

	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 per half - 30 seconds	1 per half - 30 seconds
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

1. Rosters are coed.
2. No casts, hard or soft, are allowed during league play.
3. **Jewelry is prohibited.** 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. See full rules for more details.
4. A team can start and can finish the game with three players for ages 5-6 division and five players for ages 7-12.
5. A 5-minute grace period applies to ALL games.
6. 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.
7. Fouls/Misconduct result in an indirect free kick, unless inside the penalty area. (Opponents must be 5 yards away before kick is allowed.)
8. 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).
9. 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.
10. Coaches are responsible for refereeing all games. One coach from each team must be on the field with a whistle to officiate.
11. All rule infractions will be briefly explained to the offending player, and coaches should work collaboratively to foster an educational and instructional environment.
12. Scores & standings are not kept, and no overtime is played during the spring season.