



Players First Recreational Soccer – Rules of Play

Mission & Vision

At Players First Recreational Soccer, our mission is to create a positive and inclusive environment where players of all skill levels can enjoy the game of soccer. We are dedicated to fostering teamwork, sportsmanship, and personal growth through fair play and community engagement. Our focus is on putting players first, ensuring every participant has the opportunity to develop skills, build friendships, and have fun on and off the field.

Players First is more than just a soccer program – it is a community-driven initiative where families, coaches, and players come together to celebrate the sport in an engaging, welcoming, and inspiring atmosphere. Our goal is to lay the foundation for a lifelong love of soccer, whether a player continues at the recreational level or aspires to more competitive club soccer opportunities. At Players First, every player matters, every experience counts, and every moment on the field is an opportunity to grow.

K-5 Kickers

Structure

- 1 weekly practice on Wednesdays or Fridays from 4:30-5:30pm or 5:30-6:30pm
- 1 weekly game on Saturday mornings between 8:00am - 11:00am
- Girls and boys will play separately.
- All teams will have a volunteer coach.
- Practices will be age-appropriate, curriculum-based training sessions each week.
- Games will be organized matches against other Players First teams in the same age group, or against Chicago Empire FC teams at comparable ages and levels.
- Players should arrive 15 minutes early. Teams can warm-up in open spaces near their field.
- K-2nd Grade Games (U6-U8):
 - 5v5, 4 field players + 1 goalkeeper
 - 2 20-Minute Halves, 5 Minute Halftime
- 3rd-5th Grade Games (U9-U10):
 - 7v7, 6 field players + 1 goalkeeper
 - 2 25-Minute Halves, 5 Minute Halftime

Playing Rules

- One team starts the game with a kick-off at midfield.
- The other team kicks off to start the second half.
- When a team scores a goal, the opposing team restarts play with a kick-off at midfield.
- Substitutions are allowed at stoppages during the game (throw-ins, goal kicks, kick-offs, etc)
- Throw-Ins
 - Throw-ins should be used to restart play from the sidelines.
 - Coaches can assist and model - ball over the head, both feet on the ground.
 - K-2nd Grade coaches can agree to allow players to dribble or pass the ball back onto the field in place of throw-ins if necessary, based on player age and level.
- No heading the ball.
- No slide tackling.
- Goal kicks and corner kicks should be utilized accordingly.
- Build Out Line – Opposing teams should back up behind the designated build out line for goal kicks and when the goalie has the ball in their hands. Once the ball is played by the goalkeeper, the opposing team can cross the build out line.
 - K-2nd Grade (U6-U8): Half Field
 - 3rd-5th Grade (U9-U10): Quarter Field

Equipment

- Games: Players First jersey, black soccer shorts, black soccer socks
- Practices: Players First t-shirt, soccer shorts and soccer socks of choice
- Shin guards (worn underneath the soccer socks)
- Soccer cleats
- Soccer ball (K-2nd Grade: Size 3, 3rd-5th Grade: Size 4)
- Water bottle
- No jewelry or watches