

Rules of Play	U5	U6	U7	U8	U10	U12	U15	U19
Game Minutes	32	32	32	40	50	60	70	70
Breaks	Qtr	Qtr	Qtr	Qtr	Half	Half	Half	Half
Referees	1	1	1	1	1 plus 2 assistants	1 plus 2 assistants	1 plus 2 assistants	1 plus 2 assistants
Game Ball Size	3	3	3	3	4	4	5	5
Game Format	4 v 4	4 v 4	4 v 4	4 v 4	7 v 7	9 v 9	11 v 11	11 v 11
Goalie	No	No	No	No	Yes	Yes	Yes	Yes
Goalie Change	N/A	N/A	N/A	N/A	at Half	at Half	Optional	Optional
Goal Kicks	Mid Field Line	Mid Field Line	Yes (defending team behind mid field line)	Yes (defending team behind mid field line)	Yes (defending team behind build out line)	Yes (defending team outside penalty area)	Yes (defending team outside penalty area)	Yes (defending team outside penalty area)
Throw-Ins	No (Mid Field Line)	Rethrow OK	Rethrow OK	Rethrow OK	No Rethrow	No Rethrow	No Rethrow	No Rethrow
Corner Kicks	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Offside Penalty	No	No	No	No	Yes (between buildout line and goal line)	Yes	Yes	Yes
Heading	No	No	No	No	No	No	Yes	Yes
Fouls	Indirect	Indirect	Indirect	Indirect	Direct/Indirect	Direct/Indirect	Direct/Indirect	Direct/Indirect
Kick Distance	5 yds	5 yds	8 yds	8 yds	8 yds	10 yds	10 yds	10 yds
Penalty Kicks	No	No	No	No	Yes	Yes	Yes	Yes
Punting	No	No	No	No	No	Yes	Yes	Yes
Field Coaching	Yes	Yes	No	No	No	No	No	No
Substitutions	Free during any game stoppage with referee approval	Free during any game stoppage with referee approval	Free during any game stoppage with referee approval	Free during any game stoppage with referee approval	Free during any game stoppage with referee approval	Limited: goal kicks, own throw in's (both teams allowed if the team throwing the ball in has a substitution), scores or injuries with referee approval)	Limited: goal kicks, own throw in's (both teams allowed if the team throwing the ball in has a substitution), scores or injuries with referee approval)	Limited: goal kicks, own throw in's (both teams allowed if the team throwing the ball in has a substitution), scores or injuries with referee approval)
Slide Tackling	No	No	No	No	No (Caution)	No (Caution)	No (Caution)	No (Caution)
Goal Area	4 yd arc	4 yd arc	5 yd from goal / 6 yd out	5 yd from goal / 6 yd out	24 yd x 12 yd	32 yd x 14 yd	Full	Full
Season Tournament	No	No	No	No	Yes	Yes	Yes	Yes

Jewelry: None allowed

Cast: With adult referee approval or with trainer approval, must be properly wrapped

Minimum # Players to avoid forfeit: 11 v 11 = 7, 9 v 9 = 6, 7 v 7 = 5, if forfeit divide up teams and play game

Spectators must remain on opposite side of field from coaches and players, 2 yards from touchline, no spectators behind goals or goal lines

Coaches: no more than 2 coaches allowed and must remain on players side, may not pass mid field, no coaches behind goals or goal lines