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| **Guidelines** | **U6** | **U8** | **U10** | **U12** | **U15 & 19** |
| **Game Length** | 5-minute quarters (4) | 10-minute quarters (4) | 25-minute halves (2) | 30-minute halves (2) | 30-minute halves (2) |
| **Referees** | Coaches will be the referee | 1 referee from the club | 1 referee from the club | 2 referees from the club | 1 referee from the club  2 AR’s (club or team provided) |
| **Scoring** | No Overtime is played. | 5-goal rule: If a team beats another team by more than 5 goals, consequences will be issued.  No Overtime is played. | 5-goal rule: If a team beats another team by more than 5 goals, consequences will be issued.  No Overtime is played | 5-goal rule: If a team beats another team by more than 5 goals, consequences will be issued to the coach  No Overtime is played | 6-goal rule: If a team beats another team by more than 6 goals, consequences will be issued to the coach.  No Overtime is played |
| **Ball Size** | 3 | 3 | 4 | 4 | 5 |
| **Size of Goals** | 4’ x 6’ | 6’ x 8’ | 6’ x 12’ or 6’ x 18’ | 6’ x 18’ | 8’ x 24’ |
| **Corner Kicks** | NO | YES | YES | YES | YES |
| **Offside / Penalty Kicks /Free Kicks** | None  None  All kicks are indirect | Offside – NO  Penalty Kicks - NO  All kicks are indirect | Offside- YES  Attacking side of mid-field line  Penalty Kicks - YES  Free Kicks both direct & indirect | Offside- YES  Attacking side of mid-field line  Penalty Kicks - YES  Free Kicks both direct & indirect | Offside – YES  Attacking side of mid-field line  Penalty Kicks - YES  Kicks both direct & indirect |
| **Players on the Field**  **Per team** | 3 (no goal keepers) | 5 (including a goalie)  3 minimum to start | 7 (including a goalie)  5 minimum to start | 9 (including a goalie)  7 minimum to start. | 11 (including a goalie)  7 minimum to start. |
| **Players** | Must be born in 2018 or 2019.  Can only play for one soccer club program per season | Must be born in 2016 or 2017.  Can only play for one soccer club program per season | Must be born in 2014 or 2015.  Can only play for one soccer club program per season | Must be born in 2012 or 2013.  Can only play for one soccer club program per season | Must be born in 2009-2011 & 2005-2008.  Can only play for one soccer club program per season |
| **Uniforms** | Gray (Home) Blue (Away)  Shin guards  Proper Footwear | Gray (Home) Blue (Away)  Shin guards  Proper Footwear | Gray (Home) Blue (Away)  Shin guards  Proper Footwear | Gray (Home) Blue (Away)  Shin guards  Proper Footwear | Gray (Home) Blue (Away)  Shin guards  Proper Footwear |
| **Playing Time** | Each player must play 3 quarters before any player can play full game | Each player must play 3 quarters before any player can play full game | Each player must play at least 25 minutes per game | Each player must play at least 30 minutes per game | Each player must play at least 30 minutes per game |
| **Substitutions** | Substitutions made between quarters | Substitutions made between quarters | Unlimited substitutions on all throw-ins, goal kicks, following a  goal or injury | Unlimited substitutions on all throw-ins, goal kicks, following a  goal or injury | Unlimited substitutions on all throw-ins, goal kicks, following a  goal or injury |
| **Location of Coaches & Parents** | Coaches & players on one  side of the field, parents/spectators on the opposite side.  Coaches will be on the field | Coaches and players on one  side of the field, parents/spectators on the opposite side.  Coaches will be on the field for part of the season. | Coaches and players on one  side of the field, parents/spectators on the opposite side.  No coaches on the field. | Coaches and players on one  side of the field, parents/spectators on the opposite side.  No coaches on the field. | Coaches and players on one  side of the field, parents/spectators on the opposite side.  No coaches on the field. |
| **Goal Kicks/GK Possession** | Defensive players must retreat to the halfway line on all goal kicks | Defensive players must retreat to halfway line on all goal kicks/GK possession | Defensive players must retreat to the dashed retreat line on all goal kicks/GK possession | No restrictions apply | No restrictions apply |
| **Heading/Punting** | NO HEADING  NO PUNTING | NO HEADING  NO PUNTING or DROP-KICKS | NO HEADING  NO PUNTING or DROP-KICKS | NO HEADING  NO PUNTING or DROP-KICKS | HEADING IS PERMITTED  PUNTING IS PERMITTED |

