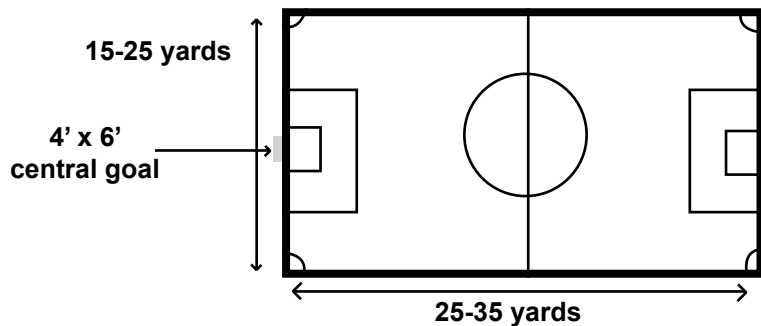


U5-U8 RECREATION RULES



Soccer Ball: Size 3



Time: 4 quarters

U5-U6 | 8 minute quarters
U7-U8 | 12 minute quarters



4v4

4 players (maximum) on the field for each team

Last Revised: 3-11-2019

Rule 1 - The Field

A. Dimensions: The field of play should be approximately 25-35 yards x 15-25 yards.

Rule 2 - The ball size 3.

Rule 3 – Number of Players

- A. Maximum number of players on the field at any one time is 4 (no goalkeeper).
- B. Maximum number of players on the roster should not exceed 10 and recommended size is 8.
- C. If either team has less than 4 players to begin the game, coaches should mix teams as needed to allow the game to be played for the enjoyment of the players.
- D. Substitutions: Unlimited substitutions on any stoppage of play (such as pass in, kickoff, free kick, goal kick, corner kick, injury). Recommend subbing midway through each quarter. You do not have to sub when the opposing team subs.
- E. Playing Time: Each player **MUST** play a minimum or as close to 50% of the total playing time. Coaches **MUST** make every effort to balance playing time between all players during the game.
- F. Teams and games may be co-ed in the Coed U5-U6 Leagues and Boys U7-U8 Leagues. Only girls are allowed in the All-Girls U7-U8 leagues.
- G. Players with visible blood on their uniforms or body must be substituted.

Rule 4 – Players' Equipment:

- Conform to FIFA with the following exceptions:
- A. Footwear: Athletic shoes or soft-cleated soccer shoes. Soccer cleats are strongly recommended.
- B. Shin Guards: **MANDATORY**.
- C. Numbered Uniforms: numbers are not required for U5-U12, but teams can choose to have jerseys numbered.
- D. Jewelry: Players are not permitted to wear any kind of jewelry (including earrings) Tape over earrings is not acceptable.

Rule 5 - Referee

- A. Only one coach/assistant allowed on the field from each team. The representative coach on the field serves as 1 of the 2 refs.
- B. Both on-field coach-referees are responsible for refereeing the game to ensure all players are safe and enjoying the game.
- C. Both on-field coaches-referees are responsible for calling all observed fouls, not just on their team's players.
- D. All rule infractions must be briefly explained to the offending player. No cards are to be shown for misconduct.

Rule 6 - Linesmen Not necessary.

Rule 7-Duration of the Game and Playing Time

- A. U5-U6 games are divided into 8-minute quarters (32 minutes total).
- U7-U8 games are divided into 12-minute quarters (48 minutes total).
- B. There should be a 2-3 minute break between quarter 1 & quarter 2 and a 2-3 minute break between quarter 3 & quarter 4.
- C. There should be a halftime of 5 minutes between quarters 2 and 3. Parent/Coaches should substitute between quarters to ensure that all players present play a minimum of 50% of each game.

Rule 8– Start of Play Conform to FIFA with the following exceptions:

- A. Kickoff occurs on the center spot, with defending players no closer than the diameter of the center circle.
- B. A goal may NOT be scored directly from the kickoff.
- C. A kickoff occurs at the beginning of each quarter and after each goal.
- D. A kickoff can go in any direction.

Rule 9- Ball In and Out of Play

- Conform to FIFA.
- A. If the whole ball passes over the line it is out of bounds and should restart with a pass in (sidelines restart, goal kick or corner kick). Coaches should try to let play flow (try to avoid constant stopping), and not call out of bounds in a strict manner.

Rule 10- Method of Scoring

Conform to FIFA.

Rule 11- Off-Side:

There is no off-side in U5-U8 Leagues.

Rule 12 - Fouls and Misconduct Conform to FIFA with the following exceptions:

- A. All fouls should result in an indirect free kick with the opponents 8 yards away.
- B. The coach/parent must explain ALL infractions to the offending player.
- C. While slide tackles are a part of the full sided game and are legal when done correctly, coaches are not to instruct or allow slide tackles at U5-U8. Players shall not leave their feet to tackle the ball from an opponent. An infraction of this rule is an indirect kick for the opponent at the spot of the foul.

Rule 13- Free Kick: Conform to FIFA with the following exceptions:

- A. All fouls will be deemed INDIRECT. Indirect-another player must touch ball before ball can be scored.

B. All opponents must be 8 yards away until the ball is in play.

Rule 14- Penalty Kick No penalty kicks for U5-U8 Leagues.

Rule 15- Goal Kick Conform to FIFA with the following exceptions:

- A. Goal kicks are taken on the goal box line. Opponents must be no closer than the midline until the ball is in play.
- B. A goal may NOT be scored directly from a goal kick.

Rule 17- Corner Kick Conform to FIFA with the following exception: Opponents must be 8 yards away from the ball.

Special Note to Coaches/Parents NCFC Youth wants coaches to teach and encourage players to be aggressive to the ball. However, NCFC Youth instructs the coach (while performing referee responsibilities during the game) to call fouls when players are aggressive to the ball in an unsafe or out of control manner.

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