

U6 Rule Modifications

- 3 v 3
- Size 3 ball
- No Goalkeeper
- All free kicks are direct (including kickoff!)
- Opposing players clear 4 yds on free kicks
- No penalty kicks
- No slide tackles
- Corner Kicks will be taken
- Goal kicks from ½ between goal and corner within 1 yd of goal line
- Throw-ins – retry first throw if it is bad, let play continue the second time
- 4 x 8 minute quarters
- 2 minutes between quarters, 5 minute half
- Single referee
- Infringements briefly explained to players
- If you are short players, show up and share
- Every player plays a minimum of ½ of the game
- Free subs on all stoppages **with referee's permission**. Try to restrict it to breaks at quarters if possible.

U8 Rules Modifications

- 5 v 5 (4+k)
- #3 ball
- Goalkeeper only plays ¼. Rotate position through **all players on team** before repeating!
- Restarts - FIFA
- No slide tackles
- No offside
- Corner Kicks
- Throw-ins - Turnover on 2nd incorrect try
- 4 x 10 minute quarters
- 2 minutes between quarters, 5 minute half
- Single referee
- Infringements briefly explained to players
- If you are short players, show up and share players
- Free subs on all stoppages **with referee's permission**. Try to restrict it to breaks at quarters if possible.
- Opposing players clear 4 yds on free kicks
- Refs can request coaches sub unruly players to let them calm down (no yellow/red cards)

U10 Rules Modifications

- 6 v 6
- #4 ball
- Goalkeeper (only play ½ game as keeper!)
- Restarts – FIFA
- clear 8 yds on free kicks
- clear 8 yds on corner kicks
- 2 x 25 minute halves
- 5 minute halftime
- No offsides
- No slide tackles
- 1 or 2 referees
- Infringements briefly explained to players
- If you are short players, show up and share players
- Free subs on all “ball out of play” restarts **with referee’s permission**
- Refs can request coaches sub unruly players to let them calm down (no yellow/red cards)

U12 Rules Modifications

- 8 v 8
- #4 ball
- Goalkeeper (only play ½ game as keeper!)
- Restarts – FIFA
- clear 8 yds on free kicks
- clear 8 yds on corner kicks
- 2 x 30 minute halves
- 5 minute halftime
- Offsides – conform to FIFA
- If you are short players, show up and share players
- Free subs on all restarts (except foul & penalty kicks) **with referee’s permission**

U13+ Rules Info

- Format will be decided weekly, based on number of players
- 3v3, 4v4, 5v5, 6v6, add Keepers if on U10 fields (larger goals)
- #5 ball
- Goalkeeper (only play ½ game as keeper!)
- Restarts – FIFA
- clear 10 yds on free kicks
- clear 10 yds on corner kicks
- 60-80 minutes playing time (halves or multiple games)
- Be flexible. The refs assigned will be knowledgeable and may modify any rule for player safety reasons.
- If you are short players, show up and share players
- Free subs on all restarts (except foul & penalty kicks) **with referee’s permission**