

General Rules (All Divisions)

All divisions are governed by MLS GO Rules; however, the Department of Recreation have made modifications to better fit each division. Please see the Program Coordinator over the program with any questions or clarifications.

- Participants will be provided with uniform tops, shorts, & socks
- Participants will need to provide their own shin guards and shoes.
 - Rubber cleats are suggested but not required, gym shoes are acceptable.
 - Shin guards are required for all players. The shin guards should be NO higher than 2 inches above the ankle and should also cover the ankle area. (Please see a staff member if you have questions regarding the correct protective equipment).
- Do-rags, hair beads, and jewelry (including earrings) are not permitted during practice or games.
- No head balls are allowed.
- Good sportsmanship is a priority in the program, referees and coaches will ensure that participants are consistently showing good sportsmanship to all participants including opposing team, coaches, officials, and parents.
 - The referee will remove a player(s) if he/she witnesses any unsportsmanlike conduct such as but not limited to inappropriate language, talk, or excessively physical play.
- Standings will be kept for 9U & 12U divisions. (No score will be kept for 4U & 6U)

4U Division (3–4-year-olds)

- 3 players on the field: 3 playing the field and NO goalie – NO score is kept
- Field Size: 25 yards by 20 yards
- Ball Size: Size 3 soccer ball
- Length of Game: Four 8-minute quarters with 4-minute break. The game clock will be continuous EXCEPT for injuries or time outs.
- Ball is “in play” until a whistle is blown by the referee.
- The Away team will receive the ball first, possession then alternates at each quarter. Teams will NOT switch sides after halftime.
- Out-of-Bounds plays will restart with a kick-in or goal-kick. Throw-ins or corner kicks are allowed if player/coach feels comfortable.
- All kicks will be “indirect,” meaning you cannot score directly off this type of kick.
 - A player from either team must touch the ball prior to a goal being scored.
- NO leaving your feet or slide tackling at any time. Offending players may be asked to sit down – referee’s discretion.
- Examples of fouls that will be called include tripping, pushing, and holding. Restart for fouls will be an indirect kick.
- Continuous play is encouraged unless a stoppage is required (injury, time out, etc.). A restart would be with an indirect kick from the team having possession last.
- One coach can be on the field during the game to help direct players – an assistant coach is required to supervise players on the bench.

6U Division (5–6-year-olds)

- 3 players on the field: 3 playing the field and NO goalie – NO score is kept.
- Field Size: 25 yards by 20 yards
- Ball Size: Size 3 soccer ball
- Length of Game: Four 8-minute quarters with a 4-minute break in between quarters. The game clock will be continuous EXCEPT for injuries or time outs.
- Ball is considered in play until a whistle is blown by the referee.
- The Away team will receive the ball first, possession then alternates at each quarter. Teams will NOT switch sides after halftime.
- Out-of-Bounds plays will restart with a throw-in, goal kicks, or corner kicks. Players can have an extra attempt on throw-ins if the first try is not correct.
- All kicks will be “indirect,” meaning you cannot score directly off this type of kick.
 - A player from either team must touch the ball prior to a goal being scored.
- NO leaving your feet or slide tackling at any time. Offending players may be asked to sit down – referee’s discretion.
- Examples of fouls that will be called include tripping, pushing, and holding. Restart for fouls will be an indirect kick.
- Continuous play is encouraged unless a stoppage is required (injury, time out, etc.). A restart would be with an indirect kick from the team having possession last.
- One coach can be on the field during the game to help direct players – an assistant coach is required to supervise players on the bench.

9U Division (7–9-year-olds)

- 7 players on the field: six playing the field and one goalie.
- Field Size: 53 yards by 35 yards
- Ball Size: Size 4 soccer ball
- Length of Game: Two 20-minute Halves with a 5-minute Halftime. The game clock will be continuous EXCEPT for injuries or time outs.
 - 2-60 sec timeouts per half
- Ball is considered in play until a whistle is blown by the referee.
- The Away team will receive the ball first, possession then alternates at each quarter. Teams will switch sides after halftime.
- Out-of-Bounds plays will restart with a throw-in, goal kicks, or corner kicks. Players can have an extra attempt on throw-ins if the first try is not correct.
- Direct kicks, indirect kicks and penalty kicks will be called.
- NO leaving your feet or slide tackling at any time. Offending players may be asked to sit down – referee’s discretion.
- Examples of fouls that will be called include tripping, pushing, and holding. Restart for fouls will be an indirect kick, depending on the referee’s call.

12U Division (10–12-year-olds)

- 7 players on the field: six playing the field and one goalie.
- Field Size: 53 yards by 35 yards
- Ball Size: Size 4 soccer ball
- Length of Game: Two 20-minute Halves with a 5-minute Halftime. The game clock will be continuous EXCEPT for injuries or time outs.
 - 2-60 sec timeouts per half
- Ball is considered in play until a whistle is blown by the referee.
- The Away team will receive the ball first, possession then alternates at each quarter. Teams will switch sides after halftime.
- Out-of-Bounds plays will restart with a throw-in, goal kicks, or corner kicks.
- Direct kicks, indirect kicks, penalty kicks, and off-sides will be called.
- NO leaving your feet or slide tackling at any time. Offending players may be asked to sit down – referee’s discretion.
- Examples of fouls that will be called include tripping, pushing, and holding. Restart for fouls will be an indirect kick, depending on the referee’s ca

