

10U BOYS/GIRLS Recreational League Rules (see [10U-14U Rules.PDF](#) for 3v3 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.
- 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.
- Build out line is incorporated to encourage building out of the back.
- The build out line promotes playing the ball out of the back in a less pressured setting
- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
- The opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has left the penalty area
- If a goalkeeper punts or drop kicks the ball past the midline, an indirect free kick should be awarded to the opposing team from the spot of the offense (where the ball lands)
- The build out line will also be used to denote where offside offenses can be called
- Players cannot be penalized for an offside offense between the halfway line and the build out line
- Players can be penalized for an offside offense between the build out line and goal line
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line

- However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes
- To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play
- Coaches are responsible for addressing these types of issues with their players
- Referees can manage the situation with misconduct if deemed appropriate
- Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line
- 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.

8U 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 coach's 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: 20 yds. X 30 yds. (USYSA Standards 15-25yd x 25-35yd)

Goal Dimensions: 4 ft. x 6 ft.

Game Duration: Four (4) x 10-12 minute quarters. 1-5 minute quarter breaks. Five (5) minute (max) half. Intra-Club play may have alternative Duration and to be decided between coaches and addressed with Referee.

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 trys 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 can be placed anywhere on arc or endline.
- **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. 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.
- **No Penalty Kicks.** However, if Teams and Ref decide to play with awarding Penalty Kicks, use these **PK Procedures: Ball is placed on the penalty spot at midfield. All players**

are to stay behind the midfield line. Only the shooter is allowed to kick the ball, from penalty spot, on the referee whistle. If ball returns to playing area, play can continue, otherwise a goal or goal kick is awarded.

- FIVE YARD RULE. Start of play and Free kicks will take place with all players at least 5 yards 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 may be assigned. If no Referee, Coaches and assistant coaches should referee their own games.

6U 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: 20 yds. X 30 yds. (USYSA Standards 15-25yd x 25-35yd)

Goal Dimensions: 4 ft. x 6 ft.

Game Duration: Four (4) x 6-10 minute quarters. 1-5 minute quarter breaks. Five (5) minute (max) half. Intra-Club play may have alternative Duration and to be decided between coaches and addressed with Referee.

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 can be placed anywhere on arc or endline.
- **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. 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.
- **No Penalty Kicks.** However, if Teams and Ref decide to play with awarding Penalty Kicks, use these **PK Procedures: Ball is placed on the penalty spot at midfield. All players are to stay behind the midfield line. Only the shooter is allowed to kick the ball, from penalty spot, on the referee whistle. If ball returns to playing area, play can continue, otherwise a goal or goal kick is awarded.**
- **FIVE YARD RULE.** Start of play and Free kicks will take place with all players at least 5 yards 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 may be assigned. If no Referee, Coaches and assistant coaches should referee their own games.

4U 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: 20 yds. X 30 yds. (USYSA Standards 15-25yd x 25-35yd)

Goal Dimensions: 4 ft. x 6 ft.

Game Duration: Four (4) x 6-10 minute quarters. 1-5 minute quarter breaks. Five (5) minute (max) half. Intra-Club play may have alternative Duration and to be decided between coaches and addressed with Referee.

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 trys 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 can be placed anywhere on arc or endline.
- **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. 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.
- **No Penalty Kicks.** However, if Teams and Ref decide to play with awarding Penalty Kicks, use these ***PK Procedures: Ball is placed on the penalty spot at midfield. All players are to stay behind the midfield line. Only the shooter is allowed to kick the ball, from penalty spot, on the referee whistle. If ball returns to playing area, play can continue, otherwise a goal or goal kick is awarded.***
- **FIVE YARD RULE.** Start of play and Free kicks will take place with all players at least 5 yards 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 may be assigned. If no Referee, Coaches and assistant coaches should referee their own games.