

U4 – U6 RULES AND REGULATIONS

U4 Tiny

U5/U6 Mini

The Ball

- Size #3

Field of Play

- 20x25 yds
- Goal: 4'x6'

Number of Players

- U4-4v4 (no goal keeper) Must have 3 players present to start the match (Coach IS allowed on the field)
- U5/U6-5v5 (no goal keeper) Must have 4 players present to start the match (Coach NOT allowed on field)

Duration of Game

- Four 6-minute quarters (2-minute break in between each one)

Fouls and Misconduct (if below behavior continues after warning, player will sit out remainder of quarter)

- No off-sides
- No slide tackles
- No heading the ball
- No aggressive/reckless play

Kick In

- To be taken instead of throw-ins
- Ball is placed on the touch line before kicking
- Kicker must not cross the touch line into the pitch before the ball is in play or the ball is given to the opposing team
- Kicker cannot play the ball until it has been touched by another player
- Cannot score directly from a kick in
- Opposing team must be 5 yards away from kick in

U7 – U8 RULES AND REGULATIONS

U7/U8 Boys & Girls

The Ball

- Size #4

Field of Play

- 30x50 yds
- Goal: 6'x12'

Players

- 7v7 (6 players on the field plus 1 goal keeper) Must have 5 present to start the match
- Substitution Limit: NONE
- Substitution Method: On the Fly sub at any time
- Jewelry shall not be worn
- Participants wearing casts must wrap/cover full cast in soft coating such as padded foam, bubble wrap or cloths

Duration of Game

- Two 15 minute halves (5 minute halftime break)
- Clock is always running
- 10-Goal Mercy Rule – if you are down by 10 goals at any point in the second half the game will end
- Regular season games can end in a tie. Playoff/Championship ties will be broken by Penalty Shoot-Out Kicks.

Fouls and Misconduct

- No off-sides
- No slide Tackles
- No heading the ball
- No aggressive/reckless play
 - Direct Kick awarded when a player commits any of these offenses
 - Penalty Kick awarded when one of these offenses take place in penalty area
 - 1. Kicking or attempting to kick and opponent
 - 2. Tripping an opponent
 - 3. Jumping at an opponent
 - 4. Charging an opponent in a violent or dangerous manner
 - 5. Holding an opponent
 - 6. Pushing an opponent
 - 7. Slide Tackling an opponent
 - 8. Handling the ball (except goal keeper)
 - 9. Goal keeper picks up ball from a kick from teammate

Free Kick

- At least 5 yards away until ball in play
- Kick must be taken with 5 seconds of referee signal
- Kicker cannot touch ball again until it has been touched by another player

Penalty Kick

- Taken at the penalty mark
- All players must be 5 yards outside the penalty area
- Kicker cannot touch ball again until touched by another player

Throw In

- The ball must be thrown in with both hands
- The ball must be thrown in from behind the head
- The player must have both feet on the ground when the ball is thrown
- The player must not cross the touch line into the pitch until after the ball has been thrown
- The player must throw the ball in where it initially went out of play
- Opposing team must be 5 yards away from throw in
- The player cannot touch the ball again until touched by another player
- Cannot score directly from a throw in
- Any infraction will result in the opposing team taking possession with a throw in at the spot of throw in

Kick In Goal Clearance

- A goal kick in is taken when ball is out of play behind goal keeper
- The ball is placed on the ground at the top of the goal box. From inside the goal box, the goal keeper kicks the ball into play; NO PUNTS
- The ball is not into play until it passes outside the goal penalty area. If the goal clearance is received inside the goal area, the goal clearance shall be taken over

Corner Kick

- Ball is placed on the corner
- Must be taken within 5 seconds of referee signal or ball will be given to opposing team for indirect kick
- Kicker cannot play ball until it is touched by another player
- Players on opposing team must be 5 yards away from point of corner kick
- You can score directly from a corner kick