



A department of MPS

**Milwaukee Recreation**  
**YOUTH SPORTS**  
5225 W. Vliet St. Rm. 163  
Milwaukee, WI 53208  
P: 414.475.8410  
**mkerec.net**

## **ELEMENTARY COED OUTDOOR SOCCER RULES**

Milwaukee Recreation Youth Sports reserves the right to change rules at any time.

Rules are adapted from the NFHS Soccer Rule Book.

Last Updated: 08/20/25

### **Section 1 - General League Rules**

**SPORTSMANSHIP** – Unsportsmanlike conduct may result in ejection from the contest. Officials, coaches, parents, players, and fans should always display leadership and sportsmanship qualities. Any players or coaches ejected from the game by officials/staff for unsportsmanlike conduct will be suspended until their case is reviewed by Milwaukee Recreation. The final disposition of the case will then be made. Sports Coordinators are required to check with the Youth Sports Office before allowing the player or coach in question to continue participation in Youth Sports Activities.

**SPECTATORS** – Spectators are to be seated opposite the players' bench. All spectators are asked to show good sportsmanship and character and offer only positive reinforcement.

**COACHES (UPDATED)** – Only coaches and players listed on the TEAM ROSTER FORM are allowed in the team bench area. ***All coaches in the bench area must be completely hired by Milwaukee Recreation (Paid or Volunteer), and have a visible coach's credential.*** A maximum of three (3) coaches are allowed on the team bench. A hired coach must be present before a game may start.

**FACILITY REMINDERS** – Dogs, alcohol, smoking (including E-cigarettes), weapons, and grilling are prohibited during Milwaukee Recreation Youth Sports activities.

**JEWELRY** – Head decorations, headwear, and jewelry cannot be worn during competitions. This means that rings, wristwatches, hair curlers, combs, beads, earrings, or barrettes cannot be worn while participating in Youth Sports Leagues.

**GAME RE-SCHEDULING/CANCELLATIONS** – All school sport coordinators, coaches, or applicable staff will be notified of any rescheduled games or game cancellations via email. Revised schedules will be posted on the Milwaukee Recreation Website: [www.mkerec.net/YouthSports](http://www.mkerec.net/YouthSports).

**WEATHER HOTLINE** – For inclement weather updates, contact the Weather Hotline at 414-475-8068. The hotline is updated on league play days by 8:00 AM on Saturdays and 1:00 PM on weekdays when inclement weather is expected. The hotline is available in English and Spanish. Coaches are responsible for informing players and their families of the weather hotline number.



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**ROSTERS (UPDATED)** – A copy of the team’s roster must be submitted to the Youth Sports Office using the online submission link prior to the deadline given by the Youth Sports Office at the seasonal Sports Coordinator meeting (Usually one (1) week prior to the team’s first scheduled game). ***Teams may only submit one (1) updated roster prior to the secondary roster deadline given at the seasonal Sports Coordinator meeting. Any additional updated rosters will not be accepted. All Non-Attending Student forms must be submitted prior to the secondary roster deadline, while all Transfer Student forms must be submitted prior to the second to last week of the season.*** There is no roster limit, however only fifteen (15) medals and/or awards will be given. Extra medals and/or awards are available for purchase from the MKE REC Youth Sports Office.

**ONE TEAM, PER SPORT, PER SEASON** – Athletes are permitted to play multiple sports per season by cannot play on more than one team in the same sports during the same season.

**Exception:** Athletes are only permitted to play on one (1) basketball team per academic year.

**COED LEAGUE RULES** – The term “COED” refers to the fact that both boys and girls are eligible to play on the same team. It is possible that teams will have varying numbers of boys or girls, but no special “coed rules” will apply. Teams made of one gender are allowed in the COED league.

**FORFEITS (UPDATED)** – The Youth Sports Office must be notified in advance of all forfeit contests. Notification must be delivered to [youthsports@mkerec.net](mailto:youthsports@mkerec.net) at least 36-hours prior to scheduled game start time. ***Teams that forfeit will be charged a \$50.00 fee per occurrence.*** See the Youth Sports Website and Opportunity Handbook for a list of forfeit situations.

**PROTEST** – Judgement calls made by the game officials are not eligible for protest and/or appeal. Protest on rule enforcement must be filed in writing with the Youth Sports Office with 48-hours following the incident. Protest on athlete eligibility may be filed any time during the regular season. Submit rules enforcement and athlete eligibility protest via email to [youthsports@mkerec.net](mailto:youthsports@mkerec.net).

**TIE-BREAKER PROCEDURES (TROPHY SPORTS ONLY)** – The Youth Sports Office will have full discretion determining the position and placement of all teams. Tie-break procedures are available online at [www.mkerec.net/YouthSports](http://www.mkerec.net/YouthSports).

**LEAGUE CHAMPIONS (TROPHY SPORTS ONLY)** – Elementary Coed Soccer is a non-Trophy sport.

**YOUTH SPORTS OPPORTUNITY HANDBOOK** – The current version of the Youth Sports Opportunity Handbook is available at [www.mkerec.net/YouthSports](http://www.mkerec.net/YouthSports). All sports coaches and sports coordinators are responsible for familiarizing yourself with the rules, regulations, procedures, and policies governing the Milwaukee Recreation Youth Sports Programs.



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## **Section 2 – Before the Game**

**Article 1** – Rules are adapted from the NFHS Soccer Rule Book and may be changed by the Youth Sports Office at any time to improve the safety and understanding of the game.

### **Article 2 – Eligibility:**

- A. Age/Grade Limits (**UPDATED**) – Students may not exceed the age/grade limits as listed below. Age is determined as of September 1 of the current school year. Elementary Coed Soccer is only offered to students enrolled in 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade at the beginning of the Spring season. K4 and K5 students are not eligible for participation. Also, 1<sup>st</sup> and 2<sup>nd</sup> grade students may not participate in a 4<sup>th</sup> and 5<sup>th</sup> grade league. ***Students in 3<sup>rd</sup> grade are eligible to participate in a 4<sup>th</sup> and 5<sup>th</sup> grade league, but may not participate in a 1<sup>st</sup> – 3<sup>rd</sup> grade league at the same time.***

- 7 years old and under/1<sup>st</sup> grade maximum
- 8 years old and under/2<sup>nd</sup> grade maximum
- 9 years old and under/3<sup>rd</sup> grade maximum
- 10 years old and under/4<sup>th</sup> grade maximum
- 11 years old and under/5<sup>th</sup> grade maximum

- B. School Suspensions – Any student suspended from school must be reinstated prior to the close of school on the Friday before their next scheduled game to be eligible.

**Article 3 – Players:** In order to avoid a forfeit, a team may start with six (6) players. Additional players who arrive late may enter the game when fully suited, checked in, and must let the official know that they are ready to join in the game. Teams must play with eight (8) players, if available, one of which shall be the goalkeeper.

- A. Player Sign-In – All players are required to personally sign in with their **FULL NAME** prior to the start of the game on the team roster. Coaches should **NOT** sign players in.
- B. Playing Time (**UPDATED**) – It is mandatory that all players who suit up for the game play equivalent of twenty-five percent or 10 minutes of the total playing time. ***Please notify the scorekeeper of any players that will be sitting out due to personal or disciplinary reasons, so that a note can be made on the scoresheet.***
- C. Starting Lineup – Coaches are asked to change the eight players that start the game each week to give each child the opportunity to be in the starting lineup.
- D. Substitutions – Unlimited substitutions can be made 'on the fly' at any point. The player cannot come on to the field until the player exiting the field has come off the field. The goalkeeper must wait until a dead ball to substitute.



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- A. **Uniforms** – Teams are required to wear matching jerseys with numbers, sweatpants or gym shorts, and athletic shoes or rubber cleats (Metal Cleats, Crocs, and Open Toe shoes are prohibited). Shorts do not need to match jerseys.
- B. **Shin-Guards** – All players are required to wear shin-guards at all times.
- E. **Pinnies** – Visiting teams are required to wear pinnies in the event both teams are wearing the same or similar colors and their jerseys are not reversible.
- F. **Warm-up Balls** – MKE REC will not provide warm-up soccer balls for teams.
- G. **Post-Game** – Post-game hand shaking will occur at the discretion of each coach. Opposing coaches and players who choose not to shake hands should wave at one another from their respective bench areas as a non-physical way to demonstrate sportsmanship at the end of the game.

#### **Article 4 – Officials:**

- A. All games will be officiated by one official, who are contracted through ***Cream City Futsal, LLC***.
- B. The official's decisions on point of fact connected with the game shall be final.
- C. All rule infractions shall be briefly explained to the offending player as needed.
- D. The match official can stop, suspend, or abandon the match because of outside interference of any kind. (FIFA Laws of the Game, Rule 5, Pg. 24)

#### **Article 5 – Coaches: (UPDATED)**

- A. ***Only coaches who have been completely hired by Milwaukee Recreation (Paid or Volunteer), and listed as “Hired – Good To Work” on their schools hiring spreadsheet, are allowed in the team bench area.***
- B. ***Hired coaches will be given a coach's credential by the Milwaukee Recreation Youth Sports office once they have completed the hiring process. Credentials must be visible while coaches are in the bench area.***
- C. A hired coach or Administrative Staff must be present to start a game.
- D. Coaches and players shall be restricted to the marked team bench area, which is ten (10) yards from each side of the halfway line and extends for twenty (20) yards. The marked team bench area will be located on the opposite side of the field from spectators.
- E. Coaches that do not adhere to the marked team bench area will be given a warning for the first offense, a yellow card for the second offense, and a red card for the third offense. A coach that receives a red card will be asked to leave the bench area for the remainder of the game, and will need to meet with the Youth Sports Office prior to returning to the sidelines for the next



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scheduled game. In the event a coach is removed from the sideline, another parent or school representative can step in as the acting coach.

- F. Teams do not change benches at half-time.

### **Section 3 – The Game**

#### **Article 1 – Game Ball Size:**

- A. 1-3<sup>rd</sup> grades use a **Size 4 Ball**
- B. 4-5<sup>th</sup> grades use a **Size 4 Ball**

#### **Article 2 – Field Size:**

- A. 1-3<sup>rd</sup> grade leagues: **60 X 40**
- B. 4-5<sup>th</sup> grade leagues: **80 X 50**
  - a. Field size modifications may occur depending on league location.

#### **Article 3 – Goal Size:**

- A. 1-3<sup>rd</sup> grade leagues: **6 x 12**
- B. 4-5<sup>th</sup> grade leagues: **6 x 12 or 6 x 18**
  - a. Goal size modifications may occur depending on league location.

#### **Article 4 – Timing:**

- A. Teams must be ready to play within five (5) minutes after the scheduled time for the first game. If, a team is not ready to play within this time limit, a forfeit will be declared. Once a forfeit has been declared, teams will still be given the opportunity to scrimmage if desired. The scrimmage will consist of two 10-minute halves and will be officiated by the officials scheduled for the game that was initially scheduled.
- B. All league games will be two (2) twenty (20) minute halves. Half-time will be five (5) minutes.
- C. The clock will only stop during play if there is an injury requiring the official's attention.
- D. There will be no time-outs.

#### **Article 5 – Getting Started:**

- A. Five (5) minutes prior to the start of each game, there will be a mandatory **pre-game coaches' meeting** with a soccer official. Coaches have the option of electing a captain for the meeting. At this meeting, the soccer official(s) will introduce themselves, there will be a coin toss/odds game to select possession and side, and a reminder of select rules.
- B. The player must be on their own side of the center line before the kick-off. Opponents must be outside of the circle center mark while kick-off is in progress.



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- C. A goal can be scored directly from a kick-off.

**Article 6 – Ball In and Out of Play:** The soccer ball is out of play when it has completely crossed a goal line or touch line.

**Article 7 – Offsides:** Offside penalties will not be enforced in 1-3 or 4-5 grade leagues.

**Article 8 – Hand Balls:** A handball will be called if a player handles the ball deliberately, except for the goalkeeper within his own penalty area. If the ball hits the arm, then the referee must decide whether this action was to deliberately block the ball or whether the player has raised their arms to protect themselves.

- A. **Intentional Handball** – If a player slaps, hits, or catches the ball in an attempt to gain control, a penalty should be called.
- B. **Unintentional Handball** – If a player raises his/her arm in “self-defense” of a ball in the face and the player does not gain control after the offense, no penalty should be called.

**Article 9 – Goalkeeper:** If a goalkeeper commits an offense, the opposing team will be awarded a direct free kick outside of the penalty area nearest the foul.

- A. Takes more than ten (10) seconds while controlling the ball with his/her hands before releasing it from his possession
- B. Touches the ball again with his hands after it has been released from his/her possession and has not touched any other player
- C. Touches the ball with his/her hands after it has been deliberately kicked to goalkeeper by a teammate.

**Article 10 – Fouls and Misconduct:**

- A. All fouls and misconduct offenses shall be awarded with a direct free kick.
  - a. Player heads the ball
  - b. Player slide tackles
  - c. Player kicks, trips, pushes, or holds an opponent or attempts to
  - d. Handles the ball deliberately (except for the goalkeeper within his own penalty area)
  - e. Dangerous Play (examples - high kick, playing the ball while on the ground, heading the ball)
  - f. Obstruction
  - g. Prevents the goalkeeper from releasing the ball from his hands
  - h. Touching the ball, a second time after a free kick, kickoff, or throw-in
- B. Defensive players must be eight (8) yards from the free kick. This will only be enforced if the kicking team asks for the official to walk off the official yardage.



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**Article 11 – Indirect Kicks:**

- A. Two touches by the same player taking either a free kick, corner kick or penalty kick (PK = 4-5 Grade Only).
- B. When a goalkeeper illegally handles the ball inside of the penalty area, including dropping ball and picking ball up.
- C. When a goalkeeper receives a pass back from his own teammates (only if the player uses his foot only to play the ball back WITH INTENTION) and picks up the ball with their hands in the penalty area.

**Article 12 – Free Kick:** Player Commits a foul – Also known as a direct free kick.

**Article 13 – Goal Kick:** Awarded to the defending team when ball crosses the defending team's goal line and is last touched by an offensive player. The ball must leave the penalty area before another player can touch the ball.

**Article 14 – Corner Kick:** Awarded to the defending team when the ball crosses the defending team's goal line and is last touched by an offensive player.

**Article 15 – Penalty Kicks (4-5 Grades Only):**

- A. A penalty kick will be awarded when a defensive player commits any direct kick foul in his/her own penalty area. The penalty kick must be taken in one continuous motion.
- B. For the 1st -3rd grade league, all fouls committed in the penalty area will be awarded with a direct free kick taken from the spot nearest the offense on the penalty area line parallel to the end line.

**Article 16 – Throw-In Line Infraction:** Will be strictly enforced when a player throwing the ball steps over the line before releasing the ball from their hands.

**Article 17 – Cautionable Offenses (Yellow Card):**

- A. A player that commits any of the following offenses will be sent off for two (2) minutes.
  - a. Unsporting Behavior
  - b. Shows dissent by word or action
  - c. Persistently infringes the Rules of the Game
  - d. Dangerous play is defined as dangerous enough to cause injury or another player.
  - e. Delays the restart of play
- B. Substitutions are allowed for a player receiving a yellow card.
- C. A direct free kick shall be awarded.



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#### **Article 18 – Sending-Off Offenses (Red Card):**

- A. A player that commits any offenses listed below will be ejected from the game in-which the player will not be allowed to return to the game and may lose eligibility for the rest of the season.
  - a. Serious foul play
  - b. Violent conduct
  - c. Spits at an opponent or any other person
  - d. Denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
  - e. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
  - f. Uses offensive, insulting, or abusive language
  - g. Receives a second yellow card in the same match
- B. Unsporting Behavior Substitutions are allowed for ejected players.

#### **Article 19 – Scoring:**

- A. A goal is scored if the whole ball passes completely over the goal line between the posts and under the crossbar.
- B. A goal is not scored if the ball is on the line.
- C. The ball may roll along the line and even slightly over the line and yet not be ruled a goal.
- D. ***No team score will be kept by the officials***
- E. ***No league standings are kept***