



# FORMAT OF PLAY

## U6 AND U8 DIVISIONS

### U-6 and U-8 Recreation Division (Boys/Girls)

#### **Number of Players - 4 v 4**

- No Goalkeepers
- Substitutions – At any stoppage and are unlimited.
- Each player shall play at least 50% of each game.
- Field of Play – 30 yds wide x 35 yds long
  - Goal size – 4.5' x 9.5'
  - Goal box area and corner arc
- Ball size – 3
- All free kicks are direct
  - Players must be 5 yards away from ball until it is in play.
- Throw-ins
- Goal kick – taken from any point along the end line.
- Offside – none

#### **GOAL ARC**

The Goal Arc is located directly in front of the goal. There is no ball contact allowed within the goal arc. Players are permitted to pass through the goal arc. If any part of the player's body is in the goal arc, plane of the goal arc, or on the line, they are considered to be in the goal arc. If the ball stops in the goal arc area, including on the line, a goal kick is awarded. If a DEFENSIVE player touches the ball inside the goal arc, a GOAL is awarded to the opposing team. If an OFFENSIVE player touches the ball within the goal arc, a goal kick is awarded to the opposing team.

#### **GOAL SCORING**

A goal may only be scored from a touch (offensive or defensive) within the team's offensive half on the field. The ball must be completely on the offensive half of the field, and cannot be touching the mid-line (Example: Kick-Off). If a player in their defensive half kicks the ball across the midline and the ball hits another player (offensive or defensive) and the ball goes in the goal, a goal will be awarded. If a ball is kicked from the defensive half and is not touched before the ball rests in the goal, a goal kick is awarded the defensive team.

**Coaches are not allowed on the field at any time the ball is in play. U6 Coaches are allowed to enter field and quickly help players line up for restarts and then are to exit.**

- Duration of Match
  - U6 - Four 8 minute quarters
  - U8 – Four 10 minute quarters
  - 2-minute breaks between quarters
  - 5-minute halftime
- No Heading allowed in games or practice.



# FORMAT OF PLAY

## U10 DIVISION

### U-10 Recreation Division (Boys/Girls)

Number of Players - 7 v 7

When Boys Teams play Girls Teams - Boys will play 6v6 and Girls 7v7

- Goalkeepers
- Substitutions - At any stoppage and are unlimited.
- Each player shall play at least 50% of each game.
- Field of Play - 45 yds wide x 60 yds long
  - Goal size - 6' x 18'
  - Goal box area, corner arc, penalty area and flags
  - **Build out Line (See diagram on following pages)**
    - **The build out line is used to promote playing the ball out of the back in an unpressured setting. When the goalkeeper has the ball either during play or from a goal kick the opposing team should move behind the build out line. Once the opposing team is behind the build out line, the goalkeeper can pass or throw/roll the ball to a teammate (no punting). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line an play resumes as normal.**
- Ball size - 4
- Free kicks can be direct or indirect
  - Players must be 10 yards away from ball until it is in play.
- Throw-ins
- Goal kick - must be taken from any point inside the goal box area.
  - Ball is in play when it leaves the penalty box area.
- Offside Rules Apply
- Duration of Match - 55 minutes total
  - Two 25 minute halves
  - 5-minute halftime
- **No Heading allowed in games or practice.**
- **No Punting by Goal Keeper**



# FORMAT OF PLAY

## U12 DIVISION

### U-12 Recreation Division (Boys/Girls)

**Number of Players – 9 v 9 or 7 v 7**

Goalkeepers

- Substitutions – At any stoppage and are unlimited.
- Each player shall play at least 50% of each game.
- Field of Play – 50 yds wide x 70 yds long
  - Goal size – 7' x 21'
  - Goal box area, corner arc, penalty area and flags
- Ball size – 4
- Free kicks can be direct or indirect
  - Players must be 10 yards away from ball until it is in play.
- Throw-ins
- Goal kick – must be taken from any point inside the goal box area.
  - Ball is in play when it leaves the penalty box area.
- Offside Rules Apply
- Duration of Match – 65 minutes total
  - Two 30 minute halves
  - 5-minute halftime
- **No Heading allowed in games or practice.**



# FORMAT OF PLAY

## U14 – U19 DIVISIONS

### U-14 – U19 Recreation Divisions (Boys/Girls)

- Number of Players – 9 v 9 or 11 v 11
  - Goalkeepers
  - Substitutions – At any stoppage and are unlimited.
  - Each player shall play at least 50% of each game.
  
- Field of Play (9v9) – 50 yds wide x 70 yds long
  - Goal size – 7' x 21'
  - Goal box area, corner arc, penalty area and flags
  
- Field of Play (11v11) – 65 yds wide x 120 yds long
  - Goal size – 8' x 24'
  - Goal box area, corner arc, penalty area and flags
  
- Ball size – 5
  
- Free kicks can be direct or indirect
  - Players must be 10 yards away from ball until it is in play.
  
- Throw-ins
  
- Goal kick – must be taken from any point inside the goal box area.
  - Ball is in play when it leaves the penalty box area.
  
- Offside Rules Apply
  
- Duration of Match – 75 minutes total
  - Two 35 minute halves
  - 5-minute halftime
  
- Heading is allowed in games and practices.