



RECREATIONAL SMALL-SIDED PROGRAM RULES OF PLAY

Age	Field Size (min)	Center Circle	Goal Size (min)	Ball Size	# of Players	Goal ie	Length of Game (Q=Quarters) (H=Halves)	Off Sides	Direct Kicks	Side Tackling	Throw Ins	Headers	Corner Kick	Roster Max
U5 & U6	20 x 30	6 yds	4' x 6'	3	3	N/A	4Q x 8 = 32 min	No	No	No	Yes	No	Yes	8
U7 & U8	40 x 30	8 yds	6' x 12'	3	6	Yes	4Q x 12 = 48 min	No	No	No	Yes	No	Yes	12
U9 & U10	35 x 47	10 yds	6' x 18'	4	7	Yes	2H x 25 = 50 min	No	No	No	Yes	No	Yes	14
U11/12	47 x 72	12 yds	7' x 21'	4	9	Yes	2H x 25 = 50 min	Yes	Yes	No	Yes	No	Yes	14
U13/14	47 x 72	12 yds	7' x 21'	5	9	Yes	2H x 25 = 50 min	Yes	Yes	No	Yes	Yes	Yes	18

- Home team wears light colored jersey.
- Half Time is 5 minutes and teams switch sides of the field.
- U5-U8: Parents and Coaches referee - this does include an equipment check. No jewelry is allowed unless it is a medical bracelet.
- U9 and up: Referees are requested but receive referees based on availability.
- All ages: Teams on one side and spectators on the opposite side of the field
- ***NO** dogs allowed at practices and games.
- Coaches for U5/6 - U7/8 can be on the side of the field that their team is on during the games.
- Parents cannot be by the goals coaching players from the side lines.
- We are not using a build out line
- Competitive (select or premier) players are not allowed to play in the league.
- It is the discretion of the league to allow exceptions in rules and roster max for any team.