

Churchland Soccer League-Recreation Age Group Rules

U4 and U5 RULES

- **Shin guards are REQUIRED for all players during all practices, games, and scrimmages. The guards are to be wholly covered by socks and the referee/facilitator may ask for an equipment adjustment during a game if they feel there is a safety concern.**
- **Slide Tackling is NOT permitted for any Recreation teams; including, but not limited to, practices, games, or scrimmages.**
 - **During Games**
 - The offending player may be removed from the game for a substitution.
 - The player and coach are cautioned/warned by the referee/facilitator.
 - The offending player is allowed to re-enter the game at the next allowable substitution.
 - **Coaches are not permitted to teach, promote, or allow slide-tackling.**
- **The League will provide the uniform or direction as to the allowable uniform.**

Team Size

These age groups will play 3v3 on the field with a roster size of no more than twice the numbers of players on the field. This allows for equal play among the players. The 3v3 format enables the children the best opportunity to learn fundamentals in an enjoyable game environment with lots of action.

Practices-Practice for the U4/5 age group may consist of no more than 1 session a week for a maximum of 45 minutes.

Goalkeepers

Goalkeepers are not used. Teams are **NOT** to keep one player back to attempt to defend the goal, but rather, keep all players up and active in the play at all times.

Ball size-Ball size used for games and practice shall be a size 3.

Length of Game

U4/U5 has two ten minute halves with a five minute period at half time. The game begins with an **INDIRECT** kick from the center of the halfway line by the team winning the coin toss. Opposing players may not stand closer than the center circle.

Free Kicks-These types of kicks/restarts will result in an **INDIRECT** kick from the place of infraction.

Goal-kicks, Corner-kicks, and Throw-Ins

All balls played out-of-bounds are restarted by the referee/facilitator rolling the ball back into play.

Instruction during the Game

Coaches are allowed to come on and off the field as needed to set up players. Only one coach per team on the field at one time please! Coaches should NOT remain on the field any longer than necessary. The referee/facilitator may ask a coach to move to the sidelines if in the referee/facilitator's opinion the coach is in the play too much.

Substitutions

Substitutions may be made at any time "on the fly". No need for stoppage in the game to make a substitution. Each player will play at least half the game except in the case of injuries, sickness, ejection, and/or disciplinary action.

Offsides-There are no Offsides.

Score-The score at the end of a match is whatever the kids think it is. NO standings are kept.

Updated 8/25/2010

U6 RULES

- **Shin guards are REQUIRED for all players during all practices, games, and scrimmages. The guards are to be wholly covered by socks and the referee/facilitator may ask for an equipment adjustment during a game if they feel there is a safety concern.**
- **Slide Tackling is NOT permitted for any Recreation teams; including, but not limited to, practices, games, or scrimmages.**
 - **During Games**
 - The offending player may be removed from the game for a substitution.
 - The player and coach are cautioned/warned by the referee/facilitator.
 - The offending player is allowed to re-enter the game at the next allowable substitution.
 - **Coaches are not permitted to teach, promote, or allow slide-tackling.**
- **The League will provide the uniform or direction as to the allowable uniform. Federation Internationale de Football Association (FIFA) is the world-wide governing body for soccer. <http://www.fifa.com/>**

Team Size

These age groups will play 3v3 on the field with a roster size of no more than twice the numbers of players on the field. This allows for equal play among the players. The 3v3 format enables the children the best opportunity to learn fundamentals in an enjoyable game environment with lots of action.

Practices-Practice for the U6 age group may consist of no more than 2 sessions a week for a maximum of 60 minutes each.

Goalkeepers

Goalkeepers are not used. Teams are **NOT** to keep one player back to attempt to defend the goal, but rather, keep all players up and active in the play at all times.

Ball size-Ball size used for games and practice shall be a size 3.

Length of Game

U6 has two fourteen minute halves with a five minute period at half-time. The game begins with an **INDIRECT** kick from the center of the halfway line by the team winning the coin toss. Opposing players may not stand closer than the center circle.

Goal-kicks, Corner-kicks, Throw-Ins, and Free Kicks

Goal, Corner, and Free kicks are taken by the players at the appropriate spots and are **DIRECT** (FIFA Rules). All fouls in the penalty area will be taken as an **INDIRECT** kick outside the box. There will be no penalty kicks. Throw-ins are used for all out-of-bound balls going over the sidelines and are **INDIRECT**.

Instruction during the Game

Coaches are allowed to come on to the field for set ups on kick-offs. Only one coach per team on the field at one time please! Coaches should NOT remain on the field any longer than necessary. The referee/facilitator may ask a coach to move to the sidelines if in the referee/facilitator's opinion the coach is in the play too much.

Substitutions

Substitutions may be made at any time "on the fly". No need for stoppage in the game to make a substitution. Each player will play at least half the game except in the case of injuries, sickness, ejection, and/or disciplinary action.

Offsides-There are no Offsides.

Score-The score at the end of a match is whatever the kids think it is. NO standings are kept.

U8 RULES

- **Shin guards are REQUIRED for all players during all practices, games, and scrimmages. The guards are to be wholly covered by socks and the referee/facilitator may ask for an equipment adjustment during a game if they feel there is a safety concern.**
- **Slide Tackling is NOT permitted for any Recreation teams; including, but not limited to, practices, games, or scrimmages.**
 - **During Games**
 - The offending player may be removed from the game for a substitution.
 - The player and coach are cautioned/warned by the referee/facilitator.
 - The offending player is allowed to re-enter the game at the next allowable substitution.
 - **Coaches are not permitted to teach, promote, or allow slide-tackling.**
- **The League will provide the uniform or direction as to the allowable uniform.**
- **Federation Internationale de Football Association (FIFA) is the world-wide governing body for soccer. <http://www.fifa.com/>**

Team Size

These age groups will play 4v4 on the field with a roster size of no more than twice the numbers of players on the field. This allows for equal play among the players.

Practices

Practice for the U8 age group may consist of no more than 2 sessions a week for a maximum of 60 minutes each.

Goalkeepers

Goalkeepers are not used. Teams are **NOT** to keep one player back to attempt to defend the goal, but rather, keep all players up and active in the play at all times.

Ball size-Ball size used for games and practice shall be a size 3.

Length of Game-There will be two twenty minute halves with a five-minute period at half time.

Goal/Corner/Free Kicks

Goal, Corner, and Free kicks are taken by the players at the appropriate spots and are **DIRECT** (FIFA Rules). All fouls in the penalty area will be taken as an **INDIRECT** kick outside the box. There will be no penalty kicks.

Throw-Ins

Throw-ins are used for all out-of-bound balls going over the sidelines and are **INDIRECT** (FIFA Rules).

Instruction during the Game

Coaches are allowed to come on and off the field as needed to set up players for **KICK-OFFS ONLY**. Only one coach per team on the field at one time please! Coaches should NOT remain on the field any longer than necessary. The referee/facilitator may ask a coach to move to the sidelines if in the referee/facilitator's opinion the coach is in the play too much.

Substitutions

Substitutions may be made at any time there is a stoppage of play. Each player will play at least half the game except in the case of injuries, sickness, ejection, and/or disciplinary action.

Offsides-There is no Offsides.

Score-The score at the end of a match is whatever the kids think it is. NO standings are kept.

Updated 8/25/2010

10 RULES

- **Shin guards are REQUIRED for all players during all practices, games, and scrimmages. The guards are to be wholly covered by socks and the referee/facilitator may ask for an equipment adjustment during a game if they feel there is a safety concern.**
- **Slide Tackling is NOT permitted for any Recreation teams; including, but not limited to, practices, games, or scrimmages.**
 - **During Games**
 - The offending player may be removed from the game for a substitution.
 - The player and coach are cautioned/warned by the referee.
 - The offending player is allowed to re-enter the game at the next allowable substitution.
 - **Coaches are not permitted to teach, promote, or allow slide-tackling.**
- **The League will provide the uniform or direction as to the allowable uniform. Federation Internationale de Football Association (FIFA) is the world-wide governing body for soccer. <http://www.fifa.com/>**

Team Size

These age groups will play 6v6 on the field with a roster size of no more than twice the numbers of players on the field. This allows for equal play among the players.

Practices

Practice for the U10 age group may consist of not more than 2 sessions a week for a maximum of 90 minutes each.

Goalkeepers

Goalkeepers are used in the U10 age group. It is encouraged to rotate the goalkeepers throughout all the players to even out the playing time.

Ball size-Ball size used for games and practice shall be a size 4.

Length of Game

There will be two twenty-two minute halves with a five-minute period at half time.

Goal/Corner/Free Kicks

Goal and Corner kicks are taken by the players at the appropriate spots and are **DIRECT**. (FIFA Rules). All fouls in the penalty area will be taken as an **INDIRECT** kick outside the box. There will be NO penalty kicks.

Throw-Ins

Throw-ins are used for all out-of-bound balls going over the sidelines and are **INDIRECT** (FIFA Rules).

Instruction during the Game

U10 and older team coaches must ask and receive permission from the referee before entering the field for any reason. Coaches are asked to remain on their team's half of the sideline during play.

Substitutions

Substitutions are made at the stoppage times in the game. Permission must be asked to and received from the referee. Players must substitute from the half line of the field. Each player will play at least half the game except in the case of injuries, sickness, ejection, and/or disciplinary action. (FIFA Rules)

Offsides-Flagrant/Obvious Offsides will be called during the game. This is at the discretion of the referee.

Score-The score at the end of a match is whatever the kids think it is. NO standings are kept.

Updated 8/25/2010

U12 RULES

- **Shin guards are REQUIRED for all players during all practices, games, and scrimmages. The guards are to be wholly covered by socks and the referee/facilitator may ask for an equipment adjustment during a game if they feel there is a safety concern.**
- **Slide Tackling is NOT permitted for any Recreation teams; including, but not limited to, practices, games, or scrimmages.**
 - **During Games**
 - The offending player may be removed from the game for a substitution.
 - The player and coach are cautioned/warned by the referee.
 - The offending player is allowed to re-enter the game at the next allowable substitution.
 - **Coaches are not permitted to teach, promote, or allow slide-tackling.**
- **The League will provide the uniform or direction as to the allowable uniform. Federation Internationale de Football Association (FIFA) is the world-wide governing body for soccer. <http://www.fifa.com/>**

Team Size

These age groups will play 8v8 on the field with a roster size of no more than twice the numbers of players on the field. This allows for equal play among the players.

Practices

Practice for the U12 age group may consist of no more than 2 sessions a week for a maximum of 90 minutes each.

Goalkeepers

Goalkeepers are used in the U12 age group. It is encouraged to rotate the goalkeepers throughout all the players to even out the playing time.

Ball size-Ball size used for games and practice shall be a size 4.

Length of Game

There will be two thirty minute halves with a five-minute period at half time.

Goal/Corner/Penalty Kicks

FIFA Rules-The referee will call all goal/corner/penalty kicks.

Throw-Ins

FIFA Rules- Throw-ins are used for all out-of-bound balls going over the sidelines and are **INDIRECT**.

Instruction during the Game

U12 and older team coaches must ask and receive permission from the referee before entering the field for any reason. Coaches are asked to remain on their team's half of the sideline during play.

Substitutions

FIFA Rules-Substitutions are made at the stoppage times in the game. Permission must be asked to and received from the referee. Players must substitute from the half line of the field. Each player will play at least half the game except in the case of injuries, sickness, ejection, and/or disciplinary action.

Offsides

FIFA Rules-Offsides will be called during the game.

Score-The score at the end of a match is whatever the kids think it is. NO standings are kept.

Updated 8/25/2010

U14 - 19 RULES

- **Shin guards are REQUIRED for all players during all practices, games, and scrimmages. The guards are to be wholly covered by socks and the referee/facilitator may ask for an equipment adjustment during a game if they feel there is a safety concern.**
- **Slide Tackling is NOT permitted for any Recreation teams; including, but not limited to, practices, games, or scrimmages.**
 - **During Games**
 - The offending player may be removed from the game for a substitution.
 - The player and coach are cautioned/warned by the referee.
 - The offending player is allowed to re-enter the game at the next allowable substitution.
 - **Coaches are not permitted to teach, promote, or allow slide-tackling.**
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Team Size

These age groups will play 11v11 on the field with a maximum of 18 on the team roster.

Practices

Practice for the U14 - U19 age groups may consist of no more than 2 sessions a week for a maximum of 90 minutes each.

Goalkeepers

Goalkeepers are used in the U14 - U19 age groups. It is encouraged to rotate the goalkeepers throughout all the players to even out the playing time.

Ball size

Ball size used for games and practice shall be a size 5.

Length of Game

U14. There will be two thirty minute halves with a five minute period at half time.

U16. There will be two thirty-five minute halves with a five minute period at half time.

U19. There will be two forty-five minute halves with a five minute period at half time.

Goal/Corner/Penalty Kicks

FIFA Rules.

Throw-Ins

FIFA Rules.

Instruction during the Game

U14 and older team coaches must ask and receive permission from the referee before entering the field for any reason.

Coaches are asked to remain on their team's half of the sideline during play.

Substitutions

FIFA Rules. Each player will play at least half the game except in the case of injuries, sickness, ejection, and/or disciplinary action.

Offsides

FIFA Rules