

Rules of Play Fall 2024	U6	U7	U8	U9	U10	U11/12	U14	High School
Game Minutes	24	32	40	40	50	60	60	60
Breaks	qtr	qtr	qtr	half	half	half	half	half
Game Ball Size	3	3	4	4	4	4	5	5
Field Size	25 x 30	25 x 30	40 x 60	40 x 60	55 x 70	55 x 70	70 x 110	55 x 70
Goal Size	4x6	4x6	6.5x18.5	6.5x18.5	7x21	7x21	8x24	7x21
Game Format	4v4 (-1)	4v4 (-1)	7v7 (-1)	7v7 (-1)	9v9 (-1)	9v9 (-1)	11v11 (-1)	7v7 (-1)
Goalie	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Goal Kicks	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
Throw-Ins	Rethrow OK	Rethrows OK	No Rethrows	No Rethrows	No Rethrows	No Rethrows	No Rethrows	No Rethrows
Corner Kicks	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Offside Penalty	No	No	No	Yes	Yes	Yes	Yes	Yes
Fouls	Indirect Kick	Indirect Kick	Indirect Kick	Direct/Indirect Kick	Direct/Indirect Kick	Direct/Indirect Kick	Direct/Indirect Kick	Direct/Indirect Kick
Kick Distance	5 yards	8 yards	8 yards	8 yards	10 yards	10 yards	10 yards	10 yards
Penalty Kicks	No	No	No	Yes	Yes	Yes	Yes	Yes
Heading	No	No	No	No	No	No	Yes	Yes
Field Coaching	Yes	Yes	No	No	No	No	No	No
Substitutions	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
Build-out lines			Build-out Lines/ no punting	Build-out Lines/ no punting	No punting	Punting allowed	Punting allowed	Punting allowed – but dependent on players keeping the ball in their playing field. Can be revised.

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.