



CMS Rec Rules Executive Summary

Rules & Changes (rev. 10/2/2026)

(Note: This is a summary only of a portion of the adopted rules. Complete rules are listed at:

<https://coppermountainsoccer.com/soccer-rules/>

All Age Divisions

When play is stopped by the referee for a non-foul (e.g., injury) then the ball is restarted with a drop ball near the spot where the ball was when play was stopped. The ball is to be dropped to the team that had possession before the play was stopped. Opposing team members should be at least 4 yards away when the ball is dropped. The ball is in play when it has touched the ground.

If a team is behind by 4 goals, a coach can add one additional field player. The additional player will be taken off the field if his/her team scores. An additional player can be added when 6 goals behind, and again at 8. If the losing team does not have additional players, then the winning team should consider taking a player off the field.

Parents and other spectators can only view the game from the same sideline as their team. Parents should not be behind the goal line or on the opposing team's side. Home team selects the side.

Slide tackling is **NOT** allowed. A **sliding tackle** is defined as an intentional sliding play with an opposing player within playing distance. Players are allowed to slide to play the ball in all other situations.

Referees are not guaranteed for any age division. Referees are requested to officiate 3rd grade through middle school aged divisions.

Pre-K3 & PreK4

Kindergarten, 1st & 2nd Grade

- Size 3 ball. 20-minute halves and 5-minute halftime. 3v3 (PreK). 4v4 (K, 1st, 2nd).
- Heading the ball is not allowed.
- Offside rule is **NOT** enforced.
- No goalkeepers. No referees. Coaches are allowed on the field.
- When a ball goes out over the goal line by the attacking team, the ball is placed 4 feet in front of the goal and is kicked in. When a goal kick is being taken, the opposing team must retreat to the midfield line. As soon as the ball is kicked, the opposing team may pressure the ball.
- When a ball goes out over the sideline, the ball is placed on the line where the ball went out and is kicked in. The opposing team must retreat at least 3 yards.
- There is no rule on goaltending, however, it is highly discouraged.

3rd & 4th Grade

- Size 4 ball. 25-minute halves. 5-minute halftime. 7v7.
- Heading the ball is not allowed.
- Offside rule is enforced. Players cannot be penalized for offside between the build out line and the midfield line. Calls are made at the discretion of the referee. Close calls will not be made.
- Referees are available. Coaches are not allowed on the field. Goalkeepers are used.
- When a ball goes out over the sideline the ball is thrown in near the place on the line where the ball went out. The opposing team must retreat at least 2 yards.
- When a ball goes out over the goal line by the attacking team the ball is placed anywhere in the goal area and is kicked in. When a goal kick is being taken, the opposing team must retreat to the build out line. As soon as the ball is kicked **AND** leaves the penalty area, the opposing team may cross the build out line and pressure the ball. The offensive team can play the ball before it leaves the penalty area. They don't have to wait for it to leave the area.
- On a direct free kick, if a wall of 3 or more defenders is formed, the attacking players are not allowed to be within 1 yard of the wall.
- On a penalty kick, the goalkeeper must have at least part of one foot on the goal line until the ball has been kicked.
- When a goalkeeper gains possession of the ball, the opposing team must retreat to the build out line. As soon as the ball leaves the goalkeeper's hands, the opposing team may pressure the ball. **THERE ARE NO DROP KICKS OR OVERHEAD THROWS.** The goalkeeper must distribute the ball with their hands by rolling the ball or placing it on the ground and kicking it.

5th & 6th Grade

- Size 4 ball. 25-minute halves. 5-minute halftime. 9v9.
- Heading the ball is **NOT** allowed.
- Offside rule is enforced. Calls are made at the discretion of the referee. Close calls will not be made.
- Referees are available. Coaches are not allowed on the field. Goalkeepers are used.
- When a ball goes out over the sideline the ball is thrown in near the place on the line where the ball went out.
- When a ball goes out over the goal line by the attacking team the ball is placed anywhere in the goal area and is kicked in. The ball is in play once it has been kicked and leaves the penalty area. If the ball does not leave the penalty area or is touched by any player prior to leaving the penalty area, then the kick is retaken. Opponents must remain outside the penalty area when a goal-kick takes place.
- On a direct free kick, if a wall of 3 or more defenders is formed, the attacking players are not allowed to be within 1 yard of the wall.
- On a penalty kick, the goalkeeper must have at least part of one foot on the goal line until the ball has been kicked.
- Goalkeepers are allowed to drop kick or punt the ball.

Middle School

- Size 5 ball. 30-minute halves. 5-minute halftime. 11v11.
- Heading the ball is allowed.

- Offside rule is enforced. Calls are made at the discretion of the referee. Close calls will not be made.
- Referees are available. Coaches are not allowed on the field. Goalkeepers are used.
- A goal kick is no longer required to leave the penalty area before a teammate touches the ball, meaning once the goalkeeper touches the ball for the kick, it is immediately considered in play. Opponents must remain outside the penalty area until the ball is kicked and clearly moves.
- On a direct free kick, if a wall of 3 or more defenders is formed, the attacking players are not allowed to be within 1 yard of the wall.
- On a penalty kick, the goalkeeper must have at least part of one foot on the goal line until the ball has been kicked.
- Goalkeepers are allowed to drop kick or punt the ball.

High School

- Size 5 ball. 25-minute halves. 5-minute halftimes. 6v6.
- Heading the ball is allowed.
- Offside rule is enforced. Calls are made at the discretion of the coaches. Close calls will not be made.
- Referees are not available.
- When a ball goes out over the goal line by the attacking team the ball is placed anywhere in the goal area and is kicked in. Once the goalkeeper touches the ball for the kick and the ball moves, it is immediately considered in play. Opponents must remain outside the penalty area until the ball is kicked and clearly moves.
- The goal kick must make contact with a player or the ground before passing the midfield line. If the ball crosses the midfield line without making contact with another player or the ground, the kick is retaken.
- Drop kicks or punts **ARE** allowed but the ball must make contact with a player or the ground before passing the midfield line.