



Abbreviated Rules for All Age Groups (Rec) | Spring 2017 (version 5)

Topics	Age Groups				
	U6	U8	U10	U12	U14
Field Size (L x W)	30 x 20 yards	50 x 30 yards	65 x 40 yards	70 x 50 yards	Full size (100 x 50 yards min.)
Practice Length	45m - 1 hr	1 hr	1 hr	1hr	1hr
Events per Week (practices and games)	2	3	3	3	3
Game Length /Format	32m (8 min quarters) Casual, "pick-up" 1 referee used	40m (10 min quarters) 1 referee used	50m (25 min halves) 1 referee used	60m (30 min halves) 2 referees used	70m (35 min halves) 2 referees used
Ball Size	3	3	4	4	5
Equipment	Shin Guards, Cleats, No Jewelry	Shin Guards, Cleats, No Jewelry	Shin Guards, Cleats, No Jewelry	Shin Guards, Cleats, No Jewelry	Shin Guards, Cleats, No Jewelry
Coaches During Game	Sideline only or Field	Sideline only (not behind goal)	Sideline only (not behind goal)	Sideline only (not behind goal)	Sideline only (not behind goal)
# of Players on Field	3	4	7 (6 + GK)	9 (8 + GK)	11 (10 + GK)
Playing Time	Ensure all players allowed to play a ½ game minimum	Ensure all players allowed to play a ½ game minimum	Ensure all players allowed to play a ½ game minimum	Ensure all players allowed to play a ½ game minimum	Ensure all players allowed to play a ½ game minimum
Substitutions (Ref may give consent for more frequent rotation)	Typically made between quarters	Typically made between quarters	Typically made at quarter marks and halves	Typically made at quarter marks and halves	Typically made at quarter marks and halves
Goalkeepers	None	None	Yes	Yes	Yes
Goalkeeper Rotation	N/A	N/A	Only at half-time unless injury occurs	Only at half-time unless injury occurs	Only at half-time unless injury occurs
Throw-ins	No penalty for incorrect throw/kick-in. Kick in are fine. Just get them playing again!	3 chances to make correct throw	Improper throw = turnover	Improper throw = turnover	Improper throw = turnover
Defense Distance on Throw-ins	3 yards	3 yards	3 yards	3 yards	3 yards
Goal Kick Type	Retreat Line	Retreat Line	Retreat Line	Standard	Standard
Restart of play	Ball is in play when kicked out of the box from anywhere inside the box	Ball is in play when passed/kicked out of the box	Ball is in play when passed/kicked out of the penalty area	Ball is placed anywhere on 6y box. Ball must be kicked out of penalty area to be in play.	Ball is placed anywhere on 6y box. Ball must be kicked out of penalty area to be in play.
Non-kicking team positioning on goal kicks	Across midfield "retreat" line until ball leaves the box	Across midfield "retreat" line until ball leaves the box	Across midfield "retreat" line until ball leaves penalty area	Outside penalty box	Outside penalty box
Goal Kick Notes	Use the time/space afforded by retreat line to start attack from the back with dribbling /passing	Use the time/space afforded by retreat line to start attack from the back with dribbling /passing. A goal may "technically" be scored directly from goal kick.	Goal may be scored directly from goal kick.	Goal may be scored directly from goal kick.	Goal may be scored directly from goal kick.
Corner Kicks	Goal may be scored against the opposing team.	Goal may be scored against opposing team.	Goal may be scored against opposing team.	Goal may be scored against the opposing team.	Goal may be scored against the opposing team.
Defense Distance on Corner Kicks	3 yards from ball	5 yards from ball	8 yards from ball	10 yards from ball	10 yards from ball
Penalty Kicks	None	None	Yes	Yes	Yes
Free Kicks	All indirect	All indirect	Direct & indirect	Direct & indirect	Direct & indirect
Offsides rule	No	No	No	Yes	Yes
Kick-offs to start game and restart from quarters/halves	Just get the play started! Any kick/dribble/pass will work! No scoring directly from kick-off.	Ball is in play when passed in any direction, including backwards , to a teammate. No scoring directly from kick-off.	Ball is in play when passed in any direction, including backwards , to a teammate. No scoring directly from kick-off.	Ball is in play when passed in any direction, including backwards , to a teammate. No scoring directly from kick-off.	Ball is in play when passed in any direction, including backwards , to a teammate. No scoring directly from kick-off.
Position of opposing players during kick-off	Outside the center circle	Outside the center circle	Outside the center circle	Outside the center circle	Outside the center circle