

# Recreational Rules

Common across all ages:

- Unlimited substitutions at any stoppage of play
- Each player must play a minimum of 50%
- Except where overruled by a club/association rule the “Laws of the Game” apply - <https://www.ussoccer.com/referees/laws-of-the-game>

## U5/U6

- Size 3 Ball
- 10-minute quarters
- 4v4 (roster 8), 2 players minimum to start game
- No Goalies, this simply means no player is allowed to use their hands. Doesn't have anything to do with where a player stands. A player is allowed anywhere on the field including in the goal.
- Coach allowed on the field
- Throw-ins( Unlimited redos)
- No Heading
- Build-out line – defenders behind build-out line until second touch on goal kick
- No game scores recorded/no standings
- All fouls called, but are in-direct free kicks

## U7/U8

- Size 3 Ball
- 12-minute quarters
- 4v4 (roster 8), 2 players minimum to start game
- No Goalies, this simply means no player is allowed to use their hands. Doesn't have anything to do with where a player stands. A player is allowed anywhere on the field including in the goal although it is encouraged that all players are engaged in active play.
- Coach on the sideline
- Throw-ins (Foul Throws are retaken by the same team. After 2<sup>nd</sup> foul throw switch to other team)
- No Heading
- Build-out line – defenders behind build-out line until second touch on goal kick
- All fouls called, but are in-direct free kicks

## U9/U10

- Size 4 Ball
- 25-minute halves
- 7v7 (roster 12), 4 players minimum to start game
- Goalie, but no punting or drop kicks
- No Heading
- Throw-ins, A foul throw results in possession being turned over to the other team

- Build-out line – defenders behind build-out line until ball is put in play. Goal-kicks, this is as soon as the kick is taken. Goalies possession, as soon as the goalie plays the ball.
- Offside, starts at build-out line

#### U11/U12

- Size 4 Ball
- 30-minute halves
- 9v9 (Roster 16), 7 players minimum to start game
- Goalie, goalie may punt
- No Heading

#### U13/U14 Travel Rec

- Size 5 Ball
- 35-minute halves
- 11v11 (Roster 18), 7 players minimum to start game

#### U15/U16 Travel Rec

- Size 5 Ball
- 40-minute halves
- 11v11 (Roster 22), 7 players minimum to start game

#### U19 Travel Rec

- Size 5 Ball
- 45-minute halves
- 11v11 (Roster 22), 7 players minimum to start game

#### U19 Travel Rec 7v7

- 30-minute halves
- 7v7 (Roster 12), 5 players minimum to start game
- A goal kick taken by any player or any ball played by the goal keeper from within his or her own penalty area, from the hands or the feet (thrown, kicked, punted or drop-kicked), may not cross the half way line without first touching the ground or any other player.