**U6/U8 Tournament Rules** (4 v 4; minimum of 3 on a side)

* Size 3 ball
* 10-minute quarters (subbing at quarters unless injury)
* Quarter breaks will last for 2 minutes
* Halftime = 5 minutes
* All players must play 50% of game
* FIFA Laws of the Game are followed with the exceptions/comments noted below
  + No Offside Called
  + Free kick awarded to opposing team if a foul is committed
    - No penalty shots
  + No Goalies Allowed
    - Players are encouraged to not consistently remain within arms length of their own goal.
    - Coaches are encouraged to promote their players moving up and down the field based on ball positioning.
  + No Throw ins - Sideline kick ins only
  + End Line Kicks
    - Goal kicks are taken anywhere on the endline.
      * Kicker cannot kick the ball again until a teammate makes contact with the ball.
      * Opposing team is at the mid-field line.
    - When Defense kicks the ball over the end line, offense kicks ball in from the corner nearest to where the ball went out of bounds.
      * Kicker cannot kick the ball again until a teammate makes contact with the ball.
      * Opposing team is at least 5 yards away.
  + No heading: Deliberate heading results in an indirect kick at the location of the foul.
  + Coaches allowed on their offensive half of the field unless there is a referee.
    - With no referee present, coaches should never be near or behind the goal area, but should remain near the midline or a corner without the ball.
    - With a referee present, coaches should remain within 5 yards of the midline on their sideline.
  + In the event of a tie, a 10-minute overtime will be added (5 minutes, then 2 minute water break, then more 5 minutes). First goal wins. (golden goal).
  + If a tie still exists after 10 minutes of overtime a penalty kick shootout will break the tie.
    - no goalie
    - shoot 7 yards from goal
    - Three players will shoot. If still tied after 3, each team gets another kick until no longer tied (all players on roster must shoot prior to a player shooting again).

**U10 Tournament Rules** (7 v 7; minimum of 5 on a side)

* Size 4 ball
* 12-minute quarters (subbing at quarters unless injury)
* Quarter breaks will last for 2 minutes
* Halftime = 5 minutes
* All players must play 50% of game
* FIFA Laws of the Game are followed with the exceptions/comments noted below
  + Offside Called from Buildout Line to the goal line.
    - Players cannot be penalized for an offside offense between the halfway line and the build out line
  + Penalty Kicks/Free Kicks awarded for fouls
    - Opposing team must be 8 yards away on Free kicks
  + Goalies
    - No Punting after saves
  + Throw ins
    - Other team will earn the throw-in if player makes an improper throw
  + Corners and Goals Kicks
    - Opposing team must be 8 yards away on corner kicks
    - Opposing team to be behind build out line on goal kicks and goalie saves until the ball is put into play
  + No heading: Deliberate heading results in an indirect kick at the location of the foul.
  + In the event of a tie, a 12-minute overtime (6 minutes, water break, 6 minutes) will be added. First goal wins. (golden goal).
  + If a tie still exists after 12 minutes of overtime a penalty kick shootout will break the tie
    - Five players will shoot. If still tied after 5 shooters, each team gets another kick until no longer tied (all players on roster must shoot prior to a player shooting again)

**U12 Tournament Rules** (9 v 9; minimum of 6 on a side)

* Size 4 ball
* 15-minute quarters (subbing at quarters unless injury)
  + Quarter breaks will last for 2 minutes (while the clock is running)
* Halftime = 5 minutes
* All players must play 50% of game
* FIFA Laws of the Game are followed with the exceptions/comments noted below
  + Offside called at mid field
  + Penalty Kicks/Free Kicks awarded for fouls
  + Goalies (punting allowed)
  + Throw ins
    - Other team will earn the throw-in if player makes an improper throw
  + No heading: Deliberate heading results in an indirect kick at the location of the foul.
  + Corners and Goals Kicks
    - Opposing team must be outside the penalty area on goal kicks
    - Opposing team must be 8 yards away on corner kicks
  + In the event of a tie, a 14-minute (7 minutes, 2 minute water break, 7 minutes) overtime will be added. First goal wins (golden goal).
  + If a tie still exists after 14 minutes of overtime a penalty kick shootout will break the tie
    - Five players will shoot. If still tied after 5 shooters, each team gets another kick until no longer tied (all players on roster must shoot prior to a player shooting again)

**U14/15 Tournament Rules** (11 v 11; minimum of 7 on a side)

* Size 5 ball
* 35-minute halves
  + Free subbing allowed at any deadball stoppage; throw-in, goal kick, corner kick, foul, or injury
* Halftime = 10 minutes
* All players must play 50% of game
* FIFA Laws of the Game are followed with the exceptions/comments noted below
  + Offside Called at mid field
  + Goalies (punting allowed)
  + Penalty Kicks/Free Kicks Allowed for fouls
    - Opposing team must be 10 yards away on free kicks
  + Throw ins (other team will earn the throw-in if player makes an improper throw)
  + Headers allowed for players 12 and older
  + Corners and Goals Kicks
    - Opposing team must be outside the penalty area on goal kicks
    - Opposing team must be 8 yards away on corner kicks
  + In the event of a tie, a 10-minute overtime will be added. First goal wins (golden goal).
  + If a tie still exists after 10 minutes of overtime a penalty kick shootout will break the tie
    - Five players will shoot. If still tied after 5 shooters, each team gets another kick until no longer tied (all players on roster must shoot prior to a player shooting again)

**U16/U19 Tournament Rules** (11 v 11; minimum of 7 on a side)

* Size 5 ball
* 45 minutes halves
  + Free subbing allowed at any deadball stoppage; throw-in, goal kick, corner kick, foul, or injury
* Halftime = 10 minutes
* All players must play 50% of game
* FIFA Laws of the Game are followed
* In the event of a tie, a 10-minute overtime will be added. First goal wins (golden goal).
* If a tie still exists after 10 minutes of overtime a penalty kick shootout will break the tie
  + Five players will shoot. If still tied after 5 shooters, each team gets another kick until no longer tied (all players on roster must shoot prior to a player shooting again)