



K KINDERGARTEN – U6 Division

Soccer Quick Reference

- 3 v 3 Micro soccer. No goalkeepers.
- Four 8-minute quarters.
- Substitution is mandatory in the middle of each quarter and in between quarters.
- Size 3 Ball.
- Goal size: 4x6 ft.
- No offside or penalty kicks.
- All fouls result in an indirect free kick. Opponents must be 3 yards from the ball.
- Kick-off: Opponents must be 3 yards from the ball. A goal cannot be scored from a kick-off.
- For ALL balls going out-of-bounds: “new ball” is called and a parent or coach rolls the ball back onto the field.
- 2-min. break at the 8 minute mark of each half; 5-min. break at halftime. No overtime.
- All players should play a minimum of 50% of each game.
- There will be a 3-yard arc around the goal. Players will be allowed to move into & through the zone but will not be allowed to stay there unless they are playing the ball. The arc is meant to keep the children in the active play of the game. Please do not plant a child at the top of the arc, this defeats the purpose.
- Center referee is optional; coaches can act as referees in absence of a center referee;
- No scorekeeping. Standings are not kept.





1st GRADE – U7 Division

Soccer Quick Reference

- 4 v 4 on the field. No goalkeepers.
- Four 10-minute quarters. 2-min. break between each quarter; 5-min. break at halftime.
- Substitution is mandatory in the middle of each quarter and in between quarters.
- Size 3 Ball.
- Goal size: 4x6 ft.
- No offside or penalty kicks.
- All fouls result in an indirect free kick. Opponents must be 5 yards from the ball.
- Kick-off: opponents must be 5 yards from the ball. A goal cannot be scored from a kick-off.
- Balls going out-of-bounds along the touch lines are put back into play via throw-in.
- Throw-ins are required, but the referee may allow a “rethrow” at his/her discretion.
- Corner kicks apply. Goal kicks: opponents must retreat behind the midfield line and stay there until a second player touches the ball.. A goal **cannot** be scored from a goal-kick.
- Clock continues to run during substitutions. Clock is stopped for half-time. All players must play a minimum of 50% of each game.
- The players may play anywhere on the field without limitation, but may not use their hands to stop a ball from going into the net. That is, no restriction on moving through the box/arc.
- Center referee is optional but recommended.
- Standings shall not be kept, scores shall not be reported.





2nd GRADE – U8 Division

Soccer Quick Reference

- 5 v 5 with goalkeepers.
- Two goalkeepers minimum. One child may not play more than 50% of any game in goal as goalkeeper.
- 40 minute game: Four 10-min quarters, 5 minute break at halftime. Clock continues to run during substitutions. Clock is stopped for half-time.
- Free substitutions. All players must play a minimum of 50% of each game.
- Size 3 Ball.
- No offside or penalty kicks, no direct kicks. All fouls result in an indirect free kick. Opponents must be 5 yards from the ball.
- Kick-off: opponents must be 5 yards from the ball. A goal cannot be scored from a kick-off.
- Balls going out-of-bounds along the touch lines are put back into play via throw-in
- Corner kicks apply. Goal kicks: opponents must retreat behind the midfield line and stay there until another player touches the ball. A goal **cannot** be scored from a goal-kick. No punting of the ball from goals.
- Mercy Rule - Should a team gain a 5 goal lead, the losing side will add a player, if the goal differential increases to 7 goals, a player must be removed from the winning team, effectively creating a 2-player differential.
- One referee is required. Coaches may act as referees in absence of a center referee
- Standings shall not be kept, and scores not reported. No overtime.
- Games in this age group may not be protested for any reason.
- A child from U7 may play up for U8.





THIRD/FOURTH GRADES - U10 Division

Soccer Quick Reference

- 7 v 7 with goalkeepers. Each team must have at least 6 players to start a game.
- Two goalkeepers minimum. One child may not play more than 50% of any game in goal as goalkeeper.
- Two 25-minute halves; 5-min. break at halftime. Clock continues to run during substitutions. Clock is stopped for half-time.
- Free substitutions. All players must play a minimum of 50% of each game.
- Size 4 Ball.
- Offside rules apply, as do fouls (direct/indirect kicks), and as such, penalty kicks. Penalty kicks will be 8 yards from the goal line.
- Punting from goals is allowed. INTENTIONAL HEADERS & SLIDE TACKLES ARE NOT ALLOWED. A penalty for slide tackling will be a direct kick from where the infraction occurred, and the issuance of a yellow card at the discretion of the referee.
- Build-Out Lines – When the goalkeeper has the ball in his/her hands, or for a goal kick, the opposition must retreat behind the build-out line and stay there until second player touches the ball.
- Mercy Rule - Should a team gain a 5 goal lead, the losing side will add a player, if the goal differential increases to 7 goals, a player must be removed from the winning team, effectively creating a 2-player differential.
- A center referee is required. Assistant Referees are optional but recommended.
- Coaches are not allowed on field except for extenuating circumstances (e.g. injury, etc.).
- Coaches and teams will be on one side of the field with spectators on the other side. Coaches and subs must stay on their own side and end of the field (technical area).





FIFTH/SIXTH GRADES - U12 Division

Soccer Quick Reference

- 9 v 9. Each team must have at least 8 players to start a game.
- A goalkeeper may play the entire game in goal, as long as each team member has played 50% of the game. A player other than the goalkeeper may play the entire game, as long as each team member has played 50% of the game.
- Two 30-minute halves; 5-min. break at halftime. Clock continues to run during substitutions. Clock is stopped for half-time.
- Free substitutions. All players must play a minimum of 50% of each game.
- Size 4 Ball.
- Offside rules apply, as do fouls (direct kick), and as such, penalty kicks. Penalty kicks will be 10 yards from the goal line.
- Punting, headers and slide tackles are permitted.
- Mercy Rule - Should a team gain a 5 goal lead, the losing side will add a player, if the goal differential increases to 7 goals, a player must be removed from the winning team, effectively creating a 2-player differential.
- A center referee is required. Assistant Referees are optional but recommended.
- Coaches are not allowed on field except for extenuating circumstances (e.g. injury, etc.).
- Coaches and teams will be on one side of the field with spectators on the other side. Coaches and subs must stay on their own side and end of the field (technical area).





SEVENTH/EIGHTH GRADES - U14 Division

Soccer Quick Reference

- 9 v 9. Each team must have at least 8 players to start a game.
- A goalkeeper may play the entire game in goal, as long as each team member has played 50% of the game. A player other than the goalkeeper may play the entire game, as long as each team member has played 50% of the game.
- U12 Size field. Two 30-minute halves; 5-min. break at halftime. Clock continues to run during substitutions. Clock is stopped for half-time.
- Offside rules apply, as do fouls (direct kick), and as such, penalty kicks. Penalty kicks will be 10 yards from the goal line.
- Due to the reduced size of the field, punting will not be allowed.
- Headers and slide tackles are permitted for 5th grade and above.
- Mercy Rule - Should a team gain a 5 goal lead, the losing side will add a player, if the goal differential increases to 7 goals, a player must be removed from the winning team, effectively creating a 2-player differential.
- A center referee is required. Assistant Referees are optional but recommended.
- Coaches are not allowed on field except for extenuating circumstances (e.g. injury, etc.).
- Coaches and teams will be on one side of the field with spectators on the other side. Coaches and subs must stay on their own side and end of the field (technical area).

