

RECREATION GAME RULES

Parent rule guide

U5 boys and Girls play 4 V 4 (Soccer cleats OPTIONAL)

Encouraging space between players, no hands on Ball, Kick-ins and No goal keepers encourage scoring. Diamond shape if possible.

U6 Boys and Girls play 5 V 5 (Soccer cleats OPTIONAL)

Introduce playing with 1 Forwards, 1 Midfielder and 3 Defenders. No hands on the ball, kick -ins. No Goal keepers to Encourage scoring success!

U7 Boys and Girls play 5 V 5 (Soccer cleats MANDATORY)

Play 1 Forwards, 1 Midfielder and 3 Defenders; introduce throw-ins, Corner kicks, No goal keepers to encourage scoring

U8 Boys and Girls play 6 V 6 (Soccer cleats MANDATORY)

Play 1 Forward, Midfielder and 3 Defenders And 1 Goal Keeper, Introduce goalkeeping to soccer, Will play some Game with Ref's, no score is kept, Throw-in and Corner kicks.

It is recommended for the U7-U8 that are trying to learn actual positions, keep them in the position for the entire game and change at next practice or next game. Constantly changing positions may only confuse the player. Stop play and take teaching moments to teach the players at the moment what they did wrong and how they could improve it.

When the team scores congratulate the entire team it was a team effort. Play will resume with a kick off in the center of the field by the team that did not score. The coaches from the two teams will decide which team will start off with the ball and after half the other team should start the second half with the ball in the center of the field with a kick off.

All players must have Shin Guards on to play! NO EXCEPTIONS! Practice or games.

No Score will be kept at any level!

No hands should touch the ball except on a throw in at the appropriate age level. If it does, instruct the player what happened and let the opposite team take the ball. With a free kick.

For Practices:

Guidelines are 40 minutes of practice games to encourage everyone to touches the ball and 20 minutes of a scrimmage your own team or the other team on the field at the same time you are on the field coach's choice.

For Games

Take the first 10 minutes to warm up with games and touches on the ball.

Then play 20 minutes half's with 5 minute break for half time. Time runs continuously no stopping the clock.

Throw-ins

No throw- ins – For the U5 & U6 players they will have Kick-ins at the point where the ball went out of bounds taken by the opposite team.

Results form the ball going out of bounds on either sideline (touch line). Opposing team picks up the ball, the ball must go over the players head and both feet must stay on the ground while throwing the ball in play. Player taking the throw-in must have their feet on the out of bounds line. For U7, U8, U9/10 players.

No Goal keepers until U8

This is to encourage scoring and player success. Once the Goal Keeper touches the ball the opposing players cannot touch or kick the goal keeper. We need to protect the Goal Keepers! Goal keepers can only handle the ball in the Goal box. If touching the ball outside the goal box they must use their feet!

Corner kicks

Results when the defending team kicks the ball across the end line of the goal they are defending. Offensive team places the ball in the corner of the field on the side the ball went out of play. Have the players stand back 10 yards and encourage movement of players to get open for a pass or the ball.

Goal Kicks

Results when the offensive team kicks the ball across the end line by the goal they are trying to score on. The ball is turned over to the other team and is placed on the corner of the goal box and a defender or the Goal keeper when it applies may take the kick. Have the players stand back 10 yards.

U5 boys and Girls play 4 V 4 (Co-Ed Teams)

(Soccer cleats OPTIONAL)

- Encouraging space between players
- no hands on Ball
- Kick-ins (at the point where the ball went out of bounds taken by the opposite team)
- No goal keepers encourage scoring
- Diamond shape, if possible.
- All players **must have Shin Guards on to play! NO EXCEPTIONS!** Practice or games.

Time (length)

Practice

- 40 minutes of practice games to encourage everyone to touches the ball
- 20 minutes of a scrimmage your own team or the other team on the field at the same time you are on the field coach's choice.

Games

- Take the first 10 minutes to warm up with games and touches on the ball.
- Then play 20 minutes half's with 5 minute break for half time. Time runs continuously no stopping the clock.

U6 boys or Girls play 5 V 5 (Co-Ed Teams) (Soccer cleats OPTIONAL)

- Encouraging space between players
- Introduce playing positions (forward, midfield, defender):
1-forward; 1 midfield; 3 defenders
- Keep players in the position for the entire game and change at next practice or next game. *Constantly changing positions may only confuse the player.*
- no hands
- Kick-ins (at the point where the ball went out of bounds taken by the opposite team)
- No goal keepers to encourage scoring
- Encourage passing
- All players **must have Shin Guards on to play! NO EXCEPTIONS!** Practice or games.
- **NO SCORE KEPT**

Time (length)

Practice

- 40 minutes of practice games to encourage everyone to touches the ball
- 20 minutes of a scrimmage your own team or the other team on the field at the same time you are on the field coach's choice.

Games

- Take the first 10 minutes to warm up with games and touches on the ball.
- Then play 20 minutes half's with 5 minute break for half time. Time runs continuously no stopping the clock.

U7 boys or Girls play 5 V 5 (Co-Ed Teams) (Soccer cleats MANDATORY)

- Encouraging space between players
- Introduce Corner Kicks
- Introduce “Throw ins”: *Player taking the throw-in must have their feet on the out of bounds line*
- Familiarize with playing positions (forward, midfield, defender):
1-forward; 1 midfield; 3 defenders
- Keep players in the position for the entire game and change at next practice or next game. *Constantly changing positions may only confuse the player.*
- no hands
- No goal keepers to encourage scoring
- Encourage passing
- All players **must have Shin Guards on to play! NO EXCEPTIONS!** Practice or games.
- **NO SCORE KEPT**

Time (length)

Practice

- 40 minutes of practice games to encourage everyone to touches the ball
- 20 minutes of a scrimmage your own team or the other team on the field at the same time you are on the field coach’s choice.

Games

- Take the first 10 minutes to warm up with games and touches on the ball.
- Then play 20 minutes half’s with 5 minute break for half time. Time runs continuously no stopping the clock.

U8 boys or Girls play 6 V 6 (Single Sex Teams) (Soccer cleats MANDATORY)

- Introduce **Goalkeeper** position
- Encouraging space between players
- Corner Kicks
- **Throw ins:** Player taking the throw-in must have their feet on the out of bounds line
- Familiarize with playing positions (forward, midfield, defender):
1-forward; 1-midfield; 3-defenders; 1-goalkeeper
- Keep players in the position for the entire game and change at next practice or next game. *Constantly changing positions may only confuse the player.*
- no hands
- Encourage passing
- All players **must have Shin Guards on to play! NO EXCEPTIONS!** Practice or games.
- Have some games with refs (to get used to games with referees)
- **NO SCORE KEPT**

Time (length)

Practice

- 40 minutes of practice games to encourage everyone to touches the ball
- 20 minutes of a scrimmage your own team or the other team on the field at the same time you are on the field coach's choice.

Games

- Take the first 10 minutes to warm up with games and touches on the ball.
- Then play 20 minutes half's with 5 minute break for half time. Time runs continuously no stopping the clock.

U9/U10 boys or Girls play 6 V 6 (Single Sex Teams) (Soccer cleats MANDATORY)

- Continue working on **Goalkeeper** position
- Encouraging space between players
- Corner Kicks
- **Throw ins:** Player taking the throw-in must have their feet on the out of bounds line
- Familiarize with playing positions (forward, midfield, defender):
1-forward; 1-midfield; 3-defenders; 1-goalkeeper
- Keep players in the position for the entire game and change at next practice or next game. *Constantly changing positions may only confuse the player.*
- no hands
- Encourage passing
- All players **must have Shin Guards on to play! NO EXCEPTIONS!** Practice or games.
- All games will have 1 center ref (same as traveling league)
- 1 - 2 coaches
- **NO SCORE KEPT**

Time (length)

Practice

- 40 minutes of practice games to encourage everyone to touches the ball
- 20 minutes of a scrimmage your own team or the other team on the field at the same time you are on the field coach's choice.

Games

- Take the first 10 minutes to warm up with games and touches on the ball.
- Then play 20 minutes half's with 5 minute break for half time. Time runs continuously no stopping the clock.