



CESA Rules

<u>Age Div.</u>	<u>Plyrs/ Team</u>	<u>Time Periods</u>		<u>Age Div.</u>	<u>Plyrs/ Team</u>	<u>Time Periods</u>	
U6	3v3	4 - 8	Min Qtrs	U10G	8v8	2 - 30	Min Halves
U7	4v4	4/5 - 8	Min Qtrs	U12	8v8	2 - 30	Min Halves
U8	4v4	4 - 10	Min Qtrs	U12G	8v8	2 - 30	Min Halves
U8G	4v4	4 - 10	Min Qtrs	MSSA	11v11	2 - 30	Min Halves
U10	8v8	2 - 30	Min Halves	HSSA	11v11	2 - 35	Min Halves

Rules Modifications

1. Goalies
 - U6: No Goalies
 - U7 & U8: Goalies may not punt the ball.
 - U7 & U8: Goalies may pick up the ball inside the defending third line.
 - U7 & U8: Goalies may not throw, roll or kick the ball past half field.

2. Goal Kicks: U6 - U8: Taken from the line identifying the “defending third.”
Ball must move forward - 5 yards to first defender.

3. Kick Offs U6 - U8: At Mid-Field: 5 yards to 1st defender.

4. Free Kicks U6, U7, U8: All free kicks, INDIRECT - 5 yards to 1st defender.
U9: All free kicks, INDIRECT - 10 yards to 1st defender.

5. Offside U6, U7, U8: **No Offside.**

6. Slide Tackles
 - U6 -U10G **No Slide Tackles. No Slide Kicks.**
If a Legal Slide Tackle, Indirect Free Kick.
 - U10G: If an Illegal Slide Tackle, issue yellow caution card.
If an Illegal Slide Tackle in the Penalty Box, award a Penalty Kick.

7. Ball Size
 - U6 & U7: Size 3 Ball.
 - U8 thru U12: Size 4 Ball.
 - Older: Size 5 Ball.

8. Throw-Ins U6 & U7: Be Patient. Two chances. Demonstrate, if necessary.

Remember to switch sides at half time.

Substitutions – Under 6 – Under 8: Substitutions are made between quarters (unless otherwise agreed by coaches and referees before the game begins) . If a player gets hurt,a substitution can be made for that player. Coaches shou reenter the player to provide maximum playing time to all players.The player may return during next stoppage of play.

Substitutions - U10, U10 Girls, U12 and U12 Girls: Free Substitutions.