



GLENDALE SOCCER ASSOCIATION - Recreational Soccer Rules Guide

AGE GROUP	U6	U8	U10	U12	U14	U16	U19
Gender	Coed	Coed	Coed	Boys / Girls Separate	Boys / Girls Separate	Coed	Coed
Rec / Rec Plus	Rec	Rec	Rec	Rec Plus	Rec Plus	Rec Plus	Rec Plus
Format	4v4	4v4	7v7	9v9	11v11	11v11	11v11
Game Duration	(4) 10 Min Quarters	(4) 10 Min Quarters	(2) 25 Min Halves	(2) 30 Min Halves	(2) 35 min Halves	(2) 40 Min Halves	(2) 40 Min Halves
Break Time	3 Min	3 Min	10 Min	10 Min	10 Min	10 Min	10 Min
Coach on Field	Yes	Yes	No	No	No	No	No
Referee	Coaches	Coaches	(1) Center	(1) C , (2) AR	(1) C , (2) AR	(1) C , (2) AR	(1) C , (2) AR
Goalkeeper	No	No	Yes - 1/2 game only	Yes - 1/2 game only	Yes	Yes	Yes
Goalkeeper Distribution	Not Applicable	Not Applicable	Throw, Roll, Kick - no punting in the air past midfield.	FIFA Rules	FIFA Rules	FIFA Rules	FIFA Rules
Minimum to Start Match	3	3	4	6	7	7	7
Substitutions	Unlimited - On the Fly	Unlimited - On the Fly	Unlimited - Check in with Referee Halfline	Unlimited - Check in with Referee Halfline	Unlimited - Check in with Referee Halfline	Unlimited - Check in with Referee Halfline	Unlimited - Check in with Referee Halfline
Ball Size	3	3	4	4	5	5	5
Goal Size	4'x6'	4'x6'	6'x18'	6'x18'	8'x24'	8'x24'	8'x24'
Field Size	60'x75'	75'x100'	100'x150'	135'x195'	195'x345'	195'x345'	195'x345'
Center Circle	3 Yard Radius	5 Yard Radius	5 Yard Radius	8 Yard Radius	10 Yard Radius	10 Yard Radius	10 Yard Radius
Corner Arc	2'	2'	3'	3'	3'	3'	3'
Goal Box	None	None	None	None	18'x60'	18'x60'	18'x60'
Penalty Box	None	None	27'x66'	42'x102'	54'x132'	54'x132'	54'x132'
Penalty Mark	None	None	8 Yards	12 Yards	12 Yards	12 Yards	12 Yards
Heading the Ball	No Heading	No Heading	No Heading	No heading	Yes	Yes	Yes
Throw-In	Kick in	Throw In - No Penalty	Yes - Rethrow if Bad	Yes	Yes	Yes	Yes
Offside	No	No	No	Yes	Yes	Yes	Yes