

## U6

- \* 4v4 (no goalie)
- \* Size 3 ball
- \* Four 10 minute quarters with 5 minutes between each quarter
- \* No heading in practices or games
- \* No offside
- \* Don't keep score

## U8

- \* 4v4 (no goalie)
- \* Size 3 ball
- \* Four 10 minute quarters with 5 minutes between each quarter
- \* No heading in practices or games
- \* No offside
- \* Don't keep score

## U10

- \* 7v7 (7 players from each team are on the field at a time. 1 goalie and 6 others)
- \* Size 4 ball
- \* Two 25 minute halves with a 10 minute break between halves
- \* **Goalkeepers are NOT ALLOWED TO PUNT (DROP KICK) THE BALL**
- \* **NO HEADING** is allowed in practices or in games
- \* There is a **Build Out of the Back Line** – this line is 42 feet from each end line and goes sideline to sideline. When the goalie gets the ball, the opposing team (the attacking team) must go behind the line until the goalie throws the ball. If the goalie doesn't want to wait for the opposing team to get behind the line before he/she throws the ball, he/she can throw it earlier but if the goalie is holding the ball and waiting, the opposing team must get behind the line until the ball is back in play.
- \* Offside is called

## U12

- \* 9v9 (9 players from each team are on the field at a time. 1 goalie and 8 others)
- \* Size 4 ball
- \* Two 30 minute halves with a 10 minute break between halves
- \* Goalkeepers ARE allowed to punt (drop kick) the ball
- \* Heading is ok during practice but only for a maximum of 30 minutes per week with no more than 15-20 headers per player per week - **NO HEADING DURING GAMES**

-If a player deliberately heads the ball in a game, an indirect free kick will be awarded to the opposing team from the spot of the offense. If a player deliberately heads a ball within their goal area, the indirect free kick by the attacking team should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

- \* No Build Out of the Back Line (see U10 above)
- \* Offside is called

## U14

- \* 11v11 (11 players from each team on the field at a time, 1 goalie and 10 others)
- \* Size 5 ball
- \* Two 35 minute halves with a 15 minute break in between
- \* Goalkeepers ARE allowed to punt (drop kick) the ball
- \* Heading **is** allowed during practices and games
- \* Offside is called