

**2019 Game Guidelines**

**U-6 Coed/Girls**

|  |  |
| --- | --- |
| **Players on the Field (Max.)**  | 4 v 4 |
| **Minimum players to play** | 3 |
| **Ball Size**  | 3 |
| **Game Length**  | 4 – 8 minute quarters; 5 minute halftime |
| **Notes** | No Goal Keepers, no scoring from kick off, defenders need to stay back for kick ins; coaches are allowed to help on the field, no headers, throw ins will slowly be incorporated, subbing at quarters |

**U-8 Coed/Girls**

|  |  |
| --- | --- |
| **Players on the Field (Max.)**  | 5 v 5 |
| **Minimum players to play** | 4 |
| **Ball Size**  | 3 |
| **Game Length**  | 4 - 12 minutes quarters; 5 minute halftime  |
| **Notes** | Goal Keepers, subbing at quarters, coaches on sidelines, no headers, when goalie has possession of ball, opposing players must stand behind \*build out line until ball is put into play, no punting |

**U-10 Coed/Girls**

|  |  |
| --- | --- |
| **Players on the Field (Max.)**  | 8 v 8 |
| **Minimum players to play** | 6 |
| **Ball Size**  | 4 |
| **Game Length**  | 4 - 15 minutes quarters; 5 minute halftime  |
| **Notes** | Goal Keepers, no headers, subbing at whistle breaks |

**U-12 Coed/Girls**

|  |  |
| --- | --- |
| **Players on the Field (Max.)**  | 8 v 8 |
| **Minimum players to play** | 6 |
| **Ball Size**  | 4 |
| **Game Length**  | 2-30 minute halves; 5 minute halftime  |
| **Notes** | Goal Keepers, subbing at whistle breaks, off sides introduced, no headers |

**U-13 Coed/U-15 Coed**

|  |  |
| --- | --- |
| **Player on the Field (Max.)**  | 7 v 7 |
| **Minimum players to play** | 5 |
| **Ball Size**  | 5 |
| **Game Length**  | 2 - 30 minutes halves; 5 minute halftime  |
| **Notes** | Goal Keepers, subbing at whistle breaks |

**U-19 Coed**

|  |  |
| --- | --- |
| **Player on the Field (Max.)**  | 7 v 7 |
| **Minimum players to play** | 5 |
| **Ball Size**  | 5 |
| **Game Length**  | 2 - 30 minutes halves; 5 minute halftime  |
| **Notes** | Goal Keepers , subbing on the fly at midfield |

\*Build Out Line: The build out line promotes playing the ball out of the back in a less pressured setting

When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play

Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed at U8 level)

After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal

The opposing team must also move behind the build out line during a goal kick until the ball is put into play

***Mercy Rule: If a team is winning by 7, the losing team will add an extra player (or have opposite team sit out an extra player if they don’t have any extras) until the losing team gets within 3 goals of the winning team. \*Doesn’t apply to playoffs.***

*If a team is down to 2 or less subs, both coaches may agree to change the players on the field to allow for more subbing. The referee should be made aware of this as well. In hot weather, small built in breaks can be allowed by playing quarters instead of halves.*