

SVU Recreation: Quick Rules

Updated: Spring 2018	U5/U6 Coed	U7/U8 Coed & All-Girls	U9/U10 Coed & All-Girls	U12 Coed	U11-U13 All-Girls	U14 Coed	High School Age Groups
Game Format	3v3	4v4	7v7	9v9	9v9	9v9	9v9
Field Dimensions	15' x 20'	25' x 30'	30' x 50'	50' x 80'	50' x 80'	50' x 80'	50' x 80'
Goals	4 Mini Goals	5' (h) x 7' (w)	6' (h) x 18' (w)	7' (h) x 21' (w)	7' (h) x 21' (w)	7' (h) x 21' (w)	7' (h) x 21' (w)
Field Markings	6 yrd Shooting Zone	8 yrd Shooting Zone	6 Yrd box for goal kicks. Goal area for Goalkeepers. Corner Kicks.	6 Yrd box for goal kicks. Goal area for Goalkeepers. Corner Kicks.	6 Yrd box for goal kicks. Goal area for Goalkeepers. Corner Kicks.	6 Yrd box for goal kicks. Goal area for Goalkeepers. Corner Kicks.	6 Yrd box for goal kicks. Goal area for Goalkeepers. Corner Kicks.
Throw-Ins	NO (Kick or Dribble)	NO (Kick or Dribble)	YES	YES	YES	YES	YES
Practice Times	One 60 min Sessions per week	One 60 min Sessions per week	One 60 min Sessions per week	One 60 min Sessions per week	One 60 min Sessions per week	One 60 min Sessions per week	One 60 min Sessions per week
Game Duration	(4) 8-10 minute quarters	(4) 12 minute quarters	(2) 25 minute halves OR (4) 12 minute quarters Confirm with referee & other coach	(2) 25 minute halves	(2) 25 minute halves	(2) 25 minute halves	(2) 25 minute halves
Ball Size	3 for games (4 is acceptable for practice)	3	4	4	4	5	5
Player Rotation	Multiple positions each game. Minimum 2.	Multiple positions each game. Minimum 2.	Multiple positions each game. Minimum 2.	Multiple positions each game. Minimum 2.	Multiple positions each game. Minimum 2.	Multiple positions each game. Minimum 2.	Multiple positions each game. Minimum 2.
Player Playing Time	50% Minimum	50% Minimum	50% Minimum	50% Minimum	50% Minimum	50% Minimum	50% Minimum
Goalkeepers	NO	NO	YES	YES	YES	YES	YES
Goalkeeper Punting	NO	NO	NO	NO	YES	YES	YES
Heading	NO	NO	NO	NO	YES	YES	YES
Accommodations if one team is dominant	<ol style="list-style-type: none"> 1. Less dominant team plays up a player (Ex. 3v4, 4v5, 7v8, OR 8v9) 2. Limit # of touches 3. Limit scoring to those who haven't scored yet 4. Set a # passes team must get before shooting 5. All players on field must touch the ball before scoring 6. Players can only score with weaker foot 7. Limit # of players in attacking half or 1/3 of field 						