

2026 Hermon Recreation Soccer Rules of Play

For many players and parents, Rec soccer is their first introduction to organized sports. We want to make the game fun and introduce soccer to as many children as possible. Hopefully, because of a positive experience, players will continue playing soccer year after year. Using modified rules and with the help of parents and coaches, we can achieve this goal.

Why We Use Modified Rules

For an official soccer game, each team fields 11 players (including a goalie) on a large field, usually 100 yards x 80 yards. With only one ball, all those players in all that space, players don't get many touches on the ball. By using a small field with fewer players on the field, each player gets involved and has many more chances to play the ball. These modified rules have been established by the U.S. Youth Soccer Association as the best way to make soccer fun and help develop soccer skills. Coaches, please accept and follow these modified rules.

Modified Rules

For all age groups in 2nd grade and below, there are NO goalies. Players should not be positioned in front of the goal to act as a goalie. All field players should move with the flow of the game. At this age, scoring goals is the best way to have fun.

PreK & K: Instructional activities - size 3 ball.

1st & 2nd: 5 v. 5 - size 3 ball. Coaches should be on the field during games.

3rd & 4th: 6 v. 6 - 5 players plus a goalie - size 4 ball. Coaches remain on the sidelines.

5th & 6th: 8 v. 8 - 7 field players plus a goalie - size 5 ball. Coaches remain on the sidelines.

PreK & K will divide into their teams, and coaches can do whatever they want for that hour (practice, play with each other, group games, etc.). There is less of a focus on games as they will be learning the basic fundamentals.

1st and 2nd grade will have a 30-minute practice followed by a 30-minute game on Saturdays, run by the coaches.



3rd - 6th Grade games consist of two 25-minute halves with five minutes for half-time. Teams are co-ed. Time may be added for injuries or for any other unexpected delays. In this league, all players should get equal playing time, no matter their skill level. Games will be played in Hermon, Carmel, and Levant.

There are NO slide-tackles.

Players may substitute on any stoppage of play at the direction of the referee.

All free kicks are indirect - the ball must touch another player before going into the goal. The referee or the coaches will ask the defending team to back up several yards on any free kick (including kick-off, corner, and goal kicks).

Penalty kicks are only awarded at grade levels 3-6. PKs will be taken from 12 yards or paces, and are called for any obvious infraction in the box or in the area immediately in front of the goal if there are no box/penalty markings on the field.

Defending team retreats to midfield on goal kicks only.

Cleats are recommended. Shin guards are required. Mouth guards are recommended.

Please do not allow one player to dominate the entire game. If only one player is scoring, encourage them to share the ball or rotate positions. Coaches should attempt to match or play players against other players of similar ability. Allow all players to experience different positions.

Practice: Coaches of grades 3 and up are encouraged to have one practice during the week for skills and positioning. Practice days and times can be at your own choosing. You will have parents' contact information after the teams are made.

3rd & 4th and 5th & 6th grade teams will compete with Carmel and Levant Rec soccer teams as well. There will only be referees for teams in this age level.

