



Recreation Game Rules

| | Pre-K | K | U-8 | U-10 | U-13 |
|-------------------------------|--------------------|--------------------|--------------------|----------------------|----------------------|
| Team Size | 4 v 4 | 4 v 4 | 4 v 4 | 7 v 7 | 9 v 9 |
| Ball Size | 3 | 3 | 3 | 4 | 5 |
| Goal Size | Pop Up | Pop Up | 6' x 12' | 6' x 18' | 6' x 18' |
| Field Size | 20' x 30' | 20' x 30' | 25' x 40' | 40' x 60' | 50' x 80' |
| Practice Time | 30 min before game | 30 min before game | 60 mins per week | 75 mins per week | 75 mins per week |
| Game Time | 15 minutes | 30 minutes | 2-20 minute halves | 2 - 25 minute halves | 2 - 30 minute halves |
| Heading allowed | No | No | No | No | No |
| Slide-Tackling Allowed | No | No | No | No | No |
| Referees | Coaches referee | Coaches referee | Coaches referee | Yes | Yes |
| Use Throw-Ins | Coach roll in | Coach roll in | Yes | Yes | Yes |
| Use Corner Kicks | Coach roll in | Coach roll in | Yes | Yes | Yes |
| Use Goal Kicks | Coach roll in | Coach roll in | Yes | Yes | Yes |
| Use Goalkeeper | No | No | No | Yes | Yes |
| Call Handballs | No, but discourage | No, but discourage | If blatant | Yes | Yes |
| Call Offsides | No | No | No, but discourage | If blatant | Yes |