



CITY OF BANGOR
PARKS & RECREATION

Youth Soccer Rules and Guidelines 2026 Season

The purpose of this program is to give youth the basic skills and knowledge for the game of soccer, to promote teamwork and competition in a positive way. Most importantly, to HAVE FUN!

- **Every child should play at least half of the game**
 - Be sure to coordinate substitutions for each game
 - Unlimited substitutions, substitute halfway through game or as coaches see fit
 - Children should try as many positions on the field as possible
- **Each game is roughly 35-45 minutes. With two 15-25 minute halves of running time. (5 minute halftime)**
- **All 2nd-6th grade games will be played on Saturdays, the game schedule will rotate**
- **Grades K-1: 4v4 or 5v5 (no goalies)**
 - 20-25 minute practice before game with individual teams, softball fields will be separated to accommodate both team practices
 - K-1 games will take place on the K-1 sized fields located on the outfields of softball fields
 - Two 15 minute halves running time with a 5 minute halftime
 - No score kept
 - On field coaching encouraged
- **Grades 2-3: 6v6 or 7v7 (no goalies)**
 - Two 20 minute halves running time. 5 minute halftime
 - No score kept
- **Grades 4-6: 7v7 or 9v9 (with a goalie)**
 - Two 25 minute halves running time. 5 minute halftime
 - Score is kept by coaches
- **No more than one, 1 hour practice each week (Grades 2-6)**
 - K-1 will practice 30 minutes prior to their game
- **General soccer rules apply (hand balls, fouls, free kicks, throw ins)**
 - See following pages for 2nd-6th grade in game rules
 - Rules will be modified for appropriate age groups
 - Refs will make appropriate calls based on age groups



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Grades 2nd-3rd Game Structure

- Game will be played on 40 x 30yrd field (softball outfields)
- 6v6 or 7v7 (with or without goalies)
- On field player amount is flexible (both teams must agree prior to game)
- Unlimited substitutions (every 5 minutes or as coaches see fit)
- Two 20 minute halves (running time) & 5 minute half time (refs will keep time)
- Refs will make age appropriate calls
- No score is kept by coaches or staff

Grade 2nd-3rd Game Rules

- **Kick-off:** The game starts with a kick-off from center circle, a coin flip will determine who gets ball possession first.
- Scoring: A goal is scored when entire ball crosses the goal line between the goalposts and under the crossbar.
- **Fouls, Handballs & Free Kicks:** Common fouls include tripping, pushing, or holding opponents. Free kicks are awarded for fouls and intentional handballs. Free kicks take place where the foul occurred. Ball must be stationary and on ground.
- **Ball Out of Play:** A ball is out of play when it completely crosses over the sidelines or goal lines. To restart, a throw in, a goal kick or a corner kick will be awarded.
 - **Goal Kick:** The referee will award a goal kick when the ball goes out of play at either end (end line) of the field, and a player from the attacking team is the last person to touch the ball. A player from the defending team must take a goal kick from within their goal area. All players on the opposing team must be approximately 20ft away.
 - **Corner Kick:** The referee will award a corner kick when the ball goes out of play at either end (end line) of the field, and a player from the defending team is the last person to touch the ball. A player on the attacking team must take the corner kick from the corner of the field closest to where the ball went out.
 - **Throw-in:** If the ball goes out of play along the sidelines of the field, the referee will award a throw-in to the opponents of the team that last touched the ball. For a throw-in, a player throws the ball in with both hands, overhead from where the ball went out of play. The player taking the throw must have both feet on the ground when they release the ball.



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Grades 4th-6th Game Structure

- Game will be played on 60 x 40yrd field (1/2 of soccer field)
- 7v7 or 9v9 (with goalies)
- On field player amount is flexible (both teams must agree prior to game)
- Unlimited substitutions (every 5 minutes or as coaches see fit)
- Two 25 minute halves (running time) & 5 minute half time (refs will keep time)
- Refs will make age appropriate calls
- Score may be kept by coaches

Grade 4th-6th Game Rules

- **Kick-off:** The game starts with a kick-off from center circle, a coin flip will determine who gets ball possession first.
- **Scoring:** A goal is scored when entire ball crosses the goal line between the goalposts and under the crossbar.
- **Fouls, Handballs & Free Kicks:** Common fouls include tripping, pushing, or holding opponents. Free kicks are awarded for fouls and intentional handballs. Free kicks take place where the foul occurred. Ball must be stationary and on ground.
- **Ball Out of Play:** A ball is out of play when it completely crosses over the sidelines or goal lines. To restart, a throw in, a goal kick or a corner kick will be awarded.
 - **Goal Kick:** The referee will award a goal kick when the ball goes out of play at either end (end line) of the field, and a player from the attacking team is the last person to touch the ball. A player from the defending team must take a goal kick from within their goal area. All players on the opposing team must be outside of the penalty area when the kick is taken.
 - **Corner Kick:** The referee will award a corner kick when the ball goes out of play at either end (end line) of the field, and a player from the defending team is the last person to touch the ball. A player on the attacking team must take the corner kick from the corner of the field closest to where the ball went out.

Throw-in: If the ball goes out of play along the sidelines of the field, the referee will award a throw-in to the opponents of the team that last touched the ball. For a throw-in, a player throws the ball in with both hands over head, from where the ball went out of play. The player taking the throw must have both feet on the ground when they release the ball.