

Mountain Recreation Youth Soccer Rules

	5-6 yo	7-8 yo	9-11 yo
Field Size Range	Length: 30-40 yd Width: 20-25 yd	Length: 54-60 yd Width: 32-34 yd	Length: 56-64 yd Width: 33-40 yd
Goal Size	Height: 4' Width: 6'	Height: 6.5' Width: 12'	Height: 6.5' Width: 18'
Ball Size	3	4	4
Players	4v4, no GK	5v5	7v7
Game Length	Four 8-min. quarters	Four 10-min. quarters	Two 25-min. halves

All rules follow US Soccer's Laws of the Game unless otherwise specified

All Ages:

- Each participant is required to have an equal amount of playing time.
- Players line in the chart above reflect the number of players on the field including the goalie (for example, 5v5 includes 4 players plus 1 goalie allowed on the field).
- Heading the ball is not allowed.
- The goalkeeper is not allowed to punt/drop kick the ball. For 9+ years old, keepers will get one warning/re-do, then it is an indirect free-kick from the spot of infringement.
- No standings will be kept.

3-8 Years Old:

- Coaches will officiate games.
- Slide tackling is not allowed.
- Shin guards are encouraged, but not required.
- Offsides will not be called.
- Players will re-do mistakes (i.e. incorrect throw-in's)
- When the goalkeeper has the ball in hand or is taking a goal kick, the opposing team must be behind the midfield line.

9+ Years Old:

- Mountain Recreation staff will officiate games.
- Players will not be carded, but referees may sit a player out for unnecessary roughness.
- Offsides will only be called within approximately 20-25 yd of the goal (not starting at midfield). This is called the "build out line."
- Shin guards and socks are required. Hats are not allowed.
- Slide tackling is allowed.
- Incorrect throw-in's will result in a turnover after one team warning.
- All fouls/misconduct will result in an indirect kick, except deliberate handballs (typically a yellow card) and fouls in the penalty area and DOGSO's (all would result in a penalty kick, except a DOGSO outside of the box).

- Mercy rule: games will not be called early; however, if a team is up 5+ goals, they will play down a player (6v7). **This is usually a cause of complaints from parents, but it will lead to better skill development as the team behind will have a better chance at advancing the ball and the team ahead will have the chance to work on better spacing and ball control.**
- **Build out line:**
 - When the goalkeeper has the ball in hand or is taking a goal kick, the opposing team must be behind the build out line.
 - When the ball is out of the keeper's hand or has been played, the opposing team may run up.
 - If the keeper plays the ball before the referee gets the opposing team back, the ball is live.
- Player substitutions may be substituted with the consent of the referee at any ball-out-of-play situation.
- *Build out line: When the goalkeeper has the ball in hand or is taking a goal kick, the opposing team must be behind the build out line. o When the ball is out of the keeper's hand or has been played, the opposing team may run up. o If the keeper plays the ball before the referee gets the opposing team back, the ball is live .*

General Info:

- Practice cancellations are at the discretion of coaches. Game cancellation are at the discretion of Mountain Recreation. Games will be cancelled in the event of lightning within 8 miles on WeatherBug, unsafe field conditions, or an air quality above 150 on Purple Air.
- Mountain Recreation will provide: jerseys, balls, goalkeeper gloves, and training equipment. Goalkeepers will need to wear a different shirt or wear a provided training jersey.
- Parents should be familiar with the Parent Code of Conduct.