

U5 – U8 Rules of the games

	U-5 & U-6	U-7 & U-8
Players:		
Game Structure	2 side-by-side of 4v4	2 side-by-side of 4v4
Max on the Field	3	4
Min on the Field	3	4
Max on Team -	8	8
Goalkeeper	No	No
Playing Field (measurements in yards, unless noted):		
Suggested Max Dimensions	25x35	25x35
Suggested Min Dimensions	20x30	20x30
Center Circle Radius	n/a	5
Halfway Line	Yes	Yes
Penalty Area	n/a	n/a
Penalty Kick Spot from Goal	n/a	n/a
Goalie Box Size	n/a	n/a
Coaches Box Size	n/a	n/a
Coaches Box Location from Midfield	n/a	n/a
Coaches Box Location from Touchline	n/a	n/a
Spectator Line (1 yard off field of play at corner flag angled to 3 yard off field of play at midfield)	OK	OK
Suggested Max Goal Size	3x4 ft.	3x4 ft.
Suggested Min Goal Size	3x4 ft.	3x4 ft.
Games:		
Ball Size	#3	#3
Duration of each half - single games	4 8-min. qtrs.	4 8-min. qtrs.
Second chances on throw-in	n/a	Yes
Sub on your team's throw-in	Anytime	Substitutions allowed on both teams throw-ins
Sub on the other team throw-in, only if the team taking the throw-in subs, with the referee's permission.	Anytime	Substitutions allowed on both teams throw-ins
Sub on Corner Kick or Free Kick	n/a	No
Subs must be waiting at the line at midfield	Anytime	Yes
Fouls	Indirect	Indirect
Out of Bounds	"New Ball" drop by Coach	Throw in on side, kick in over end-line
Offside	No	No
Goalie Punts	No	No
Misc.:		
Earrings, Watches, Wrist Bands, etc.	No	No
Casts or Splints	No	No
Soft Hair Items (yarn, rubber bands, etc.)	Yes	Yes
Shin Guards Required	Yes	Yes
Socks required over shin guards	Yes	Yes

U10-U12 Rules

	U-10	U-12
Players:		
Game Structure	6v6	8v8
Max on the Field	6	8
Min on the Field	4	5
Max on Team -	12	12
Goalkeeper	Yes	Yes
Playing Field (measurements in yards, unless noted):		
Suggested Max Dimensions	45x60	55x80
Suggested Min Dimensions	35x45	45x70
Center Circle Radius	8	10
Halfway Line	Yes	Yes
Penalty Area	10x26	14x34
Penalty Kick Spot from Goal	8	10
Goalie Box Size	6x10	6x10
Coaches Box Size	3x10	3x10
Coaches Box Location from Midfield	5	5
Coaches Box Location from Touchline	1	1
Spectator Line (1yard off field of play at corner flag angled to 3 yard off field of play at midfield)	OK	OK
Suggested Max Goal Size	6x18 ft.	6x18 ft.
Suggested Min Goal Size	6x12 ft.	6x18 ft.
Games:		
Ball Size	#4	#4
Duration of each half - single games	2 25-min. halves	2 30-min. halves
Second chances on throw-in	No	No
Sub on your team's throw-in	Yes	Yes
Sub on the other team throw-in, only if the team taking the throw-in subs, with the referee's permission.	Yes	Yes
Subs must be waiting at the line at midfield	Yes	Yes
Fouls	Game Rules	Game Rules
Out of Bounds	Game Rules	Game Rules
Offsides	Yes	Yes
Goalie Punts	Yes	Yes
Misc.:		
Earrings, Watches, Wrist Bands, etc.	No	No
Casts or Splints	No	No
Soft Hair Items (yarn, rubber bands, etc.)	Yes	Yes
Shin Guards Required	Yes	Yes
Socks required over shin guards	Yes	Yes

U14-U19 Rules

	U-14 & U-16	U-18 & U-19
Players:		
Game Structure	11v11	11v11
Max on the Field	11	11
Min on the Field	7	7
Max on Team	18	18
Goalkeeper	Yes	Yes
Playing Field (measurements in yards, unless noted):		
Suggested Max Dimensions	75x130	75x130
Suggested Min Dimensions	50x100	50x100
Center Circle Radius	12	12
Halfway Line	Yes	Yes
Penalty Area	18x44	18x44
Penalty Kick Spot from Goal	12	12
Goalie Box Size	6x20	6x20
Coaches Box Size	3x10	3x10
Coaches Box Location from Midfield	5	5
Coaches Box Location from Touchline	1	1
Spectator Line (1yard off field of play at corner flag angled to 3 yard off field of play at midfield)	OK	OK
Suggested Max Goal Size	8x24 ft.	8x24 ft.
Suggested Min Goal Size	8x24 ft.	8x24 ft.
Games:		
Ball Size	#5	#5
Duration of each half - single games	2 35-min. halves (U-14) 2 40-min. halves (U-16)	2 45-min. halves (40-min. in Fall U-16)
Second chances on throw-in	No	No
Sub on your team's throw-in	Yes	Yes
Sub on the other team throw-in, only if the team taking the throw-in subs, with the referee's permission.	Yes	Yes
Subs must be waiting at the line at midfield	Yes	Yes
Fouls	Game Rules	Game Rules
Out of Bounds	Game Rules	Game Rules
Offside	Yes	Yes
Goalie Punts	Yes	Yes
Misc.:		
Earrings, Watches, Wrist Bands, etc.	No	No
Casts or Splints	No	No
Soft Hair Items (yarn, rubber bands, etc.)	Yes	Yes
Shin Guards Required	Yes	Yes
Socks required over shin guards	Yes	Yes

