8th scores and standings will be kept.
3. Games may end in a tie.

General Rules

1. Jewelry may not be worn during a game.
2. Warm ups will take place in the area surrounding the fields. There will be a very minimal amount of time allowed before games.
3. Coaches will be required to sign the game sheet at the conclusion of each game to verify the score.
4. In order to check the cancellation of games, sign up for text alerts at semoball.com