

		Recreational			Recreational & Competitive			
Rec. & Comp.	U6	U8	U10	U12	U14	U16	U19	
Ball size	#3	#3	#4	#4	#5	#5	#5	
Dist. From kick	3 yd.	5 yd.	8yd.	10 yd.	10 yd.	10 yd.	10 yd.	
Throw-in	1 re-throw	1 re-throw	No 2nd	No 2nd	No 2nd	No 2nd	No 2nd	
Time/half	4 x 5 min.	4 x 6 min.	4 x 6.25 min.	30 min.	35 min.	40 min.	45 min.	
Halftime	5 min.	5 min.	5-10 min.	5-10 min.	5-10 min.	10 min.	10 min.	
# Players	3	4	7	9	11	11	11	
Add one @ 4 goal lead	N/A	YES	YES	N/A	N/A	N/A	N/A	
Goalie	NO	NO	YES	YES	YES	YES	YES	
Offside	N/A	N/A	YES*	YES	YES	YES	YES	
Build-out line	N/A	N/A	YES	N/A	N/A	N/A	N/A	
Headers allowed	NO	NO	NO	NO **	YES	YES	YES	
Substitutions:								
End of period	YES	YES	YES					
Any stoppage				YES				
Kick-off					Both teams	Both teams	Both teams	
Goal kick					Both teams	Both teams	Both teams	
Throw-in Rec.					Both teams	Both teams	Both teams	
Throw-in Comp.					Own team	Own team	Own team	
Additional Rules for U5-U8:								
All free kicks are indirect								
Recreational 2019	U6	U8	U10	U12	U14	U16	U19	
Center fee		12	15	20	25	30	40	
AR fee			10	14	15	20	25	
OPL			U11	U12	U14	U16	U19	
Center fee			35	35	40	45	50	
AR fee			25	25	30	35	40	
Referee Equipment:		Cautions / Yellows		Send Offs / Reds				
Two Whistles		Unsporting Behavior		UB	Serious Foul Play		SFP	
Two Watches		Dissent		DT	Violent Conduct		VC	
Patch		Persistent Infringment		PI	Spits at an Opponent		S	
Two Pens/Pencils		Delays Restart		DR	Denies Obvs. Goal - Hand		DGH	
Game Card		Fails to Respect Distance		FRD	Denies Obvs. Goal - DFK		DGF	
Flipping Coin		Enters w/o Permission		E	Abusive Language		AL	
R&Y Cards		Leaves without Permission		L	Second Caution		2CT	
AR Flags								
		*Between BOL & GL			**U12 comp. allowed			
Competitive			U11	U12	U14	U16	U19	
Center fee			22	25	31	37	45	
AR fee			15	15	20	25	30	