

Guidelines	U6	U8	U10	U12	U15
Game Length	5-minute quarters (4)	10-minute quarters (4)	25-minute halves (2)	30-minute halves (2)	30-minute halves (2)
Referees	Coaches will be the referee	1 referee from the club	1 referee from the club	2 referees from the club	1 referee from the club 2 AR's (club or team provided)
Scoring	No Overtime is played.	5-goal rule: If a team beats another team by more than 5 goals, consequences will be issued. No Overtime is played.	5-goal rule: If a team beats another team by more than 5 goals, consequences will be issued. No Overtime is played	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 to the coach. No Overtime is played
Ball Size	3	3	4	4	5
Size of Goals	4' x 6'	6' x 8'	6' x 12' or 6' x 18'	6' x 18'	8' x 24'
Corner Kicks	NO	YES	YES	YES	YES
Offside / Penalty Kicks /Free Kicks	None None All kicks are indirect	Offside – NO Penalty Kicks - NO All kicks are indirect	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	Offside – YES Attacking side of mid-field line Penalty Kicks - YES Kicks both direct & indirect
Players on the Field Per team	3 (no goal keepers)	5 (including a goalie) 3 minimum to start	7 (including a goalie) 5 minimum to start	9 (including a goalie) 7 minimum to start.	11 (including a goalie) 7 minimum to start.
Players	Must be born in 2019 or 2020. Can only play for one soccer club program per season	Must be born in 2017 or 2018. Can only play for one soccer club program per season	Must be born in 2016 or 2015. Can only play for one soccer club program per season	Must be born in 2014 or 2013. Can only play for one soccer club program per season	Must be born in 2010-2012. 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	Gray (Home) Blue (Away) Shin guards Proper Footwear	Gray (Home) Blue (Away) Shin guards Proper Footwear	Gray (Home) Blue (Away) Shin guards Proper Footwear
Playing Time	Each player must play 3 quarters before any player can play full game	Each player must play $\frac{3}{4}$ of the 40-minute game time (25-30 min)	Each player must play at least 25 minutes per game	Each player must play at least 30 minutes per game	Each player must play at least 30 minutes per game
Substitutions	Substitutions made between quarters or as needed of a player does not want to play	Players may be substituted once per quarter at a stoppage and at quarter breaks	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	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. Coaches will be on the field	Coaches and players on one side of the field, parents/spectators on the opposite side. Coaches will be on the field for part of the season.	Coaches and 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.	Coaches and players on one side of the field, parents/spectators on the opposite side. No coaches on the field.
Goal Kicks/GK Possession	Defensive players must retreat to the halfway line on all goal kicks	Defensive players must retreat to halfway line on all goal kicks/GK possessions. They cannot advance until the next player touches the ball or the keeper dribbles it.	Defensive players must retreat to the dashed retreat line on all goal kicks/GK possession. They cannot advance until the next player touches the ball or the keeper dribbles it.	No restrictions apply	No restrictions apply
Heading/Punting	NO HEADING NO PUNTING	NO HEADING NO PUNTING or DROP-KICKS	NO HEADING NO PUNTING or DROP-KICKS	NO HEADING NO PUNTING or DROP-KICKS	HEADING IS PERMITTED PUNTING IS PERMITTED