

Youth Soccer League Rules (3rd-9th Grade)

League Coordinator: Devin Hatch

Office: 801.229.7158

dmhatch@orem.gov

Recreation Website: rec.orem.gov

Rainout Hotline: 801.229.7101

I. LEAGUE RULES

- a. League will follow National Federation of High School (NFHS) rules unless otherwise noted.
- b. Games may be played in Orem or Vineyard. Check game schedules carefully for locations.
 - i. Orem Location – Lakeside Sports Complex (2000 W 400 S, Orem)
 - ii. Vineyard Location – Grove Park (89 E 230 N, Vineyard).
- c. Game Times (Running Clock)
 - i. 3rd-6th Grade: Two 20-minute halves
 - ii. 7th-9th Grade: Two 25-minute halves
- d. Lineups
 - i. 3rd/4th Grade: 7v7 (6 in the field, 1 goalie)
 - ii. 5th/6th Grade: 9v9 (8 in the field, 1 goalie)
 - iii. 7th-9th Grade: 7v7 (6 in the field, 1 goalie)
- e. All players are required to play at least 1 half.
- f. Substitutions can be made in any dead ball situation. Please wait for the official to call you in.
- g. Points of Emphasis
 - i. Slide tackles are NOT allowed
 - ii. Coaches should rotate players to try all positions.
 - iii. NO heading for 3rd/4th Grade. 5th-9th grades will play by normal heading rules.
 - iv. For 3rd-6th grade, scores/standings will not be tracked. Focus should be on development and fun

II. PLAYER ELIGIBILITY

- a. Players must play in the division for the age/grade they are currently enrolled in.
 - i. Each player may only play for one team.
- b. Only registered players may participate. If a team is short players, coaches may pull players from other teams with opposing coach's approval.

III. EQUIPMENT

- a. The home team will provide a game ball for each game.
 - i. 3rd-6th Grade will use a size #4 ball.
 - ii. 7th-9th Grade will use a size #5 ball.
- b. Shin guards are required.
- c. Players must wear athletic closed-toed shoes or rubber/plastic cleats (no metal).

IV. FIELD DIMENSIONS

- a. 3rd/4th Grade – 40 x 60 yards
- b. 5th-9th Grade – 50 x 70 yards

V. STANDINGS/PLAYOFFS (7th-9th Grade ONLY)

- a. Standings will be based on total number of points.
 - i. 3 points awarded for a win
 - ii. 1 point awarded for a tie
 - iii. 0 points awarded for a loss
- b. Tiebreaker will be as follows.
 - i. Head to head
 - ii. Total goals allowed
 - iii. Coin Flip
- c. Playoff rules will remain the same with the following exceptions:
 - i. For playoff games, in case of a tie, 5 minutes of extra time will be played (Golden Goal rules).
 - ii. If the game is still tied, a 5-player penalty shootout will be played.

VI. GAME RULES

- a. Positions
 - i. The four main positions are forward, midfielder, defender, and goalkeeper.
 - ii. The goalkeeper is the only player allowed to use their hands and may only do so within the penalty area.
 - iii. Play begins with a kickoff at the midline.
 - 1. The visiting team will start with the ball in the 1st half. Home team starts in the 2nd half.
 - 2. Defenders must be outside the midfield circle at start of play.
- b. Scoring
 - i. A goal is scored when the entire ball passes over the goal line between the goal posts and under the cross bar.
 - ii. After a goal play is reset with a kickoff at midfield.
- c. Direct Free Kick
 - i. A free kick from which a goal may be scored against an opponent without a second player touching the ball.
 - ii. Kicker must not play or touch the ball a second time until another player touches it.
 - iii. Opponent must be at least 5 yards from the ball until it is kicked.
 - iv. Direct Free Kick is awarded for fouls, including but not limited to...
 - 1. Tripping, or attempting to trip an opponent
 - 2. Spitting at, kicking, striking, attempting to kick/strike, or knocking over an opponent
 - 3. A player, other than a goalkeeper, deliberately handles the ball with their hands
- d. Indirect Free Kick
 - i. A free kick from which a goal may NOT be scored unless the ball is played or touched by another player of either team.
 - ii. Indirect Free Kick is awarded for the following, including but not limited to...
 - 1. Kicker plays their own throw in, free kick, kickoff, goal kick, etc without another player touching the ball
 - 2. Offsides penalty
 - 3. Goalie takes more than 10 seconds to put the ball in play
 - 4. Illegal contact by Goalkeeper

- e. Penalty Kick
 - i. Awarded when a foul, which ordinarily results in a direct free kick, occurs within the opponent's penalty area.
 - ii. All players, except the kicker and opposing goalkeeper, shall be within the field of play but outside the penalty area and at least 7 yards from and behind the penalty mark until the ball is kicked.
- f. Corner Kick
 - i. Awarded to the attacking team when the entire ball passes over the end line out of bounds, when last touched by the defending team.
- g. Goal Kick
 - i. Awarded to the defending team when the entire ball passes over the end line out of bounds, when last touched by the attacking team.
 - ii. Players from the opposing team must retreat beyond the build-out line until ball is put in play.
 - iii. No drop kicks in 3rd/4th grade. 5th-9th will play by normal rules.
- h. Build-Out Line
 - i. A dashed line from touchline to touchline will be placed between the penalty area and midfield. During a goal kick, free kick, and goalkeeper control, all players on the opposing team must be beyond the build-out line until the ball is put back in play.
 - 1. Referees will retry the goal kick or free kick or return possession to the goalkeeper if an advantage is gained by breaking this rule.
- i. Offside
 - i. A player is in an offside position if that player is nearer to the opponent's goal line than the ball, unless...
 - 1. The player is in his/her own half of the field of play (Build out line?)
 - 2. The player is not nearer to the opponents' goal line than at least 2 of the opposing team
 - ii. The offside rule will be selectively enforced as follows:
 - 1. 3rd/4th Grade – Generally will NOT be called. Officials will stop the game and teach as needed. If it results in a clear advantage or goal for the attacking team, it will be called.
 - 2. 5th-9th Grade – Offsides WILL be called.
- j. Throw-ins
 - i. Awarded to a team when the opponent was the last to touch/play a ball and it crosses the entire touchline.
 - ii. Players must have both feet on the ground and face the field of play when making their throw.
 - iii. Thrower shall use both hands and deliver the ball from over their head using both hands.

VII. PLAYER CONDUCT

- a. Players may be asked to sit out for behavior issues or excessive roughness. Any players fighting will be removed from the game and suspended at the League Coordinator's discretion.

VIII. WEATHER

- a. This program is held outdoors and will usually be held despite uncomfortable weather conditions. Games/practices will be held whether it is sunny, raining, windy, etc., with the following exceptions.
- b. Field Conditions
 - i. If the playing surface is determined to be unsafe, games/practice may be cancelled.

- c. Lightning
 - i. If there is lightning within 4 miles, play will be suspended immediately, and all players/spectators must go to their cars. Play can resume after 30 minutes of no lightning. If there is another strike, the clock resets.
- d. In case of Inclement Weather, please call the Rainout Hotline at 801-229-7101

IX. COACHES/PARENTS

- a. Coaches, parents, and spectators of any kind are expected to follow the Orem Parks & Recreation Code of Conduct (see attached). Coaches are responsible for ensuring all patrons associated with their team abide by the Code.
- b. There will be zero tolerance for arguing, yelling at, or ridiculing staff in any way. If there are any concerns with staff, please notify the League Coordinator.

Subject to Change

Updated: 8/10/2026

City of Orem Parks & Recreation

Code of Conduct



The City of Orem Recreation Department has established a Code of Conduct which applies to all persons participating in any way in any Orem City Recreation Department programs or facilities. All participants, volunteers, coaches, patrons, and spectators are expected to know, promote, and adhere to the following standards of conduct.

1. Promote and encourage good sportsmanship by demonstrating positive support for players, coaches, officials, participants, and employees.
2. Treat everyone with respect, regardless of race, color, age, sex, religion, national origin, disability, or skill level. Putting down or demoralizing others is not acceptable.
3. Adhere strictly to the rules of the game/facility (including official's or employee's decisions) and do not attempt to change or manipulate those rules in order to win or for personal benefit.
4. No smoking, drinking, or being under the influence of alcohol or drugs will be allowed in the facilities or on playing fields.
5. Abuse or harassment of players, volunteers, coaches, officials, spectators, or employees in any form will not be tolerated. Bullying is a form of harassment which is also prohibited.
6. Foul, abusive, profane, or vulgar language is prohibited and will not be tolerated.
7. Fighting is prohibited. Fighting includes physical (hitting, pushing, touching, "getting in the face of") or verbal (threatening, making fun of, calling names, cursing, arguing).
8. Remember that youth programs are for the kids [to learn fundamentals, techniques, sportsmanship, teamwork, and have fun]; they are not for adults! Therefore, **all** kids deserve a right to fairness at all times.
9. Conduct yourself in a manner that would be an example and a role model to youth under your direction or in the vicinity.
10. Coaches agree to support and work with assigned team throughout the designated season, and agree to hold regular practices (at least once a week) and show up to scheduled games.
11. Any equipment issued does not become personal property and all equipment must be returned in good condition to the City at determined time.
12. Promote team work, physical conditioning and teaching skills appropriate to the sport. Do not teach, encourage, or allow rough or dirty tactics of play.

Anyone who does not comply with this policy, or who conducts himself or herself in any unbecoming manner, will be subject to disciplinary action including (but not limited to) verbal or written warning, being asked to vacate the premises, suspension, or expulsion from the program, class, facility, or field and associated privileges will be terminated without refund. Financial restitution may be required when appropriate. Criminal violations will be prosecuted to the fullest extent of the law.