

Moscow United Soccer Club / Moscow Parks & Recreation Department
Micro Soccer Program Rules and Guidelines
Fall 2011

1. Goals can be scored from anywhere on the field by any player, but goals cannot be scored directly from a restart of play (i.e., kickoff, kick-in, free kick, goal kick, or corner kick).
2. When the ball goes out of play, the game is restarted as follows:
 - I. After the ball crosses over a sideline: with a kick-in or throw-in (refer to the table below for differences in age groups) from where the ball crossed the line.
 - II. After the ball crosses over a goal line:
 - a. With a goal kick if the attacking team last touched the ball. Goal kicks may be taken from anywhere inside the goal box area (U-5 through U-8) or goalkeeper handling area (U9 and above).
 - b. With a corner kick if the defending team last touched the ball. Corner kicks are taken from the corner nearest where the ball crossed the goal line.
 - III. After a goal is scored: with a kickoff (by the team that conceded the goal) at midfield.
3. Fouls and other rule infractions are penalized with an indirect free kick, i.e., the ball must be touched by two players before a goal may be scored. The ball must travel one full rotation after it has been kicked before a second player may touch it. There are no penalty kicks.
4. All opposing players must be a minimum distance from the ball (see the table below for differences in age groups) on restarts of play.
5. Players may wear cleated soccer shoes or tennis shoes. Shoes may not have "toe cleats." All players must wear shin guards and socks must be worn over the top of the shin guards. Jerseys must be worn tucked into shorts. Players may not wear jewelry.
6. Substitutions are unlimited and may be made at any stoppage of play.
7. Coaches and parents should accept the decisions of the referee with good grace.
 8. Games will be canceled if lightning is nearby. Games may also be canceled due to severe weather upon agreement by the coaches and referee.
 9. Game lengths may be extended up to 5 minutes per half upon agreement of the coaches and referee (when time permits).
10. No scores or league standings are kept. The goal of games is to have fun and develop soccer skills. Parents and coaches should discourage scorekeeping and de-emphasize the importance of winning.
11. Here is a summary of the rule/format differences between micro soccer age groups:

Age group/grade	Duration of halves (minutes)	Players per team on field	Goalies?	Ball size	Kick-ins / throw-ins	Offsides law in effect?	Minimum distance to restart	Refs
Pre K - U5	12	3	No	3	kick in	No	4 yards	Coaches
K - U6	12	3	No	3	kick in	No	4 yards	Coaches
1st - U7	15	4	No	3	Throw in	No	4 yards	Coaches
2nd - U8	15	4	No	3	Throw in	No	4 yards	Provided
3rd - U9	20	5	Yes	4	Throw in	No	8 Yards	Provided
4th+ - U10	20	6	Yes	4	Throw in	No	8 yards	Provided

Unless otherwise specified on this form, micro soccer rules comply with US Youth Soccer's modified rules for each age group. Official modified rules for each age group are available in the Coaches' section of the US Youth Soccer website at www.usyouthsoccer.org.