



2023 Recreational Soccer Game Guidelines

U-9 COED

Players on the Field (Max.)	9 v 9
Minimum players to play	7
Ball Size	3
Game Length	4 – 10 minute quarters; 5 minute halftime
Notes	No Goalies, no throw-in's, no scoring from kick off's, defenders need to stand back for kick-in's, no off-sides, no headers, subbing at quarters

U-11 COED

Players on the Field (Max.)	9 v 9
Minimum players to play	7
Ball Size	4
Game Length	4 - 10 minute quarters; 5 minute halftime
Notes	Goalies, throw-in's, subbing at quarters, no off-sides, no headers, when goalie has possession of ball, opposing players must stand back until ball is put into play, no punting

U-13 COED

Players on the Field (Max.)	7 v 7
Minimum players to play	5
Ball Size	4
Game Length	4 - 10 minutes quarters; 5 minute halftime
Notes	Goalies, throw-in's, subbing at quarters, no off-sides, no headers, when goalie has possession of ball opposing players must stand back until ball is put into play, punting

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U-15-19 COED

Players on the Field (Max.)	7 v 7
Minimum players to play	5
Ball Size	5
Game Length	4 - 10 minute quarters; 5 minute halftime
Notes	Goalies, throw-in's, subbing at quarters, no off-sides, headers, when goalie has possession of the ball opposing players must stand back until the ball is put into play, punting

Mercy Rule: If a team is winning by 7, the losing team will add an extra player (or have the 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. If a Team is down to 2 or less Sub.'s, the Game Coach can 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 subbing more frequently than quarters.