



Youth Rules Summary Coaches/Referees



	U-6 age cut-off July 31	U-7 age cut-off July 31	U-9 age cut-off July 31	U-11 age cut-off July 31	JR Varsity 6, 7 & 8 Grades	VARSITY 6, 7 & 8 Grades	U-18 age cut-off July 31
Referee	NO	YES	YES	YES	YES	YES	YES
Ball Size	3	3	4	4	5	5	5
# of Players	4 v 4 NO Goalie	6 v 6 1 must be a Goalie	8 v 8 1 must be a Goalie	9 v 9 1 must be a Goalie	8 v 8 1 must be a Goalie	11 v 11 1 must be a Goalie	11 v 11 1 must be a Goalie
Duration of Game	4-8 minute Qtrs 5 min half time Each player must play half of the game	4-10 minute Qtrs 5 min half time Each player must play half of the game	2-25 min Halves 5 min half time Each player must play half of the game	2-30 min Halves 5 min half time Each player must play half of the game	2-30 min Halves 5 min half time Each player must play half of the game	2-35 min Halves 5 min half time Each player must play a min. of 9 min. per game	2-40 min Halves 5 min half time Each player must play a min. of 9 min. per game
Equipment	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS	Shin-guards Socks that cover shin-guards RAC Uniform only Soccer Shoes NO TOE CLEAT NO JEWELRY NO EXCEPTIONS
Slide Tackles	NOT ALLOWED	NOT ALLOWED	Allowed, but not from behind	Allowed, but not from behind	Allowed, but not from behind	Allowed, but not from behind	Allowed, but not from behind
Build Out Line	Promotes playing the ball out of the back in a less pressured setting. When the Goalkeeper has the ball, either during live play (from an opposing) or from a goal kick.						
U-7 & U-9	Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is NOT allowed.) Build Out Lines is used for offside on U-9 too.						
Free Kicks	No Offsides, no Penalty Kicks Only Indirect Can't Score from Kick-Off	No Offsides, no Penalty Kicks Can't Score from Kick-Off Coach allowed behind goal	Players can NOT Head the ball Can't Score from Kick-Off Coach allowed behind goal	Players can NOT Head the ball Can't Score from Kick-Off Coach allowed behind goal	USSF Can't Score from Kick-Off Coach allowed behind goal	USSF Can't Score from Kick-Off Coach allowed behind goal	USSF Can't Score from Kick-Off Coach allowed behind goal
Throw-ins	Yes	2 Attempts	1 Attempt	Retry until ½ of season	No Retry	No Retry	No Retry
Substitutions	In the middle of each quarter or at the end of a quarter	Both Teams on any Throw-ins Goal Kicks After Goals Corner Kicks * Injury	Both Teams on any Throw-ins Goal Kicks After Goals Corner Kicks * Injury	Both Teams on any Throw-ins Goal Kicks After Goals * Injury	USSF *Ether team goal kick or after a score *Team in possession throw-in * Injury	USSF *Ether team goal kick or after a score *Team in possession throw-in * Injury	USSF *Ether team goal kick or after a score *Team in possession throw-in * Injury
Cards	Coaches Referee No Cards	Yellow or Red	Yellow or Red	Yellow or Red	Yellow or Red	Yellow or Red	Yellow or Red

Parents & fans must sit on the opposite side of the field from the player benches

Weather: [please register at Notify Me](#) - Sign up for alerts (text messages and/or emails) at [rogersar.gov](#)

GENERAL ZERO TOLERANCE REGARDING PROFANITY/INAPPROPRIATE LANGUAGE/INAPPROPRIATE ACTIONS.
THIS IS A RECREATION YOUTH LEAGUE USED TO TEACH THE FUNDAMENTAL SKILLS OF SOCCER IN A SAFE/FUN ENVIRONMENT - WE ARE HERE FOR THE PLAYERS!