

QR-K KINDERGARTEN – U6 Division

- 4 v. 4 Microsoccer; no goalkeepers.
- Four 8 minute quarters.
- Size 3 Ball.
- No offside or penalty kicks.
- All fouls result in an indirect free kick. Opponents must be 3 yards from the ball.
- Kick-off: Opponents must be (3) yards from the ball. A goal cannot be scored from a kick-off.
- For ALL balls going out-of-bounds: “new ball” is called and a parent or coach rolls the ball back onto the field.
- 2-min. break at the 8 minute mark of each half; 5-min. break at halftime.
- All players should play minimum of 50% of each game
- No scorekeeping.
- There will be a 3-yard arc around the goal. Players will be allowed to move into & through the zone but will not be allowed to stay there unless they are playing the ball. The arc is meant to keep the children in the active play of the game. Please do not plant a child at the top of the arc, this defeats the purpose.
- Center referee is optional; coaches can act as referees in absence of a center referee;
- If 3 v 3, maximum roster is 6.
- Standings are not kept, no overtime.

QR-1 1st GRADE – U7 Division

- 4 v. 4 on the field, no goal keeper
- Four 10 minute quarters.
- Size 3 Ball
- Goal size, same as U6.
- No offside or penalty kicks.
- All fouls result in an indirect free kick. Opponents must be 5 yards from ball.
- Kick-off: opponents must be (5) yards from the ball. A goal cannot be scored from a kick-off.
- Balls going out-of-bounds along the touch lines are put back into play via throw-in.
- Corner kicks apply.
- Goal kicks are permitted: opponents must be (5) yards from ball. A goal **cannot** be scored from a goal-kick.
- 2-min. break between each quarter; 5-min. break at halftime.
- Clock continues to run during substitutions. Clock is stopped for half-time. All players must play minimum of 50% of each game.
- Center referee is optional but recommended.
- Standings shall not be kept, scores shall not be reported.
- Throw-ins are required, but the referee may allow a “rethrow” at his/her discretion.
- The players may play anywhere on the field without limitation, but may not use their hands to stop a ball from going into the net. That is, no restriction on moving through the box.

QR-2 2nd GRADE – U8 Division

- 5 v. 5 with goalies.
- This age group has a minimum of two goalkeepers. One child may not play more than 50% of any game in goal as goalkeeper.
- Free substitutions, 40 minute game, 4 - 10 minute quarters, 5 minute half. All players must play a minimum of 50% of each game.
- No offside or penalty kicks, no direct kicks. All fouls result in an indirect free kick. Opponents must be 5 yards from the ball.
- Kick-off: opponents must be (5) yards from the ball. A goal cannot be scored from a kick-off.
- Balls going out-of-bounds along the touch lines are put back into play via throw-in
- Corner kicks apply. Goal kicks: opponents must be (5) yards from ball. A goal **cannot** be scored from a goal-kick. No punting of ball from goals.
- Clock continues to run during substitutions. Clock is stopped for half-time.
- Mercy Rule - Should a team gain a five-goal lead:
- If there is a lead of five goals, the losing side will be allowed to add a player to the game. If, despite all best efforts by the winning team to keep the score down, the goal differential increases to 7 goals, a player must be removed from the winning team, effectively creating a 2-player differential.
- One referee is required. Coaches may act as referees in absence of a center referee
- Standings shall not be kept, and scores not reported. No overtime.
- Games in this age group may not be protested for any reason.
- A child from U7 may play up for U8.

QR-34 THIRD/FOURTH GRADES - U10 Division

- HEADERS & SLIDE TACKLES ARE NOT ALLOWED
- 7 v. 7 with goalkeepers. Size 4 Ball. Duration of Game: 2 x 25-minute periods; 5-min. break at halftime. Clock continues to run during substitutions. Clock is stopped for half-time.
- This age group has a minimum of two goalkeepers. One child can only play 50% maximum of any game in goal as goalkeeper.
- Each team must have at least 6 players to start a game. If a team only has 6 players, the opposing team must only play 6.
- Offside rules apply, as do fouls (direct kick), and as such, penalty kicks. Penalty kicks will be 8 yards from goal line.
- All players must play a minimum of 50% of each game with FREE SUBSTITUTIONS.
- Coaches not allowed on field except for extenuating circumstances (e.g. injury, etc.).
- There will be no slide tackling at U-10. A penalty for slide tackling will be a direct kick from where the infraction occurred, and the issuance of a yellow card at the discretion of the referee. Slide tackling shall be defined as: (1) taking a ball from an opponent while sliding on the ground, (2) taking control of the ball by contacting the ball while sliding on the ground before contacting the opponent, or (3) sliding on the ground to make contact with any player. This definition is not exclusive, and the referee shall be the final word on what is or is not a slide tackle. Goalies are permitted to slide when making a save, as long as they do it in a very safe manner.
- Build Out Lines – these are lines introduced to allow players to play the ball out from the goalkeeper, without pressure. When the goalkeeper has the ball in his/her hands, or it is a goalkick, the opposition must retreat behind the build out line and stay there till another player touches the ball.
- Coach and teams will be on one side of field with spectators on the other side. Coach and subs must stay on their own side and end of the field (this is called the technical area).
- A center referee is required. Assistant Referees are optional but recommended.
- Mercy Rule - Should a team gain a five (5) goal lead:(1) As long as there is a lead of five (5) goals, the losing side will be allowed to add a seventh (7th) player to the game.

QR-56 FIFTH/SIXTH GRADES - U12 Division

- U12 - GIRLS | 6v6 for girls ON U10 FIELD W/NO PUNTING
- U12 - BOYS | 9v9 U12 Size field
- Size 4 Ball, 2 x 30-minute periods; 5-min. break at halftime. Clock continues to run during substitutions. Clock is stopped for half-time.
- Due to the reduced size of the field - punting will not be allowed. Goal keepers should throw or place kick the ball.
- There is no requirement that there be more than one goalkeeper. A goalkeeper may play the entire game in goal, as long as each team member will have played 50% of the game. A player other than the goalkeeper may play the entire game, as long as each team member will have played 50% of the game.
- USSF offside rules apply, as do fouls (direct kick), and as such, penalty kicks.
- All players must play a minimum of 50% of each game with FREE SUBSTITUTIONS.
- Coaches not allowed on field except for extenuating circumstances (e.g. injury, etc.).
- Headers and slide tackles are permitted for 5th grade and above. Directors and Coaches need to create awareness and educate all players about the dangers of headers and not practice doing them.
- Mercy Rule - Should a team gain a five (5) goal lead:(1) As long as there is a lead of five (5) goals, the losing side will be allowed to add a seventh (7th) player to the game.
- Coach and teams will be on one side of field with spectators on the other side. Coach and subs must stay on their own side and end of the field (this is called the technical area).
- A center referee is required. Assistant Referees are optional but recommended.
- Mercy Rule - Should a team gain a five (5) goal lead:(1) As long as there is a lead of five (5) goals, the losing side will be allowed to add a seventh (7th) player to the game.

QR-78 SEVENTH/EIGHT GRADES U14 Division

- 7 v 7 with goalkeepers. U12 Size field, Size 5 Ball, 2 x 30-minute periods; 5-min. break at halftime. Clock continues to run during substitutions. Clock is stopped for half-time.
- Due to the reduced size of the field - punting will not be allowed. Goal keepers should throw or place kick the ball.
- There is no requirement that there be more than one goalkeeper. A goalkeeper may play the entire game in goal, as long as each team member will have played 50% of the game. A player other than the goalkeeper may play the entire game, as long as each team member will have played 50% of the game.
- Each team must have at least 6 players to start game. Roster Size: As noted.
- USSF offside rules apply, as do fouls, (direct kicks), and as such penalty kicks.
- Duration of Game 2 x 30 minute periods, 5 minute break at half time. Clock continues to run during substitutions. Clock is stopped at half time.
- All players must play minimum of 50% of each game.
- Coaches not allowed on field except for extenuating circumstances (e.g. injury, etc.).
- Headers and slide tackles are permitted for 5th grade and above. Directors and Coaches need to create awareness and educate all players about the dangers of headers and not practice doing them.
- Mercy Rule - Should a team gain a five (5) goal lead:(1) As long as there is a lead of five (5) goals, the losing side will be allowed to add a seventh (7th) player to the game.
- Coach and teams will be on one side of field with spectators on the other side. Coach and subs must stay on their own side and end of the field (this is called the technical area).
- A center referee is required. Assistant Referees are optional but recommended.
- Mercy Rule - Should a team gain a five (5) goal lead:(1) As long as there is a lead of five (5) goals, the losing side will be allowed to add a seventh (7th) player to the game.