

**U6 - 4 and 5 year olds: Fields 2, 3, 4, 5**

- 5v5 or equivalent (Everyone plays), if you have to go 4v4 with players absence do so. Do what you can to play 4v4 at the very least.
- 4ft x 6ft goals
- 35 x 25 yard field size
- No goalies
- Goal kicks and corner throw ins
- 30 minutes team practice, 30-minute games (2 – 15minute halves). 5-minute halftime break, 60-minute time slot
- Coaches are allowed on the field during games.

**U8 - 6 and 7 year olds: Fields 2, 3, 4, 5, 7**

- 5v5, substitute players
- 4ft x 6ft goals
- 35 x 25 yard field size
- Ball size 3
- No goalie. A zone box will be marked in front of goal to prevent goal tending.
- Substitute players on the fly – player must exit field before the next player enters.
- Four 10-minute quarters with a 2-minute break between quarters and 5-minute half time. (Total playing time: 49 minutes.)
- Coaches **not** allowed on the field during play, should remain on sideline with substitute players.
- All players should play equal time.

**U10 - 8 and 9 year olds: Field 9**

- 7v7, substitute players
- 6ft x 12ft goals
- 50 x 40 yard fields
- Ball Size 4
- Ref will be provided. They will make all calls on the field.
- Substitute players on the fly – player must exit field before the next player enters.
- Time: Two 25-minute halves and 5-minute halftime, 60-minute time slot.
- Coaches **not** allowed on the field during play, should remain on sideline with substitute players.
- **No Slide tackles**, Ref will warn kids of slide tackles and coaches should also emphasize this. Refs will have the ability to call penalties on players who slide tackle during a game.
- Penalty Kick will be indirect. For penalties inside the keeper's box, the ball will be placed outside the biggest keeper's box closest to where the penalty took place.
- Coaches and players should be on opposite side of the field from the spectators. Coaches are only allowed to walk ½ the field on the bench side where their team resides.

## Rules/Regulations – ALL age divisions

### U12/U14 – 10 thru 13 year olds: Field 8

- 9v9, substitute players
- 7ft x 21ft goals
- 90 x 60 yard fields
- Ball Size 4
- Ref(s) will be provided. They will make all calls on the field.
- Substitute players on stoppage. Player must exit field before the next player enters.
- Time: Two 30-minute halves and 10-minute halftime. 75-minute time slot.
- Coaches **not** allowed on the field during play, should remain on sideline with substitute players.
- Off Side penalties – Yes.
- Slide tackles are allowed but not emphasized since this is Park and Rec program.
- Penalty Kick will be direct from the penalty line.
- Coaches and players should be on opposite side of the field from the spectators. Coaches are only allowed to walk ½ the field on the bench side where their team resides.