

Spring 2026	U6	U8	U10	U12	JH
Ball Size	3	3	4	4	5
Players	4 - no goalkeeper	7 v 7	7 v 7	9 v 9	11 v 11
Time	2-20' half 5' halftime	2-20' half 5' halftime	2-20' half 5' halftime	2-25' half 5' halftime	2-35' half 5' halftime
Kickoff	Home	Home	Home	Home	Coin toss
Pass to Goalkeeper	n/a	Yes	*No	*No	*No
Call offside	No	Yes - buildout line	Yes - buildout line	Yes	Yes
Heading Allowed	No	No	No	No	Yes
Direct kicks	No (ALL fouls are indirect)	No (ALL fouls are indirect)	No (ALL fouls are indirect)	Yes	Yes

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Yellow/Red cards?	No, talk w/ coach	No, talk w/ coach	Yes	Yes	Yes
Substitution from centerline	At coach's discretion	Either team may substitute on any restart when the ball is out of play <u>with referees permission</u>			
DFK/IFK	U6 - players not allowed in arc of goal; 8 yards from ball on indirect free kicks		Direct Free Kicks: kicking, tripping, striking (or any attempt of these), jumping at, charging, tackling, pushing, holding, handball, spitting at opponent		
	*Intentional pass (with foot) to own GK cannot be played with the hands (result is indirect free kick); pass back by head/body/knee, etc. can be picked up by the GK		Indirect Free Kick: offside, impeding progress, play in a dangerous manner, prevent GK from releasing ball. Additional GK IFK offenses: control ball more than 6 seconds, plays ball w/hands after releasing but before another player touches ball, plays ball w/hands on intentional pass back		