

## BASIC REC GUIDELINES FOR ALL AGE GROUPS FALL 2013

*\* If a team is losing by 5 goals they may add an extra player to the field (giving them a 1 player advantage). If they are losing by 6 goals they may add another player to the field (giving them a 2 player advantage), and so forth. But each time the losing team scores they should remove a player until the goal difference is back to 4 and teams are even again \**

**\*\* Team sizes already include goalkeepers (Not including U5/U6 and U7 as they do not use goalkeepers) \*\***

Age Group	Team Size	Ball Size	Field Size	Game Time	OUT OF BOUNDS			Referees	Goalkeeper	Goal Size	Offsides
					Side Line	End Line - Offense	End Line - Defense				
U5/U6	3v3	3	25 x 20	7min x 4qtrs	Coach Roll In	Coach Roll In	Coach Roll In	Coaches	None	Pugg	None
U7	5v5	3	50 x 30	10min x 4qtrs	Throw In	Goal Kick - defense to mid-field	Corner Kick	Coaches	None	Pugg	None
U8	6v6	4	50 x 30	10min x 4qtrs	Throw In	Goal Kick - defense to mid-field	Corner Kick	1 Referee	Yes	6 X 12	None
U10 Coed	6v6+	4	75 x 45	25min x 2halves	Throw In	Goal Kick - defense to mid-field	Corner Kick	1 Referee	Yes	6 X 18	Only blatant offsides
U10 Girls	6v6+	4	75 x 45	25min x 2halves	Throw In	Goal Kick - defense to mid-field	Corner Kick	1 Referee	Yes	6 X 18	Only blatant offsides
U13 Girls	8v8	5	80 x 50	30min x 2halves	Throw In		Corner Kick	3 Referees	Yes	7 X 21	Yes
U13 Coed	8v8	5	80 x 50	30min x 2halves	Throw In		Corner Kick	3 Referees	Yes	7 X 21	Yes
U18 Girls	11v11	5	100 x 65	30min x 2halves	Throw In		Corner Kick	3 Referees	Yes	8 X 24	Yes
U18 Coed	11v11	5	100 x 65	30min x 2halves	Throw In		Corner Kick	3 Referees	Yes	8 X 24	Yes