

TSP Soccer Rules

Sport-specific rules / 2026 standardized edition

These sport-specific rules must be read together with the TSP General Rules. The General Rules govern unless this document clearly states a sport-specific exception.

Modified high school soccer rules apply unless modified below. These rules prioritize player safety, fair participation, sportsmanship, and age-appropriate skill development.

Game Administration

- Home team is listed first and chooses its side. Opposing teams occupy opposite sidelines; players, coaches, and their spectators remain on their team's side.
- Spectators remain at least 4 feet from the sideline. Coaches and spectators may not occupy end-line areas.
- Each team provides an adult flag person and must be prepared to provide an adult referee if necessary. If no referee is available and neither team supplies one, the match is canceled and recorded as a draw.
- The referee keeps time. The clock only stops for injuries. Substitution breaks are not time-outs.
 - Teams can up to 2 players down, anymore than that and it's a forfeit. If the other team allows it, you can borrow players.

Equipment and Safety

- Shin guards covered by socks are required. Soccer cleats are recommended; baseball cleats may be used only after removal of the toe spike. Metal cleats are prohibited.
- Jewelry and watches must be removed. Earrings that cannot be removed must be securely taped. Long hair must be tied with a soft tie.
- Slide tackles and playing the ball from a prone position are prohibited.

Participation and Substitutions

- All players must play two full quarters unless injured or ejected.
- No substitutions are permitted during the first three quarters except for injury or ejection. An injured player must leave the field until eligible to reenter under fourth-quarter substitution rules.
- Fourth-quarter substitutions are permitted for either team after a goal, goal kick, caution, or injury; and for the team in possession on a throw-in or corner kick. If that team substitutes, the opponent may also substitute.
- Substitutes report at the center line and enter only when beckoned by the referee.

Coach Responsibilities

- Coaches are responsible for their team area and the conduct of players, parents, spectators, and staff.
- Coaches remain in the designated team area and may enter the field or flag-person area only when beckoned by the referee.

- Coaches may not address the referee during play. Questions about a ruling may be raised at halftime in the presence of the other coach. Judgment calls are final and are not subject to appeal.

Restarts and Field Rules

- Kickoffs may clearly move in any direction. All free kicks except penalty kicks may also be taken in any direction.
- Handling is called when a player intentionally redirects the ball with the hands or arms outside normal body movement. Arms held still against the body may be used for protection.
- Dangerous or reckless charging is prohibited. A fair charge is limited to shoulder contact between upright players, with a foot on the ground, arms close to the body, and both within playing distance of the ball.
- A goalkeeper has possession when controlling the ball with both hands in the penalty area. Dangerous charging or intentional fouling of the goalkeeper may result in immediate ejection.
- Offside is penalized only when a player in an offside position interferes with play or an opponent, or gains an advantage.
- Throw-ins use both hands from behind and over the head, with both feet on or behind the touchline. Opponents remain at least 2 yards away. An illegal throw-in is awarded to the opponent.
- On goal kicks, the ball is placed anywhere in the goal box; opponents remain outside the penalty area until the ball leaves it.
- On corner kicks and free kicks, opponents remain 10 yards from the ball. The kicker may not touch the ball again until another player does.

Fouls and Misconduct

- Direct free kicks apply to spitting, kicking, striking, tripping, deliberate handling (except the goalkeeper in the goalkeeper's own penalty area), pushing, holding, dangerous or reckless charging, and charging the goalkeeper.
- Indirect free kicks apply to a second touch by the person taking a restart; offside; obstruction; dangerous play; kicking at a ball controlled by the goalkeeper; goalkeeper possession violations; unauthorized entry or exit; misconduct in a team or spectator area; and restarts after unusual stoppages when one team had clear possession.
- A penalty kick is awarded when a direct-free-kick foul occurs in the offending team's penalty area. Other players remain outside the penalty area, at least 10 yards from the penalty mark and behind the kicker. The goalkeeper remains on the goal line until the kick.
- The goalkeeper may handle the ball only in the goalkeeper's own penalty area and must release it within 6 seconds. The goalkeeper may not handle a deliberate kick or direct throw-in from a teammate.

Warnings and Cards

- Officials may issue warnings, yellow cards, or red cards to players, coaches, bench personnel, parents, or spectators.
- Player yellow card: player sits for 2 minutes and the team plays short; the player may return or be replaced at the next substitution opportunity.
- Player red card: player is ejected and leaves the team area. The team plays short the remainder of the game.
- Coach/bench red card: the person leaves the facility immediately and is suspended for one game; a tournament red card applies for the remainder of the tournament.
- Spectator red card: the spectator leaves the facility for the remainder of the game. Refusal by any ejected adult to leave may cause suspension or termination of the match under the General Rules.

Tournament Tiebreaker

- Pee wee- 10-minute overtime with open subs.

IMPORTANT- soccer director or board member needs to be present for the shootout.

Minors/Majors straight into a shootout. Higher seed shoots first. Each team will choose 5 players to kick and will alternate kicking at the opposing goalkeeper from the penalty line. If the score is still tied after all 5 players from each team have kicked, 5 DIFFERENT players will be selected by each team, and the shootout will continue kicking in a sudden-death format.

- If still tied, each team selects five kickers and alternates penalty kicks. If still tied, five different players continue in sudden-death order. No player kicks again until all eligible teammates have kicked. Goalkeepers may be changed.

Pee Wee: Kindergarten-1st Grade

- Four 10-minute quarters; 10-minute halftime.
- 5v5; size 4 ball; field 90 feet by 135 feet.
- No goalkeeper and no offside.
- All free kicks and kickoffs are indirect. A free kick inside the goal box moves to the nearest point outside the box.
- On a goal kick, the opponent may not touch the ball until a second player from the kicking team touches it.
- Regular-season games may end in a tie. Coaches may enter the field to position players before each quarter.

Minors: 2nd-3rd Grade

- Four 12.5-minute quarters; 10-minute halftime.
- 7v7; size 4 ball; field 100 feet by 160 feet.
- Regular-season games may end in a tie.

Majors: 4th-6th Grade

- Four 15-minute quarters; 10-minute halftime.
- 9v9; size 5 ball; field 150 feet by 240 feet.

- Regular-season games may end in a tie.