

Kingsport Rec Soccer – Player Development



| DIVISION | U5-6 | U7-8 | U9-10 | U11-12 | U13-15 |
|-------------------------|---|---|--|---|------------------------------|
| Ball | Size 3 | Size 3 | Size 4 | Size 4 | Size 5 |
| Players | 4 v 4 / No Keeper | 4 v 4 / No Keeper | 7 v 7 | 9 v 9 | 11 v 11 |
| Minimum | 3 v 3 | 3 v 3 | 5 v 5 | 7 v 7 | 7 v 7 |
| Substitutions | At Any Stoppage – Unlimited | At Any Stoppage – Unlimited | At Any Stoppage – Unlimited | At Any Stoppage – Unlimited | At Any Stoppage – Unlimited |
| Playing Time | 50% of Total Playing Time | 50% of Total Playing Time | 50% of Total Playing Time | 50% of Total Playing Time | 50% of Total Playing Time |
| Maximum Roster | 6 | 6 | 12 | 16 | 19 |
| Players' Equipment | Shin guards / Socks Required | Shin guards / Socks Required | Shin guards / Socks Required | Shin guards / Socks Required | Shin guards / Socks Required |
| Referee | Coach / Parent | Coach / Parent | Referee | Referee | Referee |
| Other Officials | None | None | Assistant – Parent | Assistant – Parent | Assistant Referee |
| Coaches on Field | Yes – No Interference | First 3 Games – No Interference | None | None | None |
| Duration of Match | Four – 10' Quarters | Four – 10' Quarters | Two – 25' Halves | Two – 30' Halves | Two – 35' Halves |
| Breaks | 2' / Quarter – 5' at Halftime | 2' / Quarter – 5' at Halftime | 10' at Halftime | 10' at Halftime | 10' at Halftime |
| Start / Restart of Play | Opponents – 4 yards from ball | Opponents – 5 yards from ball | Opponents – 8 yards from ball | Opponents – 8 yards from ball | Laws of the Game |
| Ball In / Out of Play | Laws of the Game | Laws of the Game | Laws of the Game | Laws of the Game | Laws of the Game |
| Method of Scoring | Laws of the Game | Laws of the Game | Laws of the Game | Laws of the Game | Laws of the Game |
| Offside | None | None | Build-out line and goal line | Laws of the Game | Laws of the Game |
| Build-out Line | None | None | Yes | None | None |
| Fouls / Misconduct | Laws of the Game + Heading – Not Allowed Slide Tackling – Not Allowed | Laws of the Game + Heading – Not Allowed Slide Tackling – Not Allowed | Laws of the Game + Heading – Not Allowed Punting – Not Allowed Slide Tackling – Not Allowed | Laws of the Game + Heading – Not Allowed Slide Tackling – Not Allowed | Laws of the Game |
| Free Kicks | Indirect Only Opponents – 4 yards from ball | Indirect Only Opponents – 5 yards from ball | Opponents – 8 yards from ball | Opponents – 8 yards from ball | Laws of the Game |
| Penalty Kicks | None | None | Penalty mark – 10 yards from center of goal line Players – 8 yards from penalty mark | Penalty mark – 10 yards from center of goal line Players – 8 yards from penalty mark | Laws of the Game |
| Throw-In | Laws of the Game | Laws of the Game | Laws of the Game | Laws of the Game | Laws of the Game |
| Goal Kick | Opponents – 4 yards from ball | Opponents – 5 yards from ball | Opponents – at build-out line | Laws of the Game | Laws of the Game |
| Corner Kick | Opponents – 4 yards from ball | Opponents – 5 yards from ball | Opponents – 8 yards from ball | Opponents – 8 yards from ball | Laws of the Game |

*U4 - The U4 players' needs are different from older players. The focus is solely on fun and participation. Because concepts of playing cooperatively and sharing are still developing, players do not play actual games vs another team. The U4 program includes drills and activities that introduce players to the game, a coach and playing with other kids. (Size 3 ball. Shin guards and socks required.)