

Denver Parks & Recreation - Youth Sports

Soccer Rules Quick Reference Sheet

Fall 2025

	Ages 5-6	Ages 7-8	Ages 9-10	Ages 11-12
Duration of Game	Four (4) 8-minute quarters	Four (4) 8-minute quarters	Two (2) 20-minute halves	Two (2) 20-minute halves
Ball Size	3	3	4	4
Field Size	25 x 20 yds	50 x 30 yds	60 x 40 yds	70 x 50 yds
Goal Size	4 x 6 ft	6 x 12 ft	6 x 12 ft	6 x 18 ft
Number of Players	4- No goalie	6 - Including goalie	7 - Including goalie	7 - Including goalie
Substitutions	Nearest the midpoint of each quarter, or on injury	Nearest the midpoint of each quarter, or on injury	Free substitution on any dead ball	Free substitution on any dead ball
Scoring	No score is kept	No score is kept	Goals scored when whole ball passes over goal line	Goals scored when whole ball passes over goal line
Timeouts	No timeouts	No timeouts	1- thirty seconds per half	1- thirty seconds per half
Offside Rule	None	None	Applies in attacking half	Applies in attacking half
Mercy Rule	N/A	N/A	In effect when a team is ahead by 5+ goals	In effect when a team is ahead by 5+ goals

- Rosters are coed.
- No casts, hard or soft, are allowed during league play.
- Jewelry is prohibited.** This includes but not limited to watches, bracelets, necklaces, earrings, or other piercings (taping over is not allowed), and acrylic nails. Hair adornments (hair beads, hard head bands, hair bobby pins, hard hair clips) may be worn in the hair if they are secured close to the head and do not present a risk of injury to the player, teammates, or opponents (at the discretion of Site Supervisors and Officials). Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
- A team can start and can finish the game with three players for ages 5-6 division and five players for ages 7-12.
- A 5-minute grace period applies to ALL games.
- Goalies must be identifiable. Goalies can wear goalie shirt (sites will provide pinnies if needed) but must have issued team uniform available. Goalie gloves are recommended.
- Start of play: Choice of field ends and kick off determined by coin flip; opponent must be 5 yards from center mark while kick off is in progress; ball must be passed to another player (no dribbling on kick off).
- Fouls/Misconduct result in an indirect free kick, unless inside the penalty area. (Opponents must be 5 yards away before kick is allowed.)
- Slide tackling is not permitted for any age division and will result in a foul.
- Reckless play/forced substitution - yellow/red card system, officials have the discretion to impose a "forced substitution" on a reckless player (yellow card means player must sub out of the game for a minimum of 3 minutes, red card means player is ejected from the game).
- Mercy Rule: If a team is ahead by 5+ goals the winning team may not score within the penalty box area and all shots must be taken outside of penalty box. Winning team must also pull out a player, preferably their striker or goalkeeper, and retreat to midfield on goal kicks.
- Overtime/Shootout: Teams will designate 3 players to participate in a best-of-three shootout from the penalty mark. Shootout order will be determined by coin toss. If the game is still tied after the 3 shooters, game will end in a tie during regular season play. Tournament play each team will select additional shooters until game is decided by a goal.