

U6 Rule Modifications



- 4 v 4
- Size 3 ball
- No Goalkeeper
- All free kicks are indirect
- Kick-off in any direction
- Opposing players clear 4 yds on free kicks
- No penalty kicks
- No slide tackles
- No heading
- Corner Kicks will be taken
- Goal kicks from ½ between goal and corner within 1 yd of goal line
- No throw ins – kick in instead
- 4 x 8 minute quarters
- 2 minutes between quarters, 5 minute half
- Single referee
- Infringements briefly explained to players
- If you only have 2 or 3, show up and share players
- Every player plays a minimum of ½ of the game
- Free subs on all stoppages **with referee's permission.** Try to restrict it to breaks at quarters if possible.

U8 Rules Modifications

- 4 v 4
- #3 ball
- No Goalkeeper
- All foul kicks are indirect
- Kick-off in any direction
- Opposing players clear 4 yds on free kicks
- No penalty kicks
- No slide tackles
- No heading
- Corner Kicks will be taken
- Goal kicks from edge of goal box
- Throw-ins - Turnover on 2nd incorrect try
- 4 x 10 minute quarters
- 2 minutes between quarters, 5 minute half
- Single referee
- Infringements briefly explained to players
- If you are short players, show up and share players
- Every player plays a minimum of ½ of the game
- Free subs on all stoppages **with referee's permission.** Try to restrict it to breaks between quarters if possible.
- Refs can request coaches sub unruly players to let them calm down (no yellow/red cards)

U10 Rules Modifications

- 7 v 7
- #4 ball
- Goalkeeper (only play ½ game as keeper!)
- Restarts – FIFA
- clear 8 yds on free kicks
- clear 8 yds on corner kicks
- Kick-off in any direction
- 2 x 25 minute halves
- 5 minute halftime
- Offsides – conform to FIFA
- No slide tackles
- No heading, indirect kick for the other team
- No GK punting or drop-kick, indirect kick for the other team
- Buildout line – defense retreats behind BO line until keeper releases ball
- 2-3 referees
- Infringements briefly explained to players
- Every player plays a minimum of ½ of the game
- If you are short players, show up and share players
- Free subs on all “ball out of play” restarts **with referee’s permission**
- Refs can request coaches sub unruly players to let them calm down (no yellow/red cards)

U12 Rules Modifications

- 9 v 9
- #4 ball
- Goalkeeper (only play ½ game as keeper!)
- Restarts – FIFA
- clear 8 yds on free kicks
- clear 8 yds on corner kicks
- Kick-off in any direction
- 2 x 30 minute halves
- 5 minute halftime
- Offsides – conform to FIFA
- No heading, indirect kick for the other team
- No GK punting or drop-kick, indirect kick for the other team
- Every player plays a minimum of ½ of the game
- If you are short players, show up and share players
- Free subs on all restarts (except foul & penalty kicks) **with referee's permission**

U13+ Rules Modifications

- #5 ball
- Goalkeeper (only play ½ game as keeper!)
- Restarts – FIFA
- Kick-off in any direction
- Free subs on all restarts (except foul & penalty kicks) **with referee’s permission**
- 2 x 35 minute halves
- 5 minute halftime
- Every player plays a minimum of ½ of the game
- Offsides – conform to FIFA