

SCOR Game Rules - Rec and Rec Plus Programs

Subject	PreK/K/1	2nd		3rd/4th	5th/6th	7th/8th	9th - 12th
# of Players on Field (Format)	4vs4	5vs5		7vs7	9vs9	11vs11	11vs11
Field Dimensions in Yards (approximate)	15 x 25	20 x 30	40 x 50	50 x 65		65 x 100	
Coaches Permitted on Field	1	No coaches allowed on the field unless referee or linesman permits it.					
Player Equipment	Players must wear shinguards with socks pulled up over them; shirts tucked in to start the game; NO JEWELRY OF ANY KIND, except medic alert (taped)						
Coin Toss	N/A	N/A	N/A	Winner chooses goal to defend, loser kicks off			
Substitutions	Any Time	Any Time	Any Time	Permission from the referee is required. Can be made at any stoppage of play.			
Length of Game	45 min.	60 min.	70 min.	70 min.	80 min.	80 min.	80 min.
Length of halves	5 min. (x2)	5 min.	5 min.	10 min.	10 min.	10 min.	10 min.
Ball Size	3	4	4	4	4	5	5
Goalies	No	No	Yes	Yes	Yes	Yes	Yes
Ball out of Play	Flexible Play On!	The ball is out of play when it crosses completely over any of the perimeter lines or when the referee stops play.					
Throw-ins	Ball can be kicked or thrown in.	Throw ins are awarded to the opponents of the player who last touched the ball before it crossed over the sideline. Player taking throw in must face the field of play with both feet on the ground, feet need to be off the field, use both hands to deliver the ball from behind player's head. Opponent may not interfere.					
Corner Kicks	Ball can be kicked or thrown in.	When the defensive team kicks the ball over the goal line. Kicks taken from corner are on same side as out-of-bounds. Opponents must be approximately 5, 7 or 10 yards away from the ball depending on division. Kick is initiated at the referee's signal.					
Goal Kicks	Coach throws ball into play.	Punt/kick from any point in front of their goal; taken by any player.	Kick from any point inside the goal area; taken by any player.		A goalie can punt or kick from any point inside penalty area. Field players can't punt.		
Defender Distance on Free-Kick	N/A	5	5	5	7	10	10
Fouls Resulting in a Direct Free-Kick	N/A Coaches maintain safety.	Kicking, tripping, holding, pushing, violent charging (or from behind), handling the ball (resulting in the disruption of the flow of the game); a goal can be scored on a direct kick. If the foul occurs in the penalty area a penalty kick will be awarded.					
Fouls Resulting in an Indirect Free-Kick	N/A Coaches maintain safety.	Offsides, impeding, dangerous play, a player kicking the ball to his own goalie who then plays it with his hands, a throw in to his own goalie who then plays it with his hands, unnecessary delay, any fouls resulting in a caution (yellow).					
Cautionable Offenses (Yellow)	N/A	Unsportsmanlike behavior, dissent, persistent fouls, delay of restart, failure to maintain distance from a free kick, intentionally leaving/entering the field without permission.					
Send-Off Offenses (Red)	N/A	Serious foul play, violent conduct, spitting, any foul which denies an obvious goal scoring opportunity, offensive language, receiving a second caution (yellow).					
Offsides	Not Called	Not Called	Not Called	Called	Called	Called	Called
Penalty Kicks	Not Called	Not Called	Penalty kicks can be taken only by players on the field at the time of the foul. Referee determines penalty spot.				
Referee / Linesmen	No/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/Yes	Yes/Yes
Players Playing Time	Equal	Equal	Equal	Equal	Equal	Equal	Equal

(1) With coach's agreement, the length of halves may be shortened equally.

(2) Field size may be adjusted and format modified consistent with the next closest recommendation suggested above.

(3) Referees must confirm game rules with coaches prior to the start of the game.