



U.S. Taekwondo Center Picnic Soccer Tournament Rules

(7/30/25)

1. Divisions

A. Teen & Adult Division – Age 13 and older (Coed) – Must sign up at front desk

- i. 100m x 60m (109 yards x 65 yards) field
- ii. 12ft x 6ft goals
- iii. 11 starters, 10 field players and 1 goalkeeper
- iv. 10 Subs (total 21 players)
- v. 30 minute halves. first and second half – total 60 minutes
- vi. 10 minutes break time in between halves
- vii. Total 2 teams, Single game
- viii. If total players number is less than 21 players per team, the game will be played in 80m x 40m field and 8 starters (7 field players and 1 goalkeeper)

B. Kids Division – Age 12 and younger (Coed) – NO sign up necessary

- i. No specific boundary and referee may choose the boundaries
- ii. 4ft x 3ft goals
- iii. 5 starters, no goalkeeper
- iv. 5 subs
- v. 10 minutes per game
- vi. Switch to the next team after each game
- vii. Total 4 teams, Rotating games

2. Registration

- A. All players 13 and up must signup at the front desk prior to the picnic.
The 12 and under division does not require sign up.
- B. When the roster is full and all players show up at the picnic, there will be no more recruitment.
- C. If the roster is not full, the team may recruit more players at the picnic.
- D. The size of the field and rules can be changed depending on the number of players on the day of the picnic.

3. Game Rules

A. Basic Rules

- i. No slide tackling – Immediate Red Card
- ii. No grabbing or pushing other players
- iii. No unfriendly body language or speaking
- iv. If there is a lack of referees, the off-side rule will be at the main referee's discretion
- v. Goalkeepers may only use their hands within their own goal. (Area is up to the referee's discretion, we do not have a penalty box line)

B. Dead Ball

- i. The ball is out of play when the ball goes out of bounds.
- ii. For every Dead Ball situation, defensive players should be 5 big steps away from the ball.

C. Ball out of sidelines

- i. Throw in
- ii. Player who Throws in must have both feet on the ground and use both hands to throw the ball
- iii. Arms should start behind the head, throw overhead
- iv. The body must be facing the same direction as where the ball is thrown
- v. Failing to follow these rules will result in a foul and the ball will be turned over to the opposing team for a throw in

D. Ball out of goal line

- i. By attacking team – Goal kick
 - 1. Place the ball in front of the goal, must kick from the ground
 - 2. Players who do a Goal kick cannot dribble, and may only kick
- ii. By defending team – Corner kick
 - 1. Place the ball in front of the Corner edge or flag, must kick from the ground
 - 2. Players who do a Corner kick cannot dribble, and may only kick

E. Score

- i. The ball must fully cross the goal line with legal action into the goal to count as a goal
- ii. A ball must not be moved by the hands or arms of any players, or the situation will not count as a goal – In this case, follow the Ball out of goal line rule
- iii. The team who was scored against will start with the ball at the center

half of the field

- iv. Players who start at the center half cannot dribble, and may only kick

F. Fouls and Penalties

- i. List of Fouls
 - 1. Dangerous and/or Unsportsmanlike actions, language
 - 2. Hand ball
- ii. Penalties
 - 1. Players who undergo a minor infraction will be given a warning (Yellow Card)
 - 2. Players who made repeated minor infractions will be given a penalty (5 minutes out of game – This will not count as Subs change)
 - 3. Players who made a major infraction will be banned from the game (Red Card)
 - 4. The opposing team will start with a direct free kick (No penalty kick)
 - 5. If the dead ball is closer than 5 big steps from a goal, defensive players can stand within the goal line

G. Pausing the Game

- i. Ball out of boundaries (Include scoring)
- ii. Foul
- iii. Injury
- iv. Someone or Something intruding the field
- v. The referee will decide the process of restarting the game for injuries or field intrusion