



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.

Preschool First Kickers

Structure

- 1 Weekly Session - 30 Minute Practice & 30 Minute Game
- All sessions will take place on Saturday mornings between 8:00am-12:00pm.
- Teams will be COED.
- All teams will have a volunteer coach.
- The practice portion will be an age-appropriate, curriculum-based training session each week.
- The game portion will be an organized match against another First Kickers team.
- Games will be 3v3, no goalies – Two 12-minute halves, 4-minute halftime

Playing Rules

- One team will wear pinnies.
- The team in pinnies starts the game with a kick-off at midfield.
- The team in Players First shirts starts the second half with a kick-off at midfield.
- 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.
- No throw-ins. Players can pass to a teammate or dribble the ball in-bounds to restart play.
- No heading the ball.
- No slide tackling.
- Goal kicks and corner kicks should be utilized accordingly. Players on the opposing team must stand behind the midfield line on goal kicks.

Equipment

- Players First t-shirts
- Soccer/athletic shorts (black is recommended)
- Soccer socks (black is recommended)
- Shin guards (worn underneath the soccer socks)
- Soccer cleats
- Soccer ball (size 3)
- Water bottle
- No jewelry or watches

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-12:00pm.
- 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.
- Teams will have a maximum of 10 minutes to warm-up before each game.
- K-1st Grade Games: 4v4, no goalies – Four 10-min quarters, 3 min breaks between quarters
- 2-3rd Grade Games: 5v5, with goalies – Four 10-min quarters, 3 min breaks between quarters
- 4th-5th Grade Games: 7v7, with goalies – Two 20-min halves, 5 min halftime

Playing Rules

- One team starts the game with a kick-off at midfield.
- Possession to begin each quarter/half should rotate.
- 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.
- K-1st Grade: No throw-ins. Players can pass to a teammate or dribble the ball in-bounds to restart play.
- 2nd-5th Grade: Throw-ins should be used to restart play from the sidelines.
- No heading the ball.
- No slide tackling.
- Goal kicks and corner kicks should be utilized accordingly. Players on the opposing team must stand behind the midfield line on goal kicks.

Equipment

- Players First Puma Jersey
- Black soccer shorts
- Black soccer socks
- Shin guards (worn underneath the soccer socks)
- Soccer cleats
- Soccer ball (K-1st Grade: Size 3, 2nd-5th Grade: Size 4)
- Water bottle
- No jewelry or watches

Volunteer Coach's Responsibilities

- Pass a background check through IYSA
- Complete SafeSport Certification
- Preschool First Kickers
 - Coach the weekly 1 hour sessions on Saturday mornings between 8:00am-12:00pm
- K-5 Kickers
 - Coach the weekly practices on Wednesdays or Fridays from 4:30-5:30pm or 5:30-6:30pm
 - Coach the weekly games on Saturday mornings between 8:00am-12:00pm
- Coordinate and manage team communication alongside Players First Staff within PlayMetrics
- Wear provided Players First shirt or fan wear to all sessions
- Bring provided equipment to all sessions
- Follow the Players First Code of Conduct

Inclement Weather, Rainouts, & Cancellations

- Do not assume practices and/or games are cancelled because of rain or weather conditions.
- Players First Staff have the decision-making authority on all cancellations, and one will always be on-site to make decisions related to weather.
- Cancellations will only take place when playing conditions are unsafe (ie: lightning, flooding)
- In the event the lightning siren is going off, the fields must be cleared and players and families must return to their cars. Games will not be allowed to continue until the weather tower sounds the "all clear" alarm.
- If a game or practice must be cancelled prior to the start time or during the session, parents will be notified as soon as possible on the PlayMetrics app.