

Rules of Play Fall 2023	U6	U7	U8	U9	U10	U11/12	U14	High School
<b>Game Minutes</b>	24	32	40	40	50	60	60	60
<b>Breaks</b>	qtr	qtr	qtr	half	half	half	half	half
<b>Game Ball Size</b>	3	3	4	4	4	4	5	5
<b>Field Size</b>	25 x 30	30 x 40	35 x 45	40 x 60	55 x 80	55 x 80	70 x 110	
<b>Goal Size</b>	4x6	4x6	6.5x18.5	6.5x18.5	7x21	7x21	8x24	
<b>Game Format</b>	4v4 (-1)	4v4 (-1)	7v7 (-1)	7v7 (-1)	9v9 (-1)	9v9 (-1)	11v11 (-1)	
<b>Goalie</b>	No	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Goal Kicks</b>	Goal Area	Goal area	Goal area	Goal area / offensive team outside the Penalty Box	Goal area / offensive team outside the Penalty Box	Goal area / offensive team outside the Penalty Box	Goal area / offensive team outside the Penalty Box	Goal area / offensive team outside the Penalty Box
<b>Throw-Ins</b>	Rethrow OK	Rethrows OK	No Rethrows	No Rethrows	No Rethrows	No Rethrows	No Rethrows	No Rethrows
<b>Corner Kicks</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Offside Penalty</b>	No	No	No	Yes	Yes	Yes	Yes	Yes
<b>Fouls</b>	Indirect Kick	Indirect Kick	Indirect Kick	Direct/Indirect Kick	Direct/Indirect Kick	Direct/Indirect Kick	Direct/Indirect Kick	Direct/Indirect Kick
<b>Kick Distance</b>	5 yards	8 yards	8 yards	8 yards	10 yards	10 yards	10 yards	10 yards
<b>Penalty Kicks</b>	No	No	No	Yes	Yes	Yes	Yes	Yes
<b>Heading</b>	No	No	No	No	No	No	Yes	Yes
<b>Field Coaching</b>	all games	No	No	No	No	No	No	No
<b>Substitutions</b>	At End Of Quarter	At End Of Quarter	At End Of Quarter	Limited: goal-kicks, score, own throw-ins or during an injury stoppage with referee approval	Limited: goal-kicks, score, own throw-ins or during an injury stoppage with referee approval	Limited: goal-kicks, score, own throw-ins or during an injury stoppage with referee approval	Limited: goal-kicks, score, own throw-ins or during an injury stoppage with referee approval	Limited: goal-kicks, score, own throw-ins or during an injury stoppage with referee approval
<b>Build-out lines</b>			Build-out Lines/ no punts	Build-out Lines/ no punts	No punts	Punting allowed		

The home team is blue and supplies the Game ball(s).

Casts and Jewelry: In practices and games, players may wear padded casts (only by the discretion of the referee). No jewelry of any kind will be worn.

No plastic/medal hair pieces, beads, bobby pins, or barrettes. No Earrings allowed. Not even taped!

All teams MUST share players, if the opposing team needs players to play minimum on the field.

No team may borrow players from another age group. Players must only play within their age group.

Only 2 coaches per team on sidelines. U6 and U7 – 1 coach may be on each field with players.

Spectators must remain on the opposite side of the field from their own players, two yards from the touchline (sideline). May NOT be behind or next to the goal area – to include behind goal line at corners).

No MCSA Recreational team will play more players than the other team has on the field at any time. If at game time, the total numbers of substitutes are 4 or less (Both teams combined) teams may play the required numbers of players as SPECIFIED on the schedule - 1 player unless prohibited by the age group coordinator. When substitutions are 5 or more (Both teams combined) the two teams MUST share players as necessary so that games play with the maximum numbers for their age group per field as articulated on the Rules Of Play.