

Rule Summary Matrix for Recreational Games Westfield Youth Soccer Association FALL 2022)

AGE GROUP (AGE BY CALENDAR YEAR)	PLAYERS ON FIELD	MAX PLYRS PER TEAM	MIN PLAYING TIME	BALL SIZE	FIELD SIZE	GOAL SIZE	GAME LENGTH AND PERIODS	Free Kicks	PASS BACK TO GK HANDS?	ON FIELD COACH	OFF- SIDE RULE	GOAL DIRECTLY FROM A KICK OFF?	SUBS	PENLTY KICKS	HEADING THE BALL	OTHER
U5 (must turn 4 years old by Dec 31 of that year) U6	3 v 3 no goalie no stopper	12 2 groups of 6	Equal	3	20 X 25	4 x 8	4 quarters 10 minutes per quarter (subs @ 5 min) (each player plays equal amount)	All indirect	N/A	Coach allowed on field	No	No	At 5 min half or if tired	No	If a player, who is playing in the U5/U6 division, deliberately heads the ball in a game, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the offense. If the deliberate header occurs near the goal, the indirect free kick should be taken from a point about 6 yards from the goal line.	On goal kicks, the defending team must be in its half of the field until the ball is put in play. U5/U6 teams do NOT have to switch goals at halftime. COACH RESTARTS PLAY ON THROW-INS AND CORNER KICKS BY ROLLING A BALL INTO PLAY
U7	4 v 4 No goalie	8	Equal	3	30x20	4 x 8	4 quarters 11 minutes per quarter (subs @ 5 6 min) (each player plays equal amount)	All indirect	N/A	Coach allowed on field	No	No	On deadball or injuries or if tired	No	If a player, who is playing in the U7 division, deliberately heads the ball in a game, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the offense. If the deliberate header occurs near the goal, the indirect free kick should be taken from a point about 6 yards from the goal line.	A 4 yd arc will be placed in front of each goal to keep players from being a goalie or camping out. Players should not enter the arc unless the ball is there first. Remedy is stop play and an IFK to the other team. On goal kicks, the defending team must be in its half of the field until the ball is put in play. COACHES RESTART PLAY ON THROW-INS AND CORNER KICKS BY ROLLING A BALL INTO PLAY
U8	4 v 4 No goalie	8	Equal	3	30x20	4 x 8	4 periods 12 minutes per period (each player plays equal amount)	All indirect	N/A	Coach from touchline	No	Yes	On deadball or injuries or if tired	No	If a player, who is playing in the U8 division, deliberately heads the ball in a game, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the offense. If the deliberate header occurs near the goal, the indirect free kick should be taken from a point about 6 yards from the goal line.	A 4 yd arc will be placed in front of each goal to keep players from being a goalie or camping out. Players should not enter the arc unless the ball is there first. Remedy is stop play and an IFK to the other team. On goal kicks, the defending team must be in its half of the field until the ball is put in play. THROW-INS WILL BE TAKEN AS KICK-INS ON THE TOUCHLINE. TRY TO RESTART PLAY AS SOON AS POSSIBLE. Coaches are not to instruct in these stoppages.

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U10	7 v 7 6 on field plus 1 goalie	12	Equal *	4	45X30	6 X 12	2 halves 25 minutes (each player plays equal amount)	Direct and indirect per FIFA	OK FOR THE FIRST TWO GAMES AND REFEREE SHOULD WARN GOALIE. AFTER FIRST TWO GAMES THEN AN IFK where GK picks up or touches ball	Coach from touchline	YES BUT OFFSIDE OCCURS AT THE BUILDOUT LINE NOT THE HALFWAY LINE	Yes	Possession throw-in, any goal kick, after a goal, any injury	Yes, 8 yd from goal line	If a player, who is playing in the U10 division, deliberately heads the ball in a game, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the offense. If the deliberate header occurs near the goal, the indirect free kick should be taken about 6 yards from the goal line parallel to the goal line at the point nearest to where the infringement occurred.	Goalie may not punt the ball (may drop-kick, throw, roll, or place on ground and kick over half-way line); remedy is the ball returned to the goalie to restart correctly. This is to encourage teams to build from the back. Goal kicks may be placed anywhere inside the penalty area. When there is a goal kick or the goal keeper has possession in his/her hands, the opponents must drop behind the halfway line, except for two defenders who may be between the halfway and buildout line which is found 14 yards from each goal line, until the ball is distributed into play.
U12	9 v 9 - 8 on field + 1 goalie (may go down to 8 v 8 if short)	13	Equal*	4	75X45	7 X 21	2 halves 30 minutes per half (each player plays equal amount)	Direct and indirect per FIFA	No, IFK where GK picks up or touches ball	Coach from touchline	Yes	Yes	Possession throw-in, any goal kick, after a goal, any injury	Yes, 10 yd from goal line	If a player, who is playing in the U12 division, deliberately heads the ball in a game, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the offense. If the deliberate header occurs in the goal area, the indirect free kick should be on the goal area line parallel to where the infringement occurred.	
U14 Coed	FALL 22 FORMAT IS 9V9 BUT CAN BE IN ANY SEASON, 7v7 - 6 FIELD PLAYERS + 1 GOALIE (MAY GO TO 8 V 8 IF BOTH COACHES AGREE)	13	Playing time is "earned" - attending practices, working hard, being respectful, etc.	5	75X45	8 X 24	2 halves 35 minutes per half	Direct and indirect per FIFA	No, IFK where GK picks up or touches ball	Coach from touchline	Yes	Yes	Possession throw-in, any goal kick, after a goal, any injury	Yes, 12 yd from goal line		ALL GOALS ONE POINT
High School Coed (ages 14, 15, 16, 17, and 19)	7v7 - 6 FIELD PLAYERS + 1 GOALIE (MAY GO TO 8 V 8 IF BOTH COACHES AGREE)	13	Playing time is "earned" - attending practices, working hard, being respectful, etc.	5	75X45	8 X 24	2 halves 35 minutes per half	Direct and indirect per FIFA	No, IFK where GK picks up or touches ball	Coach from touchline	Yes	Yes	Possession throw-in, any goal kick, after a goal, any injury	Yes, 12 yd from goal line		ALL GOALS ONE POINT

RULES FOR ALL AGE GROUPS

1. No slide tackling, including no slide tackling of a player or the ball by goal keepers (remedy is an indirect free kick unless a foul is committed which would result in a direct free kick or penalty kick, such as tripping or kicking)
2. If a player is ejected (i.e., receives a red card), he/she is removed from the game and his/her team must play down a player. The offending player receives a one game suspension for the next scheduled game.
3. During the regular season, if a team is short players, the other team will play down to the amount of players the team that is short is fielding.
4. During the tournament, if a team is short players, it is at the discretion of the other coach whether to play down or not. It is recommended that they play down but not required.
5. If a player is issued a caution (yellow card), the player must exit the field and be replaced by another player. The player may reenter at the next substitution opportunity for his/her team.