



2026 Recreational Soccer
Scrimmage/Game Guidelines
U-5 COED

Players on the Field (Max.)	5 v 5
Player on a Squad (Max.)	10
Minimum players to play	4
Ball Size	3
Scrimmage Length	2 – 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 is on the fly.

U-7 COED

Players on the Field (Max.)	6 v 6
Players on a Team (Max.)	12
Minimum players to play	5
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 on the fly.

U-9 COED

Players on the Field (Max.)	7 v 7
Players on a Team (Max.)	12
Minimum players to play	5
Ball Size	4
Game Length	4 - 10 minutes quarters; 5 minute halftime
Notes	No Goalies, throw-in's, subbing at quarters, no off-sides, no headers, opposing players must stand back until ball is put into play, & no punting.

U-11 COED

Players on the Field (Max.)	9 v 9
Players on a Team (Max.)	14
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
Players on a Team (Max.)	14
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, no headers, when goalie has possession of ball opposing players must stand back until ball is put into play, & punting.

U-15-19 COED

Players on the Field (Max.)	9 v 9
Players on a Team (Max.)	14
Minimum players to play	7
Ball Size	5
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, & punting.

Mercy Rule: If a Team is winning by 5, the losing Team will add an extra Player (or have the opposing Team sit out an extra Player if they don't have any extras), until the losing Team gets within 2 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 more frequently, when the Ball is out of Play, to allow for more subbing. *The Referee MUST be made aware of this.

Teams without enough Players for a Game Rule: The opposing Team will share/divide Players evenly, so that the Game will be fairly Played. *ALL Players are required to bring BOTH Jerseys to EVERY Game.

Hot Weather Rule: In hot weather, small built in breaks can be allowed by subbing more frequently than quarters. The Referee will be aware of this, & allow Players to be substituted, when the Ball is out of Play.