

MERIDIAN PAL SOCCER LEAGUE COMPETITION FORMAT

AGE GROUP	BALL	COMPETITION	MATCH LENGTH	FIELD	GOALIE	REFS	MODIFIED RULES
Tots U4 COED & U5 COED	3	3 VS 3	4 X 5 min, 3 min half	10 yd X 15 yd, half line goal = 2' X 3'	No	Coach	NO HEADING OR SLIDE TACKLING fans return ball to play on-the-fly substitutions
U6	3	4 VS 4	4 X 10 min, 5 min half	20 yd X 15 yd half-line Goal = 4' X 6'	No	Coach	NO HEADING OR SLIDE TACKLING indirect free kicks @ 4 yd 1 player may be added to the team with a 5 goal or more deficit on-the-fly substitutions goal kicks near exit point throw or kick-in
U7/U8	3	5 VS 5	4 X 12 min, 5 min half	40 yd X 25 yd goal & penalty area Goal = 6' X 18'	Yes	Center Ref, Ref to explain fouls	NO HEADING OR SLIDE TACKLING Offsides only if player stays in Penalty Area penalty kicks @ top of penalty box (7yds) 1 player may be added to the team with a 5 goal or more deficit throw-in with 1 redo in first 3 wks only
						2 Parent AR's	Goals cannot be scored from the kick off Substitutions are permitted at any stoppage of play at the referee's discretion
U9/U10	4	7v7	2 X 25 min, 5 min half	75 yd X 50 yd all markings Goal = 7' X 21'	Yes	Center Ref	OFFSIDES CALLED NO HEADING OR SLIDE TACKLING penalty kicks @ 10 yd 1 player may be added to the team with a 5 goal or more deficit
						2 Parent AR's	Substitutions are permitted at any stoppage of play at the referee's discretion
U12 Outback	4	9v9	2 X 30 min, 5 min half	85 yd X 50 yd Goal = 7' X 21'	Yes	Center Ref	OFFSIDES CALLED NO HEADING OR SLIDE TACKLING 1 player may be added to the team with a 6 goal or more deficit
						2 AR's	Substitutions are permitted at any stoppage of play at the referee's discretion
U14 Outback	5	11v11	2 X 35 min, 5 min half	110 yd X 70 yd Goal = 8' X 24'	Yes	Center Ref 2 AR's	NO SLIDE TACKLING OFFSIDES CALLED 1 player may be added to the team with a 6 goal or more deficit Substitutions are permitted at any stoppage of play at the referee's discretion
U16 & U18 Coed Outback, Nampa Premier or Arsenal	5	11v11	2 X 35 min, 5 min half	110 yd X 70 yd Goal = 8' X 24'	Yes	Center Ref 2 AR's	NO SLIDE TACKLING OFFSIDES CALLED 1 player may be added to the team with a 6 goal or more deficit Substitutions are permitted at any stoppage of play at the referee's discretion 4 Females must be on the field at all times.

HEADING VIOLATIONS WILL RESULT IN AN INDIRECT FREE KICK FOR OPPOSING TEAM (U12 AND YOUNGER)