

U10 BOYS/GIRLS

Recreational League Rules

Number of Players: Teams must play even-up, normally 6v6 or 7v7. One player must be a goalkeeper. Exceptions can be made for teams short on players when agreed upon by both coaches. The referee must be advised of any game changes. No team can have a player who is not registered with the league.

Equipment:

- Shin guards are mandatory.
- Size 4 ball.
- League uniform.
- Socks over shin guards.
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed.
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunchies are allowed. No metal hair clips. Note: if a player must keep jewelry in (i.e. newly pierced ears), it must be covered with a band-aid or tape.
- Water bottle.

During cold weather, league shirt must be shown over any garments. No shorts or pants with pockets or shirts or coats with hoods exposed will be allowed.

Field Dimensions: 50 yds. X 40 yds.

Goal Dimensions: 6 ft. x 12 ft.

Game Duration: Two twenty-five (25) minute halves. Five (5) minute half-time. **Game Rules: (all rules will conform to FIFA Laws of the Game, except where the league has instituted exceptions)**

- Throw-ins occur when ball goes out of play over the touchline. Second tries will be given for the first two games.
- Goal kicks or corner kicks occur when ball goes out of play over the goal line without scoring a goal.
- Goal kicks must clear the nine yard penalty area. Infractions shall result in redo of goal kick.
- Goalie may restart by throwing, rolling or punting the ball.
- Kickoff - Indirect (ball must touch one additional player before a goal can be scored). Player kicking the ball cannot touch the ball again until a second player for either team has touched it.
- Kickoff - the ball must move forward. Any infractions shall result in redo of kickoff.
- Cherry Picking – Cherry Picking is the tactic of leaving a good player near an opposing goal at all times even if play is occurring near the opposing goal. IT IS NOT ALLOWED.

Exceptions to FIFA Laws of the Game

- Unlimited substitution with referees permission. Players MUST be at center line at the time of stoppage of play for substitution
 - a. Prior to a throw-in by either team
 - b. Prior to goal kick by either team
 - c. After a goal by either team
 - d. After an injury on either team when referee stops play
 - e. At half time and quarter breaks
- NO OFFSIDE. However, do not practice “cherry picking” to gain advantage.

- **GOALIE PUNT RULE.** A goalie punt or drop kick may not cross the halfway line on-the-fly. The infraction will result in an indirect free kick for the opposing team at the nearest point on halfway line.
- **FIVE YARD RULE.** Start of play and Free kicks will take place with all players at least 5 yards (radius of center circle) away from the ball.
- No penalty kicks
- Fouls can result in direct and indirect kicks. Fouls within the penalty area are placed at the nearest point on the penalty area line.
- **THERE SHALL BE NO SLIDE TACKLES or ROUGH AND OUT OF CONTROL PLAY**
- Regular season games can end in tie.

Coaches: Stay off playing field unless recognized by referee. Stay on your bench half of field. NO coaching from behind the goals.

Referees: Center referee will be assigned. Coaches and assistant coaches may referee their own games if an assigned referee is not available. In the case of no referee, the kickoff's team's coach shall do the first half. The receiving team's coach shall do the second half. Assistant referees may be used if assigned.

U8 BOYS/GIRLS **Recreational League Rules**

Number of Players: Recommended number of players: three (3) per side (3v3) or four (4) per side (4v4) . Teams may play five (5) per side (5 v 5) with coaches agreement. Three (3) per side (3v3) is minimum and more developmental advantages than 4v4.

Registration: All players must have properly completed registration forms.

Equipment:

- Shinguards are mandatory.
- Size 3 ball (introduce the Size 4 ball).
- League uniform.
- Socks over shin guards.
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed.
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunchies are allowed. No metal hair clips.
- Water bottle.

During cold weather, league shirt must be shown over any garments. No shorts or pants with pockets or shirts or coats with hoods exposed will be allowed.

Field Dimensions: 45 yds. X 35 yds.

Goal Dimensions: 4 ft. x 6 ft.

Game Duration: Four (4) x 12 minute quarters. One (1) minute breaks. Five (5) minute (max) half-time.

Game Rules

- Unlimited substitution with referee's permission. Player must be at the center line at the time of stoppage of play for substitution.
 - a. Prior to a throw-in by either team
 - b. Prior to goal kick by either team
 - c. After a goal by either team

- d. After an injury on either team when referee stops play
- e. At half time and quarter breaks
- No offside
- All kicks are indirect (ball must touch one additional player before a goal can be scored).
Player kicking the ball cannot touch the ball again until a second player for either team has touched it.
- Throw-ins occur when ball goes out of play over the touchline. Second tries will be given for the first two games.
- Goal kicks or corner kicks occur when ball goes out of play over the goal line without scoring a goal.
- Goal kicks must clear the eight yard penalty area. Infractions shall result in redo of goal kick.
- **GOAL ARC RULE.** Four (4) yard arc. There is no ball contact allowed within the arc, however, players or ball may pass through the arc area. . *If a defensive player within the arc contacts the ball, a **PenaltyKick** is awarded to the opposing team. **Procedure: Ball is placed on the penalty spot. All players are to stay behind the 12 yard line. Only the shooter is allowed to kick the ball, at penalty spot, on the referee whistle. If ball returns to playing area, play can continue, otherwise a goal or goal kick is awarded.*** Ball contact by an offensive player constitutes a goal kick for opposing team. If ball comes to rest within the arc area, a goal kick is awarded regardless of who touched it last. Any part of the ball or players body on the line is considered in the goal arc.
- **FIVE YARD RULE.** Start of play and Free kicks will take place with all players at least 5 yards (radius of center circle) away from the ball.
- No goalies
- Goals may not be scored from kickoff.
- Kickoff - the ball must move forward. Any infractions shall result in redo of kickoff
- Each successive quarter should alternate kick off from team to team.
- **THERE SHALL BE NO SLIDE TACKLES or ROUGH AND OUT OF CONTROL PLAY**

Referees: Center referee will not be assigned. Coaches and assistant coaches should referee their own games.

U6 Boys/Girls Recreational League Rules

Number of Players: Recommended number of players four (4) per side (4 v 4). May play even-up at five (5) per side (5v5) with coaches' agreement. If needed (3 v 3). **Registration:** All players must have properly completed registration forms.

Equipment:

- Shinguards are mandatory.
- Size 3 ball.
- League shirt.
- Socks over shinguards.
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed.
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunchies are allowed. No metal hair clips.
- Water bottle.

During cold weather, league shirt must be shown over any garments. No shorts or pants with pockets or shirts or coats with hoods exposed will be allowed.

Field Dimensions: 33 yds. X 22 yds.

Goal Dimensions: 4 ft. x 6 ft.

Game Duration: Four (4) x 10 minute quarters. Two (2) minute breaks. Five (5) minute half-time.

Game Rules

- ****GOAL ARC RULE.** Three (3) yard arc. There is no ball contact allowed within the arc, however, players or ball may pass through the arc area. If a defensive player within the arc contacts the ball, an automatic goal is awarded to the opposing team. Ball contact by an offensive player constitutes a goal kick for opposing team. If ball comes to rest within the arc area, a goal kick is awarded regardless of who touched it last. Any part of the ball or players body on the line is considered in the goal arc.
- Unlimited substitution at any time. Players may be substituted on the fly, however it is recommended that it be done during a stoppage of play (goal scored, ball out of play, beginning of quarter).
- No offside
- All kicks are indirect (ball must touch one additional player before a goal can be scored). Player kicking the ball cannot touch the ball again until a second player for either team has touched it.
- Goal kicks or corner kicks occur when ball goes out of play over the goal line without scoring a goal.
- Goal kicks must clear the five yard line. Any infractions shall result in redo of goal kick. Goal kick may start anywhere on the goal line or on the goal arc line.
- **THREE YARD RULE.** Start of play and Free kicks will take place with all players at least 3 yards (radius of center circle) away from the ball.
- No penalty kicks
- Goals may not be scored on kickoff.
- Throw-ins occur when ball goes out of play over the touchline. Second tries will be given for the first four games.
- No goalies
- Kickoff – the ball must move forward. Any infractions shall result in redo of kickoff
- Each successive quarter should alternate from team to team.

Referees: Center referee will not be assigned. Coaches and assistant coaches should referee their own games.

U4 Boys/Girls Recreational League Rules

Number of Players: Recommended number of players: three (3) per side (3v3) or four (4) per side (4v4) . Teams may play five (5) per side (5 v 5) with coaches agreement. Three (3) per side (3v3) is minimum and more developmental advantages than 4v4.

Equipment:

- Shinguards are mandatory.
- Size 3 ball.
- League uniform.
- Socks over shinguard.
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed.
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunchies are allowed. No metal hair clips.
- Water bottle.

During cold weather, league shirt must be shown over any garments. No shorts or pants with pockets or shirts or coats with hoods exposed will be allowed.

Field Dimensions: 33 yds. X 22 yds.

Goal Dimensions: 4 ft. x 6 ft.

Game Duration: Four (4) x 10 minute quarters. Two (2) minute breaks. Five (5) minute half-time.

Game Rules

- ****GOAL ARC RULE.** Three (3) yard arc. There is no ball contact allowed within the arc, however, players or ball may pass through the arc area. If a defensive player within the arc contacts the ball, an automatic goal is awarded to the opposing team. Ball contact by an offensive player constitutes a goal kick for opposing team. If ball comes to rest within the arc area, a goal kick is awarded regardless of who touched it last. Any part of the ball or players body on the line is considered in the goal arc.
- Unlimited substitution at any time. Players may be substituted on the fly, however it is recommended that it be done during a stoppage of play (goal scored, ball out of play, beginning of quarter).
- No offside
- All kicks are indirect (ball must touch one additional player before a goal can be scored). Player kicking the ball cannot touch the ball again until a second player for either team has touched it.
- Throw-ins are optional, but encouraged. If applicable, kick-ins shall occur from point where ball goes out of play over touchline.
- Goal kicks or corner kicks occur when ball goes out of play over the goal line without scoring a goal.
- Goal kicks must clear the five yard line. Any infractions shall result in redo of goal kick. Goal kick may start anywhere on the goal line or on the goal arc line.
- **THREE YARD RULE.** Start of play and Free kicks will take place with all players at least 3 yards (radius of center circle) away from the ball.
- No penalty kicks
- Goals may not be scored on kickoff.
- No goalies
- Kickoff – the ball must move forward. Any infractions shall result in redo of kickoff
- Each successive quarter should alternate from team to team.

Referees: Center referee will not be assigned. Coaches and assistant coaches should referee their own games.