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## U10 Recreation Soccer Quick Rules

### Equipment

- ◆ Size 4 Soccer Ball
- ◆ Shin guards mandatory
- ◆ Players need to wear tennis shoes or soccer cleats, no baseball or metal toed cleat
- ◆ No jewelry

### Players

- ◆ 11 players on the field at one time, including a goalie
- ◆ Each player will get equal playing time and all positions rotated
- ◆ Substitutions only when there is throw-in by either team; or whenever there is a goal kick

### Start of Game

- ◆ Team that wins coin toss chooses side to attack. The other team takes the kickoff.
- ◆ Kickoff at start of each quarter, kickoff after each goal
- ◆ Each team member must be in their half of field at kickoff, opposing team must be outside center circle
- ◆ The player taking the kickoff may not touch the ball again until it's been touched by another player.
- ◆ A goal cannot be scored directly from the kickoff

### The Game

- ◆ 10 minute quarters - four quarters - total time 40 minutes
- ◆ 5 minute halftime, change directions at the half
- ◆ Goalies can only pick up ball in Penalty Area
- ◆ Unintentional fouls result in an Indirect Free Kick
- ◆ Intentional fouls result in a Direct Free Kick

#### Offenses

1. Kicks or attempts to kick an opponent
  2. Trips and opponent
  3. Jumps at an opponent
  4. Charges an opponent
  5. Strikes or attempts to strike an opponent
  6. Pushes an opponent
  7. Opponent makes contact with the opposing player before contact is made with the ball
  8. Holds and opponent
  9. Spits at an opponent
  10. Handles the ball deliberately
- ◆ No penalty kicks
  - ◆ **Proper throw-in requires**
    1. The thrower faces the field
    2. Throw the ball with both hands
    3. Directly over and behind his/her head
    4. Both feet on the ground
    5. On or behind the touch line
    6. A second throw-in must be allowed if the player commits a foul on the initial attempt. The official shall explain the proper method before allowing the player to re-throw.
  - ◆ Off-Sides will be called
  - ◆ No slide tackling



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## U12 Recreation Soccer Quick Rules

### U12 Recreation Soccer

#### **Equipment**

- ◆ Size 4 Soccer Ball
- ◆ Shin guards mandatory
- ◆ Players need to wear tennis shoes or soccer cleats, no baseball or metal toed cleat
- ◆ No jewelry

#### **Players**

- ◆ 11 players on the field at one time, including a goalie
- ◆ Each player will get equal playing time and all positions rotated
- ◆ Substitutions only when there is throw-in by either team; or whenever there is a goal kick

#### **Start of Game**

- ◆ Team that wins coin toss chooses side to attack. The other team takes the kickoff.
- ◆ Kickoff at start of each quarter
- ◆ Kickoff after each goal
- ◆ Each team member must be in their half of field at kickoff, opposing team must be outside center circle
- ◆ The player taking the kickoff may not touch the ball again until it's been touched by another player.
- ◆ A goal cannot be scored directly from the kickoff

#### **The Game**

- ◆ 10 minute quarters - four quarters - total time 40 minutes
- ◆ 5 minute halftime, change directions at the half
- ◆ Goalies can only pick up ball in Penalty Area
- ◆ Unintentional fouls result in an Indirect Free Kick
- ◆ Intentional fouls result in a Direct Free Kick

#### **Offenses**

1. Kicks or attempts to kick an opponent
  2. Trips and opponent
  3. Jumps at an opponent
  4. Charges an opponent
  5. Strikes or attempts to strike an opponent
  6. Pushes an opponent
  7. Opponent makes contact with the opposing player before contact is made with the ball
  8. Holds and opponent
  9. Spits at an opponent
  10. Handles the ball deliberately
- ◆ No penalty kicks
  - Proper throw-in requires**
    7. The thrower faces the field
    8. Throw the ball with both hands
    9. Directly over and behind his/her head
    10. Both feet on the ground
    11. On or behind the touch line
    12. A second throw-in must be allowed if the player commits a foul on the initial attempt. The official shall explain the proper method before allowing the player to re-throw.
  - ◆ Off-Sides will be called
  - ◆ No slide tackling