



## Age-Specific League Rules

All age group Kit: Home team in white, Away team in Blue.

Please ensure players bring BOTH kits to games in case of any mix ups.

### **U4/U5/U6**

- Begin each quarter/half with a kick-off.
- 8-minute quarters
- 3v3 No Goalkeepers
- Size 3 ball
- NO HEADERS ALLOWED
- Teams swap sides at half time.
- No off-sides will be called.
- Coaches continually keep the ball in play when needed. When one ball leaves the field, the coach rolls a new ball straight into play – No corners or throw ins.
- Coaches and spectators are allowed together on the side line.
- Coaches are allowed on the field.
- Coaches will serve as officials.
- Players must stay on their feet as much as possible, no slide tackles.
- Every player must play at least half the game unless injury does not allow them to do so.
- No team standings or scores kept or posted.
- Can substitute at all times, roll on roll off players as needed.



## U7

- Begin each quarter/half with a kick-off.
- 12-minute quarters
- 5v5 including a Goalkeeper
- Size 3 ball
- NO HEADERS ALLOWED
- Teams swap sides at half time.
- Blatant off-sides will be called if the referee/coach referee sees it.
- Goal kicks, throw ins and corner kicks are utilized. Opposing players must be five yards away from the ball.
- Bad throw-ins will be retaken. When an illegal throw-in is performed, the referee/coach will instruct the player on the error and give the player another chance to throw the ball in. Common sense needs to be applied.
- No kick-ins for throw-ins.
- Handballs are called if a player intentionally uses hands to gain an advantage. If not intentional, continue with play.
- A coach or one parent is allowed behind the goal that their team is defending.
- Coaches/players on one side of the field, spectators on the opposite sideline.
- For the first three games, one coach per team is allowed on the field for instructional purposes. After which coaches must stay off the field as much as possible. The coach should stay on their half of the field.
- Coaches or a team representative will serve as an official if one is not available.
- Players must stay on their feet as much as possible, no slide tackles.
- Every player must play at least half the game unless injury does not allow them to do so.
- No team standings or scores are kept or posted.
- No substitutions within each quarter, except for injuries.
- **Mercy Rule:** Once a game reaches a plus 5 goal differential, coaches must start to employ the mercy rule. First the coach of the team that is down is allowed to add one player for each additional goal differential up to seven. It is not the job of the official to add players; it is the responsibility of the coach! If the goal differential reaches 7, the team that is up must remove the goal keeper. Play will remain this way until the goal differential reaches 2. At that point play will return to standard rules for that age group. This will make the games fun and challenging at the same time.



## U8

- Begin each quarter/half with a kick-off.
- 5v5 including goalkeepers
- 12-minute quarters
- Size 3 ball
- NO HEADERS ALLOWED
- Teams swap sides at half time.
- Play out lines in play. When Goalkeeper has the ball in hand or at a goal kick, the opposition team must retreat behind the marked line. Goalkeeper then passes or throws the ball to a team mate. Once the player receives the ball, the opposition are allowed to enter beyond the marked line. NO PUNTING.
- Blatant off-sides will be called by the referee if it is seen.
- Goal kicks and corner kicks are utilized. Opposing players must be five yards away from the ball.
- Bad throw-ins will be retaken. When an illegal throw-in is performed, the referee/coach will instruct the player on the error and give the player another chance to throw the ball in. If the second throw is also illegal, control of the ball will be given to the opposing team.
- Handballs are called if a player intentionally uses hands to gain an advantage. If not intentional, continue play.
- Coaches must stay on the sidelines and are not allowed behind the goal.
- Coaches/players on one side of the field, parents on the opposite sideline.
- For the first three games, one coach per team is allowed on the field for instructional purposes. After which coaches must stay off the field as much as possible. The coach should stay on their half of the field.
- Coaches or a team representative will serve as an official if one is not available.
- Players must stay on their feet as much as possible, no slide tackles.
- Every player must play at least half the game unless injury does not allow him/her to do so.
- No team standings or scores are kept or posted.
- Coaches are not to question referees in front of, or in earshot of any player or parent, and conflicts should be taken up at half time with the official or with the Sports Director/Community Soccer Officer.
- Coaches are to inform the parents and spectators of their team not to question or talk to the officials during the game. Any concerns should go through the coach to be presented to the referee.
- Referees are human and make mistakes as we all do.
- Players can be substituted after each quarter/half, on throw-ins, goal kicks, when injuries occur, or after a goal.
- **Mercy Rule:** Once a game reaches a plus 5 goal differential, coaches must start to employ the mercy rule. First the coach of the team that is down is allowed to add one player for each additional goal differential up to seven. It is not the job of the official to add players; it is the responsibility of the coach! If the goal differential reaches 7, the team that is up must remove the goal keeper. Play will remain this way until the goal differential reaches 2. At that point play will return to standard rules for that age group. This will make the games fun and challenging at the same time.



## U9/U10

- Begin each half with a kick-off.
- 7v7 including a goalkeeper (6v6 if rosters are small)
- 25-minute halves
- Size 4 ball
- NO HEADERS ALLOWED
- Teams swap sides at half time.
- Play out lines in play. When Goalkeeper has the ball in hand or at a goal kick, the opposition team must retreat behind the marked line. Goalkeeper then passes or throws the ball to a team mate. Once the player receives the ball, the opposition are allowed to enter beyond the marked line. NO PUNTING.
- Off-sides will be called.
- Penalty kicks are utilized.
- Goal kicks and corner kicks are utilized. Opposing players must be six yards away from the ball.
- Bad throw-ins are to be penalized and control of the ball will be given to the opposing team.
- Handballs are called if a player intentionally uses hands to gain an advantage. If not intentional, continue play.
- Coaches must stay on the sidelines and are not allowed behind the goal.
- Coaches/players on one side of the field, parents on the opposite sideline.
- Coaches must stay off the field and can only come on when directed to do so by the referee.
- Coaches or a team representative will serve as an official if one is not available.
- Slide tackles are allowed in moderation but are strongly discouraged.
- Every player must play at least half the game unless injury or disciplinary issues do not allow them to do so.
- No team standings or scores are kept or posted.
- Parents are asked to let the coach do the coaching. Encouragement and cheering is welcomed, but parents are asked to refrain from shouting at referees.
- Coaches are not to question referees in front of, or in earshot of any player or parent, and conflicts should be taken up at half time with the official or with the Sports Director/Community Soccer Officer.
- Coaches are to inform the parents and spectators of their team not to question or talk to the officials during the game. Any concerns should go through the coach to be presented to the referee.
- Referees are human and make mistakes as we all do.
- Players can be substituted during half time, on throw-ins (when your team has possession), goal kicks (by either team), when injuries occur, or after a goal is scored.
- **Mercy Rule:** Once a game reaches a plus 5 goal differential, coaches must start to employ the mercy rule. First the coach of the team that is down is allowed to add one player for each additional goal differential up to seven. It is not the job of the official to add players; it is the responsibility of the coach! If the goal differential reaches 7, the team that is up must remove the goal keeper. Play will remain this way until the goal differential reaches 2. At that point play will return to standard rules for that age group. This will make the games fun and challenging at the same time.



## U11/U12

- Begin each half with a kick-off.
- 9v9 including a Goalkeeper (8v8 if rosters are small)
- 30-minute halves
- Size 4 ball
- NO HEADERS ALLOWED
- Teams swap sides at half time.
- Off-sides will be called.
- Penalty kicks are utilized.
- Goal kicks, throw ins and corner kicks are utilized. Opposing players must be eight yards away from the ball.
- Bad throw-ins are to be penalized and control of the ball will be given to the opposing team.
- Handballs are called if a player intentionally uses hands to gain an advantage. If not intentional, continue with play.
- Coaches must stay on the sidelines and are not allowed behind the goal.
- Coaches/players on one side of the field, parents on the opposite sidelines.
- Coaches must stay off the field, and can only come on when directed to do so by the referee.
- Coaches or a team representative will serve as an official if one is not available.
- Slide tackles are allowed in moderation but not encouraged.
- Every player must play at least half the game unless injury or disciplinary issues do not allow them to do so.
- No team standings or scores are kept or posted.
- Parents are asked to let the coach do the coaching. Encouragement and cheering is welcomed, but parents are asked to refrain from shouting at referees.
- Coaches are not to question referees in front of, or in earshot of any player or parent, and conflicts should be taken up at half time with the official or with the Sports Director/Community Soccer Officer.
- Coaches are to inform the parents and spectators of their team not to question or talk to the officials during the game. Any concerns should go through the coach to be presented to the referee.
- Referees are human and make mistakes as we all do.
- The Referee is to issue **red & yellow cards** for actions that warrant them. This way the players will learn what situations do and do not warrant a card and will prepare them for any tournaments they may attend.
- Players can be substituted during half time, on throw-ins (when your team has possession), goal kicks (by either team), when injuries occur, after a booking, or after a goal is scored.
- **Mercy Rule:** Once a game reaches a plus 5 goal differential, coaches must start to employ the mercy rule. First the coach of the team that is down is allowed to add one player for each additional goal differential up to seven. It is not the job of the official to add players; it is the responsibility of the coach! If the goal differential reaches 7, the team that is up must remove the goal keeper. Play will remain this way until the goal differential reaches 2. At that point play will return to standard rules for that age group. This will make the games fun and challenging at the same time.



## U13-U14

- Begin each half with a kick off
- 11 v 11
- 35-minute halves
- Size 5 ball
- Abide by all FIFA rules. A full list of rules can be found at [https://www.fifa.com/mm/Document/FootballDevelopment/Refereeing/02/36/01/11/LawsofthegamewebEN\\_Neutral.pdf](https://www.fifa.com/mm/Document/FootballDevelopment/Refereeing/02/36/01/11/LawsofthegamewebEN_Neutral.pdf)
- Coaches or a team representative will serve as an official if one is not available.
- Every player must play at least half the game unless injury or disciplinary issues do not allow them to do so.
- No team standings or scores are kept or posted.
- Parents are asked to let the coach do the coaching. Encouragement and cheering is welcomed, but parents are asked to refrain from shouting at referees.
- Coaches are not to question referees in front of, or in earshot of any player or parent, and conflicts should be taken up at half time with the official or with the Sports Director/Community Soccer Officer.
- Coaches are to inform the parents and spectators of their team not to question or talk to the officials during the game. Any concerns should go through the coach to be presented to the referee.
- Referees are human and make mistakes as we all do.
- The Referee is to issue **red & yellow cards** for actions that warrant them. This way the players will learn what situations do and do not warrant a card and will prepare them for any tournaments they may attend.
- **Mercy Rule:** Once a game reaches a plus 5 goal differential, coaches must start to employ the mercy rule. First the coach of the team that is down is allowed to add one player for each additional goal differential up to seven. It is not the job of the official to add players; it is the responsibility of the coach! If the goal differential reaches 7, the team that is up must remove the goal keeper. Play will remain this way until the goal differential reaches 2. At that point play will return to standard rules for that age group. This will make the games fun and challenging at the same time.



## U15-U19

- Begin each half with a kick off
- 11 v 11
- 45-minute halves
- Size 5 ball
- Abide by all FIFA rules. A full list of rules can be found at:  
[https://www.fifa.com/mm/Document/FootballDevelopment/Refereeing/02/36/01/11/LawsofthegamewebEN\\_Neutral.pdf](https://www.fifa.com/mm/Document/FootballDevelopment/Refereeing/02/36/01/11/LawsofthegamewebEN_Neutral.pdf)
- Coaches or a team representative will serve as an official if one is not available.
- Every player must play at least half the game unless injury or disciplinary issues do not allow them to do so.
- No team standings or scores are kept or posted.
- Parents are asked to let the coach do the coaching. Encouragement and cheering is welcomed, but parents are asked to refrain from shouting at referees.
- Coaches are not to question referees in front of, or in earshot of any player or parent, and conflicts should be taken up at half time with the official or with the Sports Director/Community Soccer Officer.
- Coaches are to inform the parents and spectators of their team not to question or talk to the officials during the game. Any concerns should go through the coach to be presented to the referee.
- Referees are human and make mistakes as we all do.
- The Referee is to issue **red & yellow cards** for actions that warrant them. This way the players will learn what situations do and do not warrant a card and will prepare them for any tournaments they may attend.
- **Mercy Rule:** Once a game reaches a plus 5 goal differential, coaches must start to employ the mercy rule. First the coach of the team that is down is allowed to add one player for each additional goal differential up to seven. It is not the job of the official to add players; it is the responsibility of the coach! If the goal differential reaches 7, the team that is up must remove the goal keeper. Play will remain this way until the goal differential reaches 2. At that point play will return to standard rules for that age group. This will make the games fun and challenging at the same time.