



Lincoln Parks & Recreation

Tot Soccer Rules

Goals

1. Teach basic fundamentals of the game: dribbling, passing, and shooting skills.
2. Teach basic spatial awareness.
3. Everyone involved in the program have a positive experience.

Equipment

1. Field Size – 20 x 25 yards
2. Goal Size – 3 x 5 feet
3. Ball – Size 3
4. Jerseys, shorts, and socks will be given to the players to wear at the games.
5. No jewelry is allowed for safety purposes.
6. Shin guards must always be worn (under socks).
7. No metal cleats are allowed.

Basic Rules

1. Length of Game – Two (2) 10-minute halves with a 5-minute halftime.
2. Game Size – 4 v. 4 (No Goalkeeper)
3. Score will NOT be kept in Tot Soccer.
4. A kick-in or throw-in will be used when a ball goes out of play. (Opposing team must be 4 yards away).
5. Out of Bounds (Sideline): A ball that goes out of bounds on the sideline will be thrown-in by a player from that point.
6. Out of Bounds (Endline): A ball kicked out of bounds on the endline by the attacking/offensive team will be reset to mid-field and change possession. A ball kicked out of bounds by the defending team will be a throw-in from the nearest corner/sideline.
7. Home team starts the game with the ball. Possession alternates at halftime.
8. Substitutions are allowed at any stoppage and are unlimited.
9. No offside penalties.
10. No slide tackles.
11. No penalty kicks.
12. No headers.
13. Teams will swap sides of the field at halftime.

Additional Rules

- All players and coaches should shake hands after each match.
- Parents/fans/spectators must stay 5 ft. away from the field during play.
- Spectator and team benches should be on opposite sides of the field.
- Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.

Coaches/Managers

1. All coaches/managers must be registered and cleared to coach by Lincoln Parks and Recreation Staff.
2. You **MUST** always set a good example of **GOOD SPORTSMANSHIP** for all players and spectators.
3. Coaches will meet before the beginning each game to go over basic rules and cover any questions.
4. An Injured player **MUST** be attended to immediately.
5. Coaches are responsible for forwarding all practices, games and events to the players in a timely manner.
6. Remember to keep it simple. Every coach should be more concerned with the players learning how to play the game rather than who wins or loses.

Always use ENCOURAGEMENT AND ENTHUSIASM!