

City of Kannapolis Parks & Recreation

2025 Youth Soccer League

Instructional League (3-4) Rules and Regulations

The purpose of this program is to provide organized soccer instruction for boys and girls ages 3-4 by teaching the basic fundamentals, and by incorporating the values of teamwork and sportsmanship into a fun-filled and enjoyable experience. Key goals for the program will be:

- Direction of team goal
- Not using hands
- Good spacing
- Learning to pass to other players
- Shooting on goal

1. ALL PLAYERS WILL HAVE FUN!

2. Each Instructional League team will carry up to ten (10) participants.
3. Teams will be selected at random.
4. Practices / games will be on Saturdays.
5. Scheduled "games" will be one (1) hour in length and will begin with 30 minutes of organized practice time immediately followed by 30 minutes of game like play. On most occasions, games will be played in a 4-on-4 or 5-on-5 format depending on attendance.
6. Each team will occupy one half of the field during the first 30 minutes for practice.
7. Team coaches will work with their teams throughout the 30 minutes of practice time.
8. This practice time will be monitored by staff who will also assist with practice as needed.
9. The game like play will consist of four (4) five (5) minute sessions to be organized and "officialled" by Parks and Recreation Department staff.
10. The game clock will run continuously and only stop for injury.
11. There will be no halftime, no timeouts and no substitutions (unless injury).
12. Game "officials" will have control of the game and may stop game at any time to teach or instruct participants.
13. One coach per team will be allowed on the field during game like play. Coaches are asked to help keep the game moving along and must not hinder play.
14. Goals will be 4' x 6' and the field will be 75' x 90'.
15. Participants will use the size 3 soccer ball.
16. Play will begin with a kick at mid-field and after every goal scored.
17. Score will not be kept.
18. No Goalie for this division.
19. No off-sides in this division.
20. Players cannot use their hands at any time.
21. Players can not push or hold opponents.
22. All players must play a minimum of 2 sessions. The goal is for all players to get an equal amount of playing time.
23. Unsportsmanlike conduct from coaches or spectators will not be allowed. This is an instructional program designed for the children to learn and have fun.