

Soccer-5

2025/2026 Season Rules & Guidelines Manual

K – 12th Grade

UNIFORM GUIDELINES FOR ALL CLUBS

LIGHT JERSEY = AWAY TEAM

DARK JERSEY = HOME TEAM

(Home team changes if the referee determines there is a conflict)

All jersey colors may be found on the [Soccer5Clubs website.](#)

Canby United Soccer Association
(two jerseys: one navy blue & one white)

Molalla Youth Sports
(one jersey: black)

Clackamas United Soccer Club
(two jerseys: one red & one black)

North Clackamas Soccer Club
(two jerseys: one forest green & one white)

Colton Jr Vikings Soccer Club
(two jerseys, one green/white & one white)

North Marion Youth Athletics
(two jerseys, one forest green & one white)

Country Christian
(one jersey: navy blue)

Oregon City Soccer Club
(two jerseys: one red & one white)

Estacada Youth Soccer Association
(one jersey: green)

Valley Premier Football Club
(two jerseys, one dark green & one white)

Gladstone Soccer Association
(one jersey: orange)

Whiskey Hill Kids Soccer Club
(one jersey: royal blue)

Lake Oswego Soccer Club
(two jerseys: one royal blue & one white)

Willamette United Football Club
(two jerseys: one navy blue & one white)

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Soccer-5 Rule Highlights

In the past there has been some contention during the season regarding some of the basic league rules. Below is a review of some of the most often mistaken or misunderstood rules.

Be kind and respect all referees!

If you want to bring your dog to a game, please check with the host club for the policies at their fields.

1. There will be NO slide tackling at any time. It will be considered playing in a dangerous manner by the referee.
2. **NO METAL JEWELRY** of any kind may be worn during games, practices, or warm-ups, even if taped. This includes, but is not limited to, earrings, nose rings, barrettes, watches, and necklaces. Medical necklaces/bracelets allowed if taped over. Silicone or soft plugs in place of earrings are allowed.
3. ALL casts must be padded. The referee has full discretion to allow the player to play or not. NO support braces that contain metal are allowed.
4. There is a maximum allowance of four adults on the team's side of the field. All coaches, assistant coaches, and other adults on the team's side of the field must have their valid (current season) OYSA Coaching Card. A photocopy, photo on a phone, or a digital card are all sufficient forms of proof they have completed the background check / Safe Sport process and are authorized to represent the team/club. If a coach or any adult on the team's side of the field is not able to provide their coaching card, the referee will report the adult to their own club's leaders who will contact the coach's club for further action. The game will be played, and no further action is required by the referee crew.
5. ALL Spectators are to be on the sideline OPPOSITE of the teams. Coaches, players, and carded adults will remain on their own half of the side they are on. No one is allowed behind the goals.
6. A referee shall abandon (stop) the game at any time they are feeling intimidated or unsafe due to behavior from players, coaches, or spectators.
7. NO player registered on a classic/competitive or OSAA High School team may play on a Soccer-5 team (discuss all requests with the league representative). No team playing in an OYSA Developmental Academy may participate in Soccer-5. Contact your club leaders to discuss individual players that may want to participate on a team in the Soccer-5 League. Transferring players between competitive teams and a Soccer-5 team is not allowed.
8. ONLY players registered within your club and listed on the team's roster can play in any Soccer-5 League game. Guest players are not allowed to play games or participate in practices without first getting registered with your club and the OYSA office.
9. Clubs that have a single jersey should have pinnies at every home game in case the referee determines the jersey colors are too similar. Home teams should be prepared to change jerseys if requested by the referee. Away teams do not change jerseys/pinnies.

League Policies and Rules

The IFAB Laws of the Game (LOTG)

Except where noted in this document, all rules in the [IFAB LOTG](#) apply to Soccer5 competitions.

While the LOTG is a verbose elaboration of the rules meant for referees and administrators, a better resource for parents, players and coaches is [www.footballrules.com](#), an informative site maintained officially by IFAB, meant to be a more accessible and understandable elaboration of the rules.

Drug, Alcohol, and Tobacco Policy

The Soccer-5 League uses school fields and public parks and is certified by the Oregon Youth Soccer Association (OYSA) and US Youth Soccer – depending on the grade of your team that is participating.

All Soccer-5 activities, including games, practices, clinics, tournaments, travel, meetings, and related activities where you are present will be alcohol, drug, and tobacco free.

If this is impossible, the activity WILL BE CANCELED and rescheduled at another time and/or place that can be kept alcohol, drug, and tobacco free.

Field Use Rules & Policies

The Soccer-5 League uses school fields and public parks, and we need to respect this property and their rules.

Respect the fields and land of others. Please remove all litter and place in the proper receptacles.

ONLY park in authorized parking areas.

If you wish to bring a dog to a game, please check with the home club about rules. Generally, LEASHED dogs are allowed at city parks, but not on the field area.

Obey all the rules posted for each field venue. Examples of rules that may or may not be posted:

- No dogs allowed; or
- No unleashed dogs allowed.
- No chairs, canopies, bicycles, scooters, skateboards, or other items allowed on turf fields or track surfaces as these items may damage the surfaces.

Obey all league and venue rules whether posted or not if the league has announced rules.

Failure to follow rules at any venue could jeopardize access to the facility. We ask all coaches, players, and league members to help monitor adherence to all rules at any venue.

Rule Modifications by Age Group

The IFAB Laws of the Game are the foundation for our league rules and must be followed except where exceptions are noted below.

Rules for All Grades

No slide tackling

No metal jewelry and no taping of metal jewelry. Silicone or soft plugs in place of earrings are allowed.

No extra time.

Mercy Rule: If a team is ahead by five goals, the opposing team can add a player if they wish. If a team is ahead by eight goals, a second player can be added. Remove the extra players as the goal spread diminishes.

Players are not allowed to play with or be registered with a competitive classic team and a Soccer-5 team at the same time. Players are not allowed to be transferred to a Soccer-5 team/club for the season to circumvent this rule. Any attempt to do so could result in removal from the league.

If at game time, one or both teams are short of the recommended number of players for the game, play shall continue at the discretion of both coaches, after having reduced the number of field players or having evened the teams by exchanging players. There are no forfeits in Soccer5.

New Rule for 2025-2026, the “8 second rule.”

FIFA instituted a new rule starting in 2025/2026, at all levels of soccer that use a goalkeeper. For Soccer-5 that includes 3rd grade to High School.

Once a goalkeeper takes possession of the ball and all opponents have retreated to the build out line (if applicable) the goalkeeper has eight seconds to release the ball into play. If they take longer than 8 seconds the referee is instructed to stop play and award a corner kick for the opponent at the corner closest to where the goalkeeper was when play was stopped.

To help the goalkeeper track the time with the ball, the referee will raise their hand in a position visible to all players after three seconds and count up the last five seconds, 1-2-3-4-5. At the end of the count the referee will blow the whistle if the ball has not yet been released.

This rule will be enforced at the 3rd and 4th grade level with instruction for the first offense committed by each goalkeeper. The referee will stop play and explain the rule and hand signals to the goalkeeper and play will continue with a drop ball to the goalkeeper. Subsequent offenses by the same goalkeeper will be sanctioned with a corner kick per the usual rules.

Kindergarten – 2nd Grade (U6-U8) Details

US Soccer Small Sided Recommendations	
Format	4v4 (or smaller teams)
Maximum Roster	6 players
Throw-ins	Kindergarten: No 1st–2nd: Optional
Keeper	None
Offside	No
Ball Size	Size 3
Game Time	4 Quarters, 10 minutes each
Break between Quarters	5 minutes
Referees	None
*Field Size (may vary based on available space)	Length: 25 yds – 35 yds Width: 15 yds – 25 yds Corner Flags optional
Goal Size	4' x 6'

Five minute break after every quarter and at halftime.

NO offside rule.

NO direct kicks or penalty kicks: all free kicks are indirect.

Build-out Line: The build-out line is the halfway line.

Build-out line – Goal kicks: All players on the defending team (team not taking the goal kick) must be behind the build-out line until the ball is kicked.

No Deliberate Headers: If a deliberate header occurs, play should be stopped and the game manager should explain to everyone that headers are not allowed and restart with an indirect free kick.

Throw-ins: Optional for 1st and 2nd grade. May be repeated; kick-ins or dribble-ins are acceptable to restart the game when the ball has gone out over the sidelines.

3rd & 4th Grade (U9-U10) Details

US Soccer Small Sided Recommendations	
Format	7v7
Maximum Roster	12 players
Keeper	Yes
Offside	Called loosely first month
Ball Size	Size 4
Game Time	2 halves 25 minutes each
Halftime Break	10 minutes
Referees	Yes; ARs are optional
*Field Size (may vary based on available space)	Length: 55 yds – 65 yds Width: 35 yds – 45 yds Corner Flags required
Penalty Kick Mark	10 yards from goal
Free Kick Distance	Players must be a minimum of 8 yards away for all kicks
Goal Size	6.5' x 18.5'

**** Soccer-5 League requires 6.5' x 18.5' goals when playing in the league**

NO deliberate headers: If a deliberate header occurs, the referee will stop play and award an indirect free kick to the opponent at the location of where the header occurred. If the referee determines that the ball struck a player in the head when the player was not trying to play the ball, the referee will allow play to continue.

Offside rule applies: referees may call loosely in the first month of the season.

Throw-ins may be repeated during the first month of the season.

8 Second Rule: The 8 second rule will be enforced with instruction for the first offense by each goalkeeper, instead of awarding a corner kick to the opposing team, the referee will stop play and explain the rule to the keeper and restart with a drop ball to the keeper.

Build-out line: The build-out line is the halfway line. When the goalkeeper takes possession of the ball in his/her hands, or during goal kicks, the opposing team must retreat behind the build-out line and stay there until the goalkeeper puts the ball into play.

Build-out line – Goal kicks: All players on the defending team (team not taking the goal kick) must be behind the build-out line when the opposing team takes the goal kick. The ball is considered “in play” once the ball is kicked. If a defending player is nearer to the opponent’s goal than the build-out line when the goal kick is taken, the goal kick will be retaken.

Build-out line – Goalie: When a goalkeeper takes possession of the ball in his/her hands (they cannot pick up the ball when kicked to them by their own

players), the opposing team must retreat behind the build-out line and remain there until the goalkeeper tosses or rolls the ball into play (eight second rule applies). If the goalie sets the ball down to kick the ball, the ball is now in play and players can move forward of the build-out line. The ball is always in play as soon as the ball has left the goalie’s possession. The eight seconds does not start until all defenders are across the build-out line.

However, the goalie may put the ball in play without waiting and then the ball may be challenged as soon as the ball is in play.

Goalkeeping: In order to minimize opportunities in games for traumatic brain injury/concussions to occur, the goalkeepers, upon making a save or collecting the ball in their hands during the run of play, may not punt (volley) or dropkick (half-volley) the ball to put it back into play. They can only distribute the ball via a kick from the ground or rolling or throwing the ball.

Mercy Rule: If a team is ahead by five goals, the opposing team can add a player if they wish. If a team is ahead by eight goals, a second player can be added. Remove the extra players as the goal spread diminishes.

Players are not allowed to play with a Developmental League team and a Soccer-5 team at the same time (discuss with the league rep for exceptions).

5th & 6th Grade (U11-U12) Details

US Soccer Small Sided Recommendations	
Format	9v9
Maximum Roster	16 players
Keeper	Yes
Offside	Yes
Ball Size	Size 4
Game Time	2 halves 30 minutes each
Halftime Break	10 minutes
Referees	Yes; ARs are optional
*Field Size (may vary based on available space)	Length: 70ds – 80 yds Width: 45 yds – 55 yds Corner Flags required
Penalty Kick Mark	10 yards from goal
Goal Size	6.5' x 18.5'

**** Soccer-5 League requires 6.5' x 18.5' goals when playing in the league**

NO deliberate headers: If a deliberate header occurs, the referee will stop play and award an indirect free kick to the opponent at the location of where the header occurred. If the referee determines that the ball struck a player in the head when the player was not trying to play the ball, the referee will allow play to continue.

Mercy Rule: If a team is ahead by five goals, the opposing team can add a player if they wish. If a team is ahead by eight goals, a second player can be added. Remove the extra players as the goal spread diminishes.

7th & 8th Grade (U13-U14) Details

US Soccer Recommendations	
Format	11v11
Maximum Roster	18 players
Keeper	Yes
Offside	Yes
Ball Size	Size 5
Game Time	2 halves 35 minutes each
Halftime Break	10 minutes
Referees	Yes; ARs are required
Field Size	Length: 100 – 130 yds Width: 50 – 100 yds Corner Flags required
Penalty Kick Mark	12 yards from goal
Goal Size	8' x 24'

Headers allowed.

Mercy Rule: If a team is ahead by five goals, the opposing team can add a player if they wish. If a team is ahead by eight goals, a second player can be added. Remove the extra players as the goal spread diminishes.

Coed High School Details

US Soccer Recommendations	
Format	11v11
Maximum Roster	18 players
Keeper	Yes
Offside	Yes
Ball Size	Size 5
Game Time	2 halves 40 minutes each
Halftime Break	10 minutes
Referees	Yes; ARs are required
Field Size	Length: 100 – 130 yds Width: 50 – 100 yds Corner Flags required
Penalty Kick Mark	12 yards from goal
Goal Size	8' x 24'

MAXIMUM of 7 male players on the field at any time!!

ALL players must be a registered student at an Oregon high school.

NO players may be on a high school sponsored soccer team or on any ‘classic/competitive’ team at the same time when playing on a Soccer-5 team. Players are not allowed to be transferred to a Soccer-5 team/club for the season to circumvent this rule. Any attempt to do so could result in removal from the league.

Mercy Rule: If a team is ahead by five goals, the opposing team can add a player if they wish. If a team is ahead by eight goals, a second player can be added. Remove the extra players as the goal spread diminishes.

Section I – Values

- Recreational Soccer is played for the benefit of the kids.
- Competitions are recreational.
- Games are intended to be FUN.
- The safety of participants is the paramount guideline for all activities.
- Winning is desirable, however winning at all costs defeats the purpose of the game and the goals of the Soccer-5 league.
- Lopsided wins are discouraged, and coaches should play short sided, require a minimum # of passes, or make other efforts to equalize the skill level without detracting from the intent of the game.
- It is the responsibility of the coach to offer every player the opportunity to have equal playing time, excepting issues of team discipline or medical problems.

Section II – Goals

- Inspire soccer players to have a love of the game and a desire to compete fairly.
- Ensure the safety of each player as part of every activity.
- Teach players to respect themselves, each other, visiting teams, spectators, parents, and officials. Treat the players with the same respectful attitude.
- Develop a spirit of good sportsmanship and fair play in every player, parent, and administrator.
- Develop fundamental skills, self-confidence, self-worth, and team cooperation.
- Develop an atmosphere of safe, fair, and competitive fun without undue pressure.
- Make playing soccer a positive, rewarding experience.
- Provide all players with an equal opportunity to learn and participate in the program.

Section III – Conduct

The Soccer-5 League considers good conduct and respectful behavior to be an extremely important part of this program. These codes of conduct are simple and clearly worded to provide everyone associated with Soccer-5 (Players, Parents, Officials, Spectators, Administrators, Coaches) with a clear understanding of the conduct expected and the behaviors that we will not condone.

This League, OYSA and USYSA, have written laws governing the conduct of soccer competitions and we make every effort to employ certified officials to enforce those laws. The referees are responsible for enforcing the Laws of the Game on the field, but the coaches are responsible for the behavior of themselves, the players, and the spectators. Please help these people create a fun and fair competition.

Abuse of a game official, whether verbal or physical will not be tolerated. Any abuse (which includes verbal) will result in a minimum three game suspension and any physical assault (which includes spitting upon or touching) shall result in a minimum three-month suspension per USSF policies. Assault of a juvenile game official carries a minimum three-year suspension. Local officials may not provide a lesser suspension.

Game officials and coaches should make a special effort to protect young goalkeepers. No player will even be allowed to attempt to challenge for the ball while the goalkeeper has control of the ball in the penalty area. Ball Control is defined as having the ball between the hands or between the hand and any surface (e.g. ground, own body) or touching it with any part of the hands or arms.

Player Conduct

- Always respect the referees and do not argue with them. Some of these referees might be your friends. How would you treat them if you knew them? Think of them as your friend.
- Courtesy and sportsmanship are as much a part of sports activities as are the skills and rules of the game.
- Be punctual to practice and games; follow the directions and teachings of the coach.
- Always respect the coach, your teammates, and the opposing team players – without them there would be no game.
- Always play your best, play fairly, and play for fun.
- Respect and follow the directions of the referee and the assistant referees; they are the law on the field of play.
- Leave your temper and inappropriate language at home. Derogatory remarks will not improve your game.
- Refrain from using vulgar or foul language at any time.
- Do not criticize the play of others and do not blame others (including the referee crew) for your own poor playing.
- Keep the game moving. Move the required distance from the ball for free kicks as quickly as possible. Leave enough room for a throw-in. Be ready to start play immediately upon the referee's signal.
- Be humble in victory and gracious in defeat. Congratulate your opponent and extend thanks to the game officials after the competition, whether you win or lose.
- Players are honor-bound to aid the officials in enforcing the Laws of the Game. Do not argue with the officials or berate them if you disagree with their call.

Parent / Spectator Conduct

- Spectators are to be on the opposite side of the field from the players.
- Always respect the referees and do not distract or argue with them. These are generally someone's child and how would you want other people to treat your child if they were the referee.
- Do not question the calls made by the referees – they are not reviewable and cannot be overturned.
- Abide by the rules/directives of the soccer club, the Soccer-5 League, OYSA, USSF, and IFAB.
- Follow the rules of the league.
- Follow the rules at every venue.
- Always support the coach and players.
- Be on time to practices and games so that the fields can remain on schedule.
- Pick up your player on time from practices and games.
- Always remain with your player.
- Applaud good play for both teams.
- Remain at least six feet from all sidelines.
- Accept the outcome of the game with a positive attitude.
- Encourage your player to be gracious, whether winning or losing.
- Do not criticize the coach at any time.
- Do not criticize players on your team or players on the opposing team.
- Do not go past the 18-yard line.
- Do not stand behind the goal.
- Do not enter the field of play at any time.
- Do not coach players from the sideline.
- Do not use vulgar or abusive language at any time.
- Always have a positive attitude.

Coaches Conduct

- No more than four adults on the team's side of the field at any time.
- Always have your OYSA valid coaching card with you and be prepared to show it to the referee at any time.
- All adults/team leaders (coaches) are to be on their own half of the field and on the side opposite the spectators. Never go past the 18-yard line. Never place anyone behind the goal box.
- Always respect the referees and do not argue with them. These are generally someone's child and how would you want other people to treat your child if they were the referee.
- Do not question the calls made by the referees – they are not reviewable and cannot be overturned.
 - If you have criticism, concerns, or feedback for the referee, resist the urge to discuss it with them after the game and instead report your concerns to your club referee assignor or club administrators.
- Abide by the rules/directives of the soccer club, the Soccer-5 League, OYSA, the USSF, and IFAB.
- Follow the rules of the league.
- Follow the rules at every venue.
- Hold one or two practices a week and be punctual to all practices and games.
- Be humble in victory and gracious in defeat. Congratulate your opponent and extend thanks to the game officials after the competition, whether you win or lose.
- Be a positive example to your players and their parents.
- Encourage safe, competitive, fair play, and reward improvement and effort, regardless of skill.
- Teach the players to respect themselves, the opponent, the referee, their teammates, and the coaching staff.
- Teach the players sportsmanship and proper on-field conduct.
- Teach progressive improvements in technical proficiency and tactical knowledge while promoting self-esteem in all players.
- Instruct parents in proper behavior at games, including sideline respect for the referee, the other team, and all coaches.
- Do not criticize players on your team or players on the opposing team.
- Do not recruit players for the purpose of establishing an elite team.
- Do not seek an advantage beyond superior skill, tactics, and fitness. Only allow players that are listed on your team's roster to practice and play with your team.
- Do not leave practices or games until all players have been picked up by their parents or another authorized adult.
- Do not teach unsafe or unsporting methods to the players.
- Do not teach demeaning songs or chants to the players.
- Do not use verbal or physically intimidating behavior, including vulgar, improper, foul, demeaning and/or abusive language at any time.

Referee & Assistant Referee Conduct

- US Soccer requires a diagonal formation of the referee crew. Crews must follow this guidelines based on the number of referees officiating the game:
 - One referee acts as a solo center referee. Parents should not be engaged as linesmen.
 - Three referees are positioned with a center and two assistant referees on either sideline.
 - Two referees operate with one center official and one assistant referee. Two referees may not be on the field (dual system not allowed). Only one referee has a whistle. The single AR should occupy the AR1 position.
- Always ask to see the coach card of all adults on the team's side of the field. If they are not a coach, ask them to move to the spectator's side. If they push back, ask for assistance from the other team's coaching staff.
- Record the full name of any coach without a coaching card in your game report. If there are no adults with a coaches card, allow a "head coach" to remain with the team so the game gets played. Again, make sure the coach is reported to your home club so they can deal with it further.
- A referee can abandon (stop) a game at any time they are feeling intimidated or unsafe due to behavior from players, coaches, or spectators. Inform the coaches that the game is being abandoned and leave the field of play as quickly as possible.
- Conduct yourselves according to guidelines set by IFAB, USSF, OYSA, and Soccer-5.
- Provide a safe environment for all players.
- Enforce the rules of soccer by following the IFAB Laws of the Game; subject to Soccer-5 League modifications.
- Ensure that all players are properly equipped for the game; (i.e.: no jewelry of any kind, padded casts can be worn, but still at the discretion of the referee, no metal leg or arm braces of any kind. Medical bracelets and medical necklaces may be worn if taped over. They must be removed if not taped over.)
- Dress in approved referee attire when officiating. Use a wristwatch for timing, not a smartphone. Whistles must not be worn around the neck.
- Show up at least thirty minutes prior to your first game so there is time to check the field for safety and to check the player's equipment and gear.
- Report all red card infractions to your club's referee coordinator immediately after the end of the game. You may call them or send them an email or text message.
- Do not use vulgar or abusive language at any time.
- Do not wear jewelry.
- Have a positive attitude.

Section IV – Dealing with Misconduct

These procedures are to be followed anytime red or yellow cards are issued during any game within the Soccer-5 League.

REFEREE'S RESPONSIBILITY

Make a full report to your club's referee coordinator within 48 hours of the game. The report must include the following:

- Full name of the person receiving the red or yellow card.
- Type of infraction, be specific and use the correct Law number if one applies.
- Date of game.
- Time of game.
- Field location.
- Names of assistant referees if any present.

REFEREE COORDINATOR'S RESPONSIBILITY

Keep track of all points accumulated for your club during the season.

- Yellow cards: Two points .
- Red Card: Three points – all except as noted below.
- Red Card: Five points – Serious Foul, Violent Conduct.

Anyone receiving a red card (or two yellows in the same game) will receive a minimum one-game suspension and will not be eligible to participate in the next game. A player that is sitting out may sit with the team but must not be dressed in their uniform. All coaches and team leaders that receive a red card will receive a minimum one-game suspension and will not be present at the venue or on the field of the next game. In addition to the game suspensions, additional penalties may be applied based on point accumulation:

- Six points = One game suspension.
- Nine points = Three game suspension.
- Twelve points = Suspended for balance of season.

Teams also accumulate points based on the total points for players and team leaders associated with the team. Sanctions will be applied to teams as follows:

- Ten points = Certified letter sent to all Soccer-5 club presidents and the team coach.
- Twenty points = Team suspended for the balance of the season.

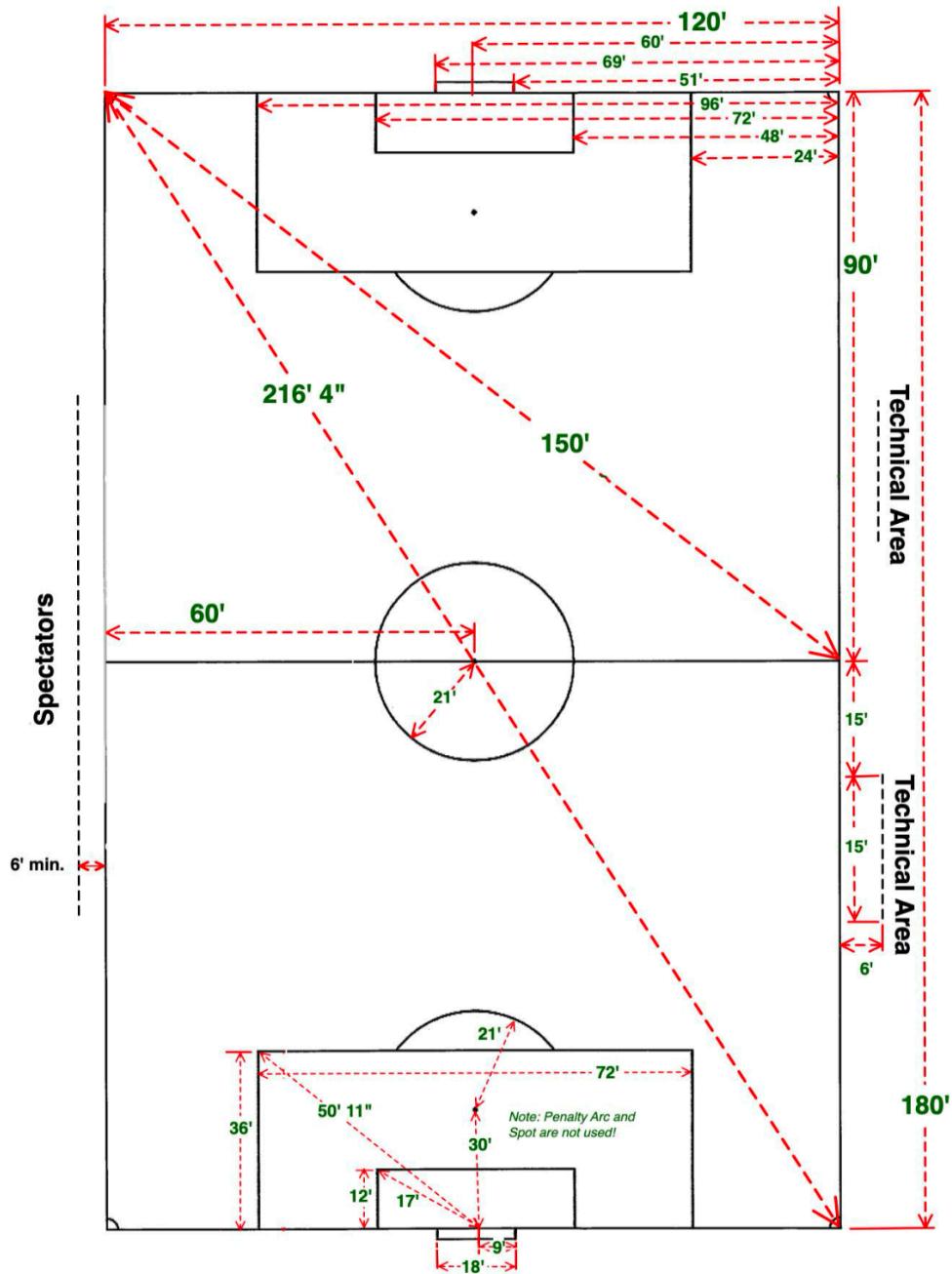
NOTE: Cards issued to individual players for dissent will not count towards the team totals. All other individual points will be applied to the team's total.

The referee coordinator of each club will monitor each player's and team's point accumulation. They will advise the coach of each team that is accumulating points. When players are to serve a suspension, they will notify the opponent of the next scheduled game that a player will be sitting out. If a team is suspended, they will notify all clubs so that any remaining league games can be rescheduled if possible.

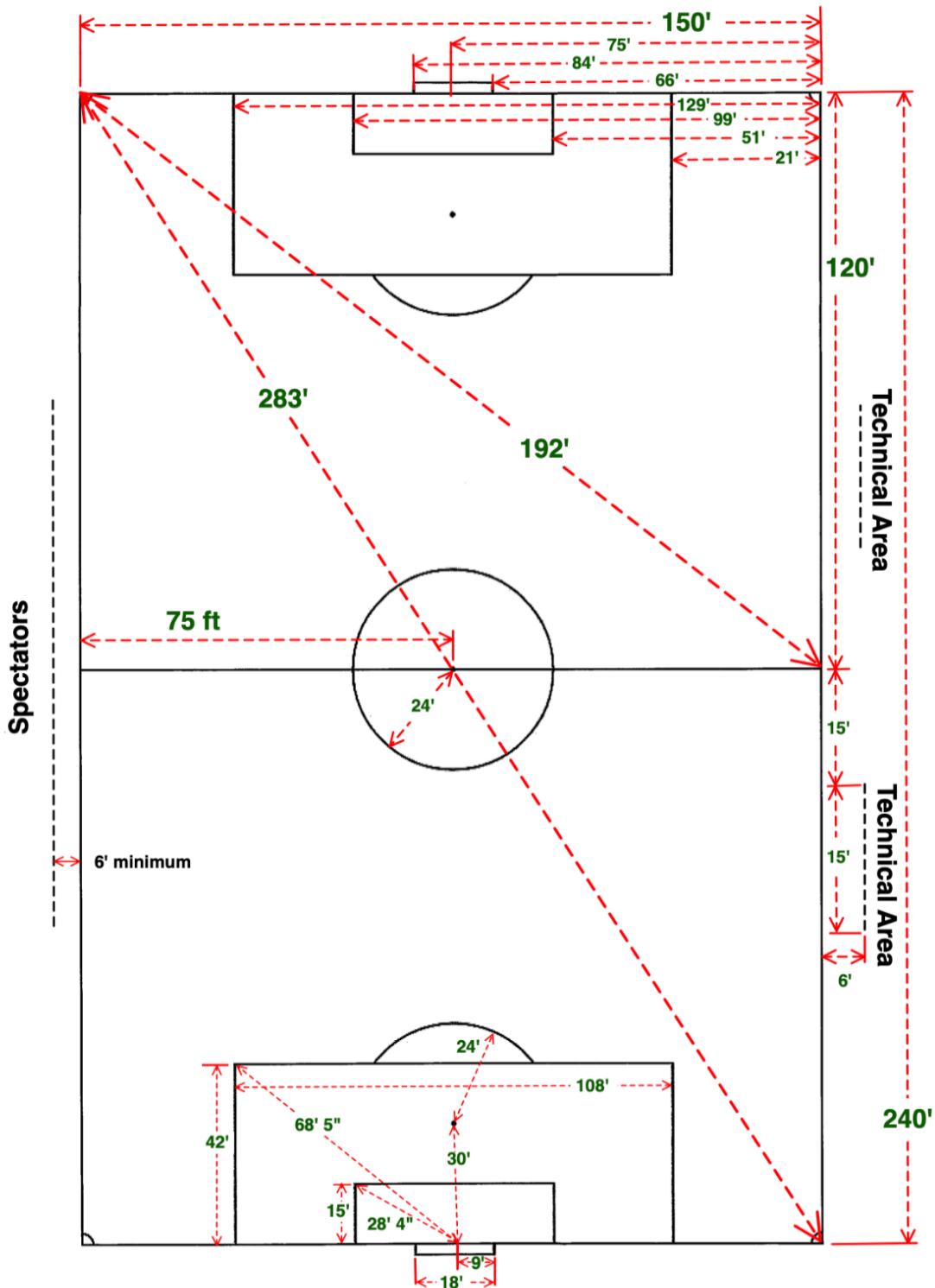
Appendix: Field Diagrams

The following are sample field dimensions for each level and include measurements useful when doing an initial layout. Using the diagonal dimensions, you can lay out rectangular fields using two long tape measures, stakes, and reels of lines that can be painted over. For detailed instructions, [check out this how-to video](#).

7v7 Field – 60x40



9v9 Field – 80x50



11v11 Field – 70x100

