

Guidelines	U12/13 Girls	U19			
Game Length	30-minute halves (2)	30-minute halves (2)			
Referees	1 referee from the club	1 referee from the club			
Scoring	5-goal rule: If a team beats another team by more than 5 goals, consequences will be issued to the coach No Overtime is played	6-goal rule: If a team beats another team by more than 6 goals, consequences will be issued. No Overtime is played.			
Ball Size	5	5			
Size of Goals	6' x 18'	6' x 18' larger if available			
Corner Kicks	YES	YES			
Offside / Penalty Kicks /Free Kicks	Offside- YES Attacking side of mid-field line Penalty Kicks - YES Free Kicks both direct & indirect	Offside- YES Attacking side of mid-field line Penalty Kicks - YES Free Kicks both direct & indirect			
Players on the Field Per team	7 (including goalkeeper) 5 minimum to start	6-7 (including a goalie) 5 minimum to start			
Players	Must be born in 2014 to 2011. Can only play for one soccer club program per season	Must be born in 2009 to 2006. Can only play for one soccer club program per season			
Uniforms	Gray (Home) Blue (Away) Shin guards Proper Footwear	Gray (Home) Blue (Away) Shin guards Proper Footwear			

Playing Time	Each player must play at least 30 minutes per game	Each player must play at least 30 minutes per game			
Substitutions	Unlimited substitutions on all throw-ins, goal kicks, following a goal or injury	Unlimited substitutions on all throw-ins, goal kicks, following a goal or injury			
Location of Coaches & Parents	Coaches & players on one side of the field, parents/spectators on the opposite side. No coaches on the field	Coaches and players on one side of the field, parents/spectators on the opposite side. No coaches on the field			
Goal Kicks/GK Possession	No restrictions apply Ignore the dashed line on the field used for younger ages.	No restrictions apply Ignore the dashed line on the field used for younger ages.			
Heading/Punting	HEADING IS PERMITTED PUNTING IS PERMITTED US Soccer applies the rules of the oldest age in the division (U13)	HEADING IS PERMITTED PUNTING IS PERMITTED but IT MAY NOT CROSS MID-FIELD			