

QR-K KINDERGARTEN – U6 Division

- 3 v. 3 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 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-3/4 THIRD/FOURTH GRADES - U10 Division

- 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.
- **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.**
- 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 minimum of 50% of each game with FREE SUBSTITUTIONS.
- 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 a 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.
- 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. Certification may be expired at most 2 years.
- 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.

- 9 v 9 with goalkeepers. Size 4 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.
- Duration of Game: 2 x 30-minute periods; 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.
- Coaches not allowed on field except for extenuating circumstances (e.g. injury, etc.).
- Penalty kicks will be 10 yards from goal line.
- Mercy Rule - Should a team gain a five-goal lead, the losing team shall add a player.
- The coach will reposition their players so that their offense is no longer a threat to the opposition. This can involve moving the stronger players into the defense, insisting that they complete 5 passes before any shots on goal, or any other creative means to keep the score more even, while still allowing the players to play to the best of their ability.
- If there is a lead of five goals, the losing side will be allowed to add a ninth (9th) player to the game. If despite all best efforts by the winning team to keep the score down, the goal differential increases to seven goals, a player must be removed from the winning team. When doing so, it is expressly understood that not every player may play 50% of each game.
- Coach and teams will be on one side of field with spectators on the other side. This is mandatory, and not discretionary. Any Coach and subs must stay on their own side and end of the field (this is called the technical area). Under no circumstances shall any spectator, coach, parent, school or parish official, visitor, or team member of any team stand behind any goal during a match. First warning – yellow card to coach.

QR-7/8 SEVENTH/EIGHT GRADES U14 Division

- 11 v 11 with goalkeepers. Size 5 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 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.).
- Penalty kicks will be 10 yards from goal line.
- Mercy Rule - Should a team gain a five-goal lead, the losing team shall add a player.
- The coach will reposition their players so that their offense is no longer a threat to the opposition. This can involve moving the stronger players into the defense, insisting that they complete 5 passes before any shots on goal, or any other creative means to keep the score more even, while still allowing the players to play to the best of their ability.
- If there is a lead of five goals, the losing side will be allowed to add a ninth (9th) player to the game. If despite all best efforts by the winning team to keep the score down, the goal differential increases to seven goals, a player must be removed from the winning team. When doing so, it is expressly understood that not every player may play 50% of each game.
- Coach and teams will be on one side of field with spectators on the other side. This is mandatory, and not discretionary. Any Coach and subs must stay on their own side and end of the field (this is called the technical area). Under no circumstances shall any spectator, coach, parent, school or parish official, visitor, or team member of any team stand behind any goal during a match. First warning – yellow card to coach.