



**RULES AND REGULATIONS FOR**  
**ELEMENTARY SCHOOL SOCCER**  
*Junior – (September 2019)*

**THE TEAM**

A Junior team shall consist of a minimum of fourteen (14) players. Coaches must ensure that all players participate equally. The on-field playing complement shall consist of eight (8) players (7 players and 1 goalie).

**THE GAME**

A regulation game shall consist of two (2) halves (wherever possible) with a change of ends at half-time. Time dependant on daily schedule.

The referee shall toss a coin to determine who shall kick off. All players must be in their own half of the field and must stay outside the centre circle, until the ball is kicked. The kick-off must travel forward one revolution of the ball before it may be contacted again. If a violation occurs during the kick off, a re-kick will occur.

**SUBSTITUTIONS**

Substitutions shall perform a complete line change every three (3) playing minutes. At this time, the referee shall be informed by the official time (a coach), that it is time for substitutes. Each team shall replace all players on the field, including the goalkeeper.

Substitutions shall be ready to take the field immediately when called for, as there will be no stoppage of the clock. However, if a team is unusually slow in changing lines, the referee shall warn their coach once and if the problem persists, the referee shall stop time and award the other team a penalty kick.