

U6 Soccer Rules

- **Field of Play:** Length 30 yards / Width 25 yards
- **Duration of Game:** (4) 7 minute quarters - 2 minute breaks in between
- **Referee:** Coaches, assistants or a parent .Time is kept by the referee. Coaches are encouraged to both coach and referee the game on the field with the players.
- **Goals;** Portable pop-up goals used
- **Ball Size:** Size 3
- **Number of Players:** 3 players on each side (Not more than 4)
- **Goalies:** NO GOALIES. Please make sure no child is standing in front of goal unless making a play on the ball.
- **Offside rule** None at this level.
- **Corner Kicks:** Yes – these are done when the defending team kicks the ball over its own end line. Opponent must be 4 yards away from the ball before it is kicked from the corner.
- **Throw In:** Yes: Both feet should be on the ground but won't be called. Coaches are asked to stop play and explain.
- **Goal Kick:** Yes – these are done when the attacking team kicks the ball over the defending team's end line. Opponent must be 4 yards away from the ball before it is kicked.
- **Free kicks:** Awarded only for intentional hand balls.

U8 Soccer Rules

- **Field of Play:** Length 35 yards / Width 30 yards
- **Duration of Game:** (4) 10 minute quarters - 2 minute breaks in between
- **Referee:** Coaches, assistants or a parent .Time is kept by the Referee. Coaches are encouraged to both coach and call the game while on the field with their players.
- **Goals;** Portable pop-up goals used
- **Ball Size:** Size 3
- **Number of Players:** 4 players on each side (not more than 5 per side)
- **Goalies:** NO GOALIES. Please make sure no child is standing in front of goal unless making a play on the ball.
- **Offside rule** None at this level.
- **Corner Kicks:** Yes – these are done when the defending team kicks the ball over its own end line. Opponent must be 4 yards away from the ball before it is kicked from the corner.
- **Throw In:** Yes: Both feet should be on the ground but won't be called. Coaches are asked to stop play and explain.
- **Goal Kick:** Yes – these are done when the attacking team kicks the ball over the defending team's end line. Opponent must be 4 yards away from the ball before it is kicked.
- **Free kicks:** Awarded only for intentional hand balls.

U10 Soccer Rules

- **Field of Play:** Length 60 yards / Width 50 yards
- **Duration of Game:** (4) 12 minute quarters - 2 minute breaks in between
- **Referee:** Coaches, assistants, Board members of an experienced parent . If a high school player is used, they must be 9th grade (JV level) or higher. Time is kept by the referee. Coaches may remain on the sidelines with their teams if not refereeing.
- **Goals;** Yes – 6 feet high, 18 feet wide. Goal box 6 yards into the field of play / 6 yards from each goal post.
- **Ball Size:** Size 4
- **Number of Players:** 6 players on each side (5 and a goalie)
- **Goalies:** Yes
- **Substitution;** At any stoppage of play or at the new quarter
- **Offside rule** None at this level – but teams should be cautioned or discouraged from leaving an offensive player in the opposing team’s goal box (“Cherry-picking”). It does not encourage teamwork and is poor sportsmanship.
- **Corner Kicks:** Yes – these are done when the defending team kicks the ball over its own end line. Opponent must be 8 yards away from the ball before it is kicked from the corner.
- **Throw In:** Yes: Proper form (over the head, both feet should be on the ground). Players will get two chances before the ball is turned over for an opponent’s throw in.

- **Goal Kick:** Yes – these are done when the attacking team kicks the ball over the defending team’s end line. Opponent must be 8 yards away from the ball before it is kicked.
- **Free kicks:** Yes – direct and indirect kicks awarded for hand balls, tripping, pushing, etc. .

U12 Soccer Rules

- **Field of Play:** Length - 80 yards / Width - 55 yards (unless both coaches agree to play on a full regulation-sized field.
- **Duration of Game:** (2) 25-minute halves - a 5-minute break in between
- **Referee:** Yes – the League will provide referees to call the game and keep time. Coaches are remain on the sidelines with their teams.
- **Goals;** Yes – 6 feet high, 18 feet wide. Goal box 6 yards into the field of play / 6 yards from each goal post.
- **Ball Size:** Size 4
- **Number of Players:** 8 players on each side (7 and a goalie). Coaches may agree to play up to 11 players on a side.
- **Goalies:** Yes
- **Substitution;** At any stoppage of play.
- **Offside rule** None at this level – but teams should be cautioned or discouraged from leaving an offensive player in the opposing team’s goal box (“Cherry-picking”). It does not encourage teamwork and is poor sportsmanship.
- **Corner Kicks:** Yes – these are done when the defending team kicks the ball over its own end line. Opponent must be 8 yards away from the ball before it is kicked from the corner.
- **Throw In:** Yes: Proper form (over the head, both feet should be on the ground) or will be called as the opponent’s throw in.

- **Goal Kick:** Yes – these are done when the attacking team kicks the ball over the defending team’s end line. Opponent must be 8 yards away from the ball before it is kicked.
- **Free kicks:** Yes – direct and indirect kicks will be awarded for hand balls, tripping, pushing, etc.
- **Penalty Kicks:** Yes – for obvious infractions (hand ball, tripping, etc.) of own goal box.