

U6-U8 Special Rules and Information

Format: 4v4

No goalkeepers - players should not be allowed to defend the goal area. Players should not be allowed inside the goal arc. A player may situate himself behind the defensive line in front of the goal, however must remain outside the goal arc. This player would act as a sweeper. This player is not allowed to use his hands.



Ball Size: 3

Duration: Four 12-minute quarters with a two minute break between quarters one and two and another two minute break between quarters three and four. There shall be a half-time break of five minutes.

Practices: One practice during the week for one hour

Coaches: During the game, a coach from each team is to officiate. Coaching during the game should be held to a minimum.

No Slide Tackles are allowed

Substitution: Allowed anytime ball is out of play-with the permission of the official (coach)

Start of Play: Kick offs are used at the beginning of each quarter and after each goal. Opponent must be five yards from the center mark while kick-off is in progress.

Offsides: There are no offsides in small-sided games.

Free Kicks: All free kicks are indirect and awarded for all major fouls. The ball must be touched by at least 2 players before a goal is scored. The defending team must be at least 5 yards away from the ball.

Goal Kick: If the team attempting to score a goal kicks the ball over the goal line outside the goal posts, the opposing team puts the ball back into play with a goal kick. The Goal Kick may be taken anywhere within the goal area. Opponents must be five yards away from the ball.

Corner Kick: Opponents must be five yards away from the ball. Corner kicks are indirect free kicks.

Throw-Ins: Throw-ins are awarded to the opposing team when a player causes the ball to entirely cross the touchline. Encourage proper throw-in but do not penalize bad ones.

U9 & U10 Special Rules and Information



Format: 6v6

Goalkeepers utilized

Ball Size 4

Game Duration: Two 25-minute halves with a half-time break of five minutes.

Referees: A registered referee is to be utilized. All rule infractions shall be briefly explained to the offending player.

Practice Sessions: U9 & U10 team have a one hour practice session twice a week

Substitution: At any time with the permission of the referee, generally. Prior to throw-in, in your favor. Prior to a goal kick by either team. After a goal by either team. After an injury of either team when the referee stops the play. At half-time.

Start of Play: Kick offs are used at the beginning of each quarter and after each goal. Opponent must be eight yards from the center mark while kick-off is in progress.

Offsides: Will be called by the referee.

Free Kicks: All free kicks are indirect and are awarded for all major fouls. The defending team must be eight yards away. Kicks awarded to the offense inside the opponent's penalty area is taken from a point on the 18 nearest to where the foul occurred. Kicks awarded to the defense inside their own penalty box are taken from any point within the box. The opposing team is 8 yards away and outside the box.

Goal Kick: If the team attempting to score a goal kicks the ball over the goal line outside the goal posts, the opposing team puts the ball back into play with a goal kick. The Goal Kick may be taken anywhere within the goal area. Opponents must be eight yards away from the ball.

Corner Kick: Opponents must be eight yards away from the ball until the ball is kicked.

Throw-Ins: Players are allowed a second chance if there is a foul on the first throw-in attempt. The foul should be explained to the player prior to player making second attempt. Ball goes to opposing team if there is a foul on the second attempt.

Equipment: Shinguards are mandatory for all practices and games.

U11 & U12 Special Rules and Information

Format: 8v8

Ball Size: 4

Duration: Two 25-minute halves with a half-time break of five minutes.

FIFA rules govern the game

Substitution: Prior to a throw-in, in your favor. Prior to a goal kick by either team. After a goal by either team. After an injury of either team when the referee stops the play. At half-time. All substitutions must be with the referee's permission.

