

Junior Comet Soccer Rules 2025

----- GENERAL RULES -----

ABUSIVE CONDUCT – Player

(Fighting – Hitting – Kicking – Tripping – Swearing - 2nd Unsportsmanlike - Verbally harassing anyone)

All the above actions will result in an ejection per board member consult from the game, plus a 1 game suspension.

For further explanation see “**FLAGRANT MISCONDUCT**” on Pg. 3.

ABUSIVE CONDUCT – Spectator

(A) Any spectator will be removed from the premises for abusive language/conduct.

(B) A spectator so removed may attend the next game.

(C) A second violation by that same person will be prohibited from attending games for the remainder of the season.

AIR QUALITY –

If the AQI (Air Quality Index) is higher than 150, all outdoor practices and games will be cancelled and can resume when levels drop to 150 or lower.

We Follow OSAA (Oregon School Activities Association) guidelines on air quality. These Guidelines can be found via this link: <https://www.osaa.org/health-safety/air-quality>.

We use the Air Now App to get these numbers, this app gets its information for the Oregon Department of Environmental Quality.

CHEER –

A team cheer and shaking of hands is **expected** of both teams following each game.

COACHES/PLAYERS AREA –

(A) Coaches are expected to remain in the team area, except when speaking with a referee or during a time out.

(B) Players are expected to remain in the team area.

(C) No spectators are allowed within the coaches/players area and must remain in the spectators’ area (the outer side of the playing fields. No spectators allowed within the inner row(s) in between the playing fields.

(D) A maximum of 2 registered coaches are allowed on the sideline, and all others will be asked to remain in the spectator seating area.

DISPUTES –

(A) Coaches, Players, and Spectators are not allowed to argue with the referee, this may result in an ejection if necessary. Spectators will be warned on the first occurrence and will be asked to leave on the second occurrence.

(B) Referee(s) are not allowed to argue with a coach, player, or spectator.

(C) If a dispute arises, an official timeout with clock stoppage will be called by the referee. A board member will be called in to clarify rules, resolve the dispute, have final say, and adjust the game clock as needed.

FIELD LAYOUT –

SEE BELOW.

This is subject to change slightly pending location and space availability.

GAME GEAR –

- (A) JERSEYS – Jersey's **MUST** be worn on the top layer of clothing (on top of shirts/jackets etc.).
- (B) SHIN GUARDS & SHOES – Shin guards **MUST** be worn and completely covered by socks. Cleats or closed-toed approved shoes only. Open-toed shoes/Crocs-style/sandals of any kind are not allowed.
- (C) EYEWEAR – Prescription eyewear **ONLY** may be worn in the game by players.
- (D) HAIR – Hair shoulder length or longer **MUST** be secured back.
- (E) HATS – Ballcap style hats are not allowed in the game by players. Beanie style hats may be worn in cold weather.
- (F) JEWELRY – No jewelry of any kind is to be worn by players.
- (G) MOUTH GUARDS – Mouthguards are recommended but not required.

INJURY –

Players leaving the game due to injury will return to rotation as soon as possible, if possible.

KICK OFFS –

- (A) For Kinder Level, kick offs will be determined by the team captains in a “best out of 3” game of Paper/Rock/Scissors overseen by the coaches. The winner of Paper/Rock/Scissors will take the kick-off.

LENGTH OF GAME –

- (Two – 20-minute halves for Kinder Level) & (Two 25-minute halves for Levels 1-3)
- (A) HALFTIME – 10 minutes
- (B) Games start as scheduled

PLAYING TIME –

This is considered of utmost importance in ALL Junior Comet programs.

- (A) Everyone rotates in and out on a consistent basis.
- (B) If a team is reducing a player's playing time (due to disciplinary action), **the coach must inform a Board Member prior to the start of the game.**
- (C) If a player is pulled for any reason from the game, that coach **MUST** notify the opposing coach and the Board Member in charge. (Who & why, i.e. injury, disciplinary)

PRACTICES –

- (A) 2 practice days per week.
- (B) Practices are to be 60 minutes long for Kinder & 90 minutes long for Level 1 (to allow equal practice times amongst teams).
- (C) Days & times are set by the coaches and are subject to changes if necessary. Coaches will notify families.

TIME OUTS –

There are no official timeouts, and the clock continues to run unless stopped by the referee for injuries, substitutions, or other stoppages

----- FLAGRANT (UNSPORTSMANLIKE) MISCONDUCT -----

The penalties listed below could result in possible ejection per board member consultation.

**FIGHTING - HITTING – PURPOSEFUL KICKING - SWEARING - TAUNTING –
PURPOSEFUL TRIPPING – 2nd UNSPORTSMANLIKE - VERBAL HARRASMENT**

- (A) Ejected players will serve a 1 game suspension.
- (B) Ejected players will attend their next game and watch from the sideline. Players cannot play until the penalty is fulfilled.
- (C) A second flagrant misconduct penalty on the same player during the remainder of the season will result in a 2-game suspension. The player must attend both of those games and watch from the sidelines, or they will be suspended for the remainder of the season.

----- COACHES & REFEREES -----

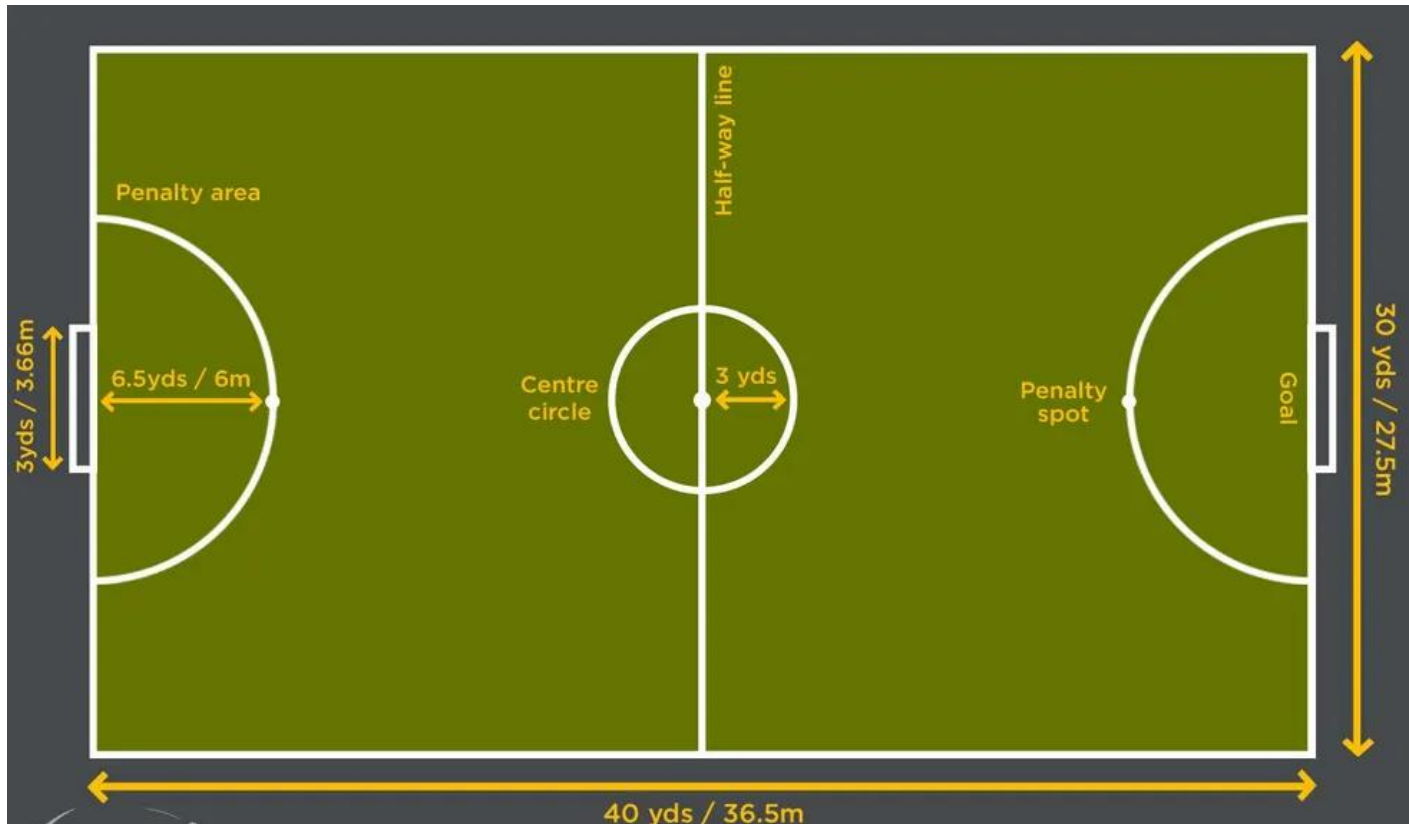
- (A) You are responsible for your fans and their actions.
- (B) Remind them during your first team meeting that “Abusive Language” pertains to them as well as the players and coaches. This type of behavior can result in the person being told to leave the field.
- (C) There will always be at least one board member at the field.
- (D) There is to be **NO** tobacco, alcohol, or drugs on the school grounds. If anyone is found to have these items, they will be told to leave.
- (E) If playing fields are not on school grounds and are at a city park, smoking/vaping should be at least 20 feet away from the playing area and spectator area.

(Pre-K & Kindergarten = Kinder Level) & (1st & 2nd Grade = Level 1)

(Adopted from AYSO Region 147 Ojai CA)

4v4 Small Sided Matches

According to the US National Soccer Players Association, small-sided soccer evolved from research showing that children develop at different levels in both physical and emotional matters. This evidence, coupled with the fact that most young players simply want to have fun playing soccer and do not worry as much about competition, has led US Soccer and other organizations to adopt small-sided play for all games involving players under the age of 10. Small-sided games include minimal strategic discussion, and maximum opportunity for players to touch the ball.



4v4 small-sided game field is like our 5v5 field but with slightly smaller dimensions

- **Field Size:**
 - 30-40-yard length by 20-30-yard width
 - half line = buildout line
 - Goal arc = no goalies

**There is no heading allowed, or slide tackles allowed

Playing rules and regulations relating to the playing of 4v4 Small Sided Soccer

Roles of Coaches

- If possible, coaches are physically on the field of play during games.
- Coaches serve both as instructors for their teams and managers of game play (referees) during games.
- One coach will be the official timekeeper during games.
- Coaches are encouraged to have at least one parent assistant coach to help with game management.

Team Structure

- Two teams, with a maximum of 4 players on the field at a time, no goalkeepers.
- A 1-2-1 diamond formation (*shape*) with one defender, two midfielders (right and left), and one forward is recommended
- All attempts MUST be made for equal playing and field position time

Substitutions

- Substitutions are made during the breaks between periods.
- Apart from injury or fatigue, players are not substituted "on-the-fly" during periods.

Game Structure

- The match will consist of two equal halves
- **Kinder** Games are 32 minutes in playing time length with two 16-minute halves each comprised of four 4-minute periods. Breaks between periods should be approximately one minute. The halftime break should be approximately eight minutes.
- **Level 1** Games are 40 minutes in playing time length with two 20-minute halves each comprised of four 5-minute periods. Breaks between periods should be approximately one minute. The halftime break should be approximately five minutes.
- The first half will begin with one team taking the kickoff; the second half will begin with the other team taking a kickoff.
- After a goal has been scored the game restarts with a kickoff at the center of the half line

Field Restrictions

- There are two marked goal areas on the pitch that players must avoid until the ball is kicked in the area
- The arcs in front of the goals are not to be occupied by a defender unless it is to go after a ball.
- NO GOAL GUARDING, all players should be actively part of the game.

General Play

- There are no offsides
- There are NO throw-ins, just kick-ins.
- A goal is awarded to the attacking team when the ball crosses the end line between the posts of the goal.
- A goal is awarded regardless of which team was the last to contact the ball as long as the ball crosses the end line between the posts of the goal.
- Official score is NOT kept in 4v4 soccer
- THE BALL MUST CROSS FULLY THE LINE OF PLAY TO RESULT IN THE FOLLOWING
- goal line (result in a goal, goal kick will follow)
- Side lines (result in a kick in)
- Back goal lines (result in a goal kick OR corner kick)

Re-Starting the game

- If the ball goes out of play behind the end line (goal line), a corner kick or a goal kick will be awarded depending on which team had the final touch.
- If the ball goes out of play over the sideline a kick in will be awarded depending on which team had the final touch.
- During a goal kick, the midfield line is called the *buildout line*.
- During a goal kick, opposing players must remain behind the buildout line until the ball has been contacted *twice* by the opponent or until the ball crosses the buildout line, whichever comes first.
- There is NO GOALIE in this division. The arcs in front of the goals are not to be occupied by a defender unless it is to go after a ball. The defender will be responsible for goal kicks, but there will be no throws from the goal area or drop kicks.

Free Kicks

- Free kicks will be assessed as a result of an infraction or foul.
- All free kicks will be indirect: An *indirect* free kick is a free kick (restart) that must contact a second player (from either team) before legally entering the goal.
- Opposition players must be at least 5 yards from where any free kick is taken. If opposing players do not retreat the required 5 yards the referee needs to show them how far to move back.
- If a free kick is awarded on or near the goal area it can be moved backwards to allow defenders to be 5 yards from the ball.
- There are no penalty kicks in 4v4 soccer

Player Safety

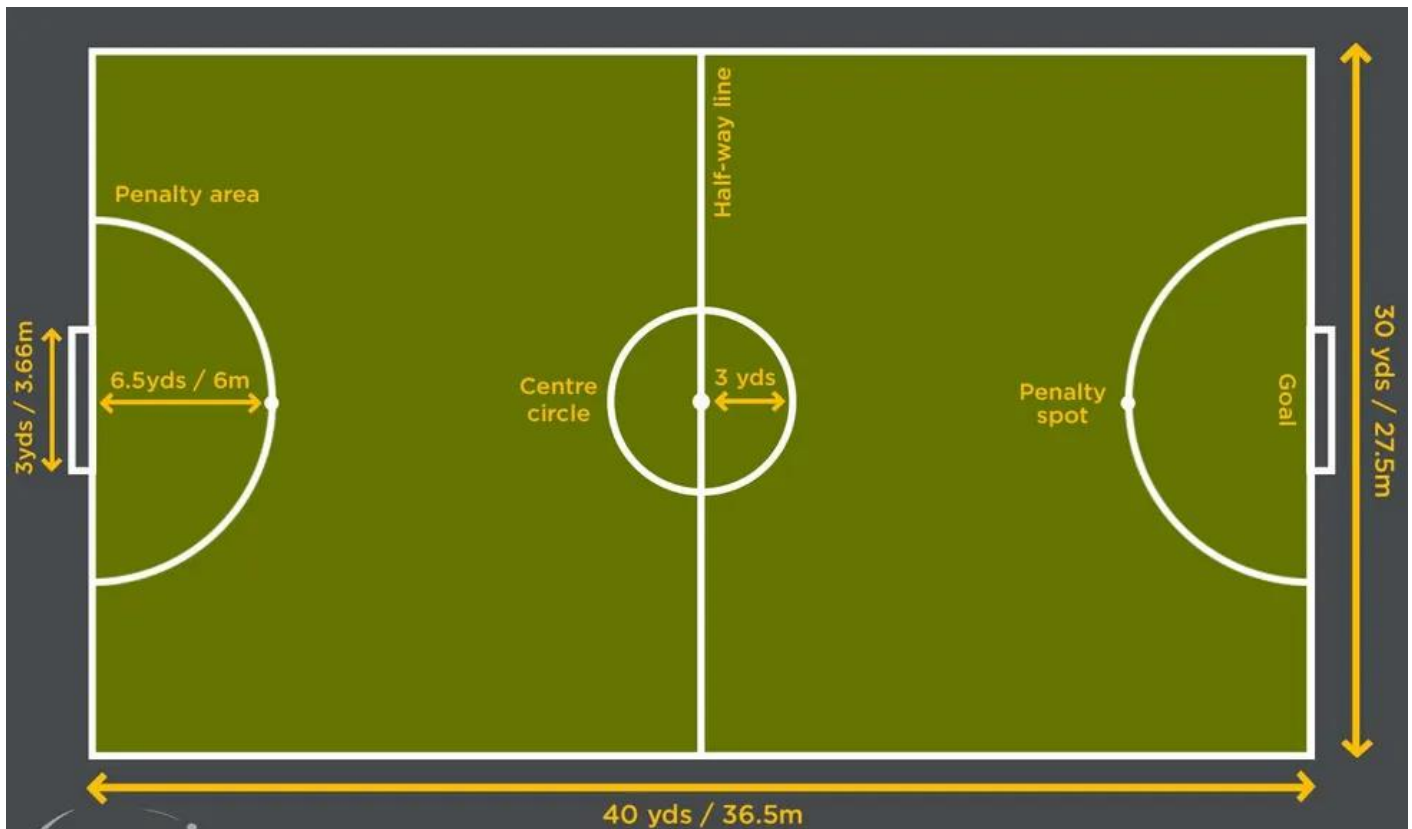
- No headers or slide tackles are allowed, a free kick will be awarded for infractions.
- No unnecessary roughness on the field will be tolerated. The following will result in free kicks and warnings. Dangerous play in general and the following, not exclusively and up to the referee's discretion. Spitting, biting, pushing, shoving, pulling shirts, swiping legs, punching, screaming directly in face, high kicks, tripping, inappropriate language.
- The wearing of any form of jewelry (including watches or earrings) are not permitted during play.
- All players must wear shin guards and cleat/closed toe approved shoes or they will not be allowed to play. The player's socks must cover the shin guard completely. All players must always wear the issued jersey during the game.
- Together, coaches and parents are expected to create and promote a fun and safe environment for the players' small-sided matches.

(3rd & 4th Grade = Level 2) & (5th - 8th Grade = Level 3)

(Adopted from AYSO Region 147 Ojai CA)

The five-a-side game (*adopted from AYSO Region 147 Ojai CA*)

As its name suggests, five-a-side soccer is a game played with only five players on each side on a scaled down football pitch. The five players usually consist of one defensive player, two midfield style players and one striker. The defender will predominantly stay back (e.g. no further than the halfway line) to always provide some defense. Midfield players are the real workers as they need to both defend and attack, roaming all over the pitch in the process. Finally, the attacker will predominantly stay up front (e.g. no further back than the halfway line) to provide a constant outlet for attacks. Due to the smaller size of the pitch there is a lot more scope for players to perform different roles (i.e. defend in one move and attack in the other) however it is still best to think of a team in terms of the five players and their roles. With a smaller pitch and fewer players, high scoring matches are relatively frequent because of the lack of numbers for a very organized defense and the close proximity of the goal. The game is essentially passing and dribbling based, the long ball game is not generally possible given the limited space and the frequent no above head ruling.



- **Field Size:**
 - 40-50-yard length by 25-35-yard width
 - 6-yard diameter circle at half line
 - 6.5-yard arc
 - Can pass back to goalkeeper in or out of arc

**There is no heading or slide tackles allowed

Playing rules and regulations relating to the playing of 5v5 (five-a-side) Soccer

Team Structure

- There will be a maximum of 5 players per team on the field at any one time.
- Each team may field four outfield players and a goalkeeper on the pitch at any one time.
- All attempts MUST be made for equal playing and field position time

Substitutions

- Substitutions are unlimited during the game and can be made at any time during the game.
- Outgoing substitutes must leave the field of play before the replacement enters the playing area.
- The oncoming players are active immediately and can receive the ball.
- Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances.
- Teams can change their goalkeeper at any time during the course of the game.
- Only one person can be in the goalkeeper half circle/area

Game Structure

- The match will consist of two equal halves
- The length of each half will be 25 to 30 minutes
- The first half will begin with one team taking the kickoff; the second half will begin with the other team taking a kickoff.
- After a goal has been scored the game can begin immediately from the goal which the other team scored on. Goalkeepers can only roll the ball out to players and can't punt the ball forward.
- Restart the game from the goalkeeper area passing to an outfield player.
- Goalkeeper cannot play the ball beyond the halfway line WITHOUT touching a player when it is a dead ball situation (goal kick or kicking off from a goal from their area)
- Half-Time will be a straight change around with a five-minute break

Field Restrictions

- There are two marked goal/penalty areas on the pitch.
- Only the defending goalkeeper is allowed to play the ball inside the goal area and only he/she may handle the ball in this area.
- An outfield player gaining or seeking to gain an advantage by entering his own goal area will have a penalty kick awarded against his team.
- An outfield player entering his opponent's penalty area will be penalized. The game will be re-started from the goalkeeper.

General Play

- There are no offsides
- There are NO throw-ins, just kick-ins.
- ANY player can become a goalkeeper if they enter the goalkeeper area, but only one player can be in the area at any time.
- A goal may be scored from any point within the field of play.
- Goalkeepers are able to score against their opponents (but not from a dead ball goal kick).
- A goal is scored when the WHOLE ball crosses the goal line.
- Goals can be scored by any player from any point on the field, and from the following dead ball situations: Corner kick, Kick-in (note; there are no throw-ins), Direct free-kick
- THE BALL MUST CROSS FULLY THE LINE OF PLAY TO RESULT IN THE FOLLOWING
- goal line (result in a goal, goal kick will follow)
- Side lines (result in a kick in)
- Back goal lines (result in a goal kick OR corner kick)

Re-Starting the game

- The goalkeeper must return the ball into play by throwing or passing it out of his area, but not beyond halfway line WITHOUT touching a player. If it does, the keeper will re-take.
- The goalkeeper has a maximum of 5 seconds to return the ball into play (3 step rule, remind, warn, encourage team to help, hard countdown)
- If the ball goes out of play behind the end line (goal line), a corner kick or a goal kick will be awarded depending on which team had the final touch.
- If the ball goes out of play over the sideline a kick in will be awarded depending on which team had the final touch.

Free Kicks and Penalty Kicks

- All free kicks will be direct.
- Opposition players must be at least 3 yards from where any free kick is taken. If opposing players do not retreat the required 3 yards the referee can issue a warning.
- If a free kick is awarded on or near the goal area it can be moved up to 3 yards backwards to allow defenders to be 3 yards from the ball.
- A penalty kick will be placed on the top of the goal area and all field players must be 3 yards back from the goal area until the penalty shot is taken. Play resumes once the penalty shot is taken.

Player Safety

- No headers or slide tackles are allowed, a free kick will be awarded for infractions.
- No unnecessary roughness on the field will be tolerated. The following will result in free kicks and warnings. Dangerous play in general and the following, not exclusively and up to the referee's discretion. Spitting, biting, pushing, shoving, pulling shirts, swiping legs, punching, screaming directly in face, high kicks, tripping, inappropriate language.
- The wearing of any form of jewelry (including watches or earrings) are not permitted during play.
- All players must wear shin guards and cleat/closed toe approved shoes or they will not be allowed to play. The player's socks must cover the shin guard completely. All players must wear the issued jersey at all times during the game

Disciplinary

- **Forced Substitutions**
 - A yellow card will be shown to any player who the referee feels needs to tone down their behavior either towards the referee or towards the opposition
 - A player who receives a yellow card must leave the field of play for 4 minutes
 - That team may bring on another player to replace the player who has received the yellow card
 - If a team does not have any substitutes, then that team will be down a player for 4 minutes
 - If a player receives 2 yellow cards during a match, the player is ejected from the current game and may miss the following game. The team may not bring another player to replace the player who has received the 2 yellow cards
- **Yellow Card & Red Cards**
 - A player who receives a yellow card must leave the field of play for 4 minutes
 - A player who receives two yellow cards in one game must leave the field of play for the entire game
 - A player who receives a straight red card must leave the field of play immediately and for the entire game
 - A player who has been red carded and sent off cannot be replaced by another player
 - If a player is given a red card whilst off the field of play (for unacceptable conduct on the sideline), the team must correspondingly reduce the number of players on the field.
 - A player who receives a red card for violent conduct will be reported to the board with the possibility of the offense escalating to a longer ban