

	U5/U6	U8	U10	U12	U14 & UP
Off-Side?	No	No¹	Yes	Yes	Yes
Direct Kicks on Fouls?	No	No	Yes	Yes	Yes
Penalty Kicks?	No	No	Yes	Yes	Yes
6 Second Rule? (Goal Keeper)	N/A	No²	Yes	Yes	Yes
Pass Back to Keeper Allowed?	Yes	Yes	No	No	No
Referee Carding?	No	No	Yes	Yes	Yes
Repeat Throw-ins?	Twice, then play on.	Twice, then play on.	Twice, then possession to other team.	No (Possession to other team.)	No (Possession to other team.)
No. of Players	4	7	8-9	11	9-11
Length of Quarters	10 min.	10 min.	25 min. (Halves)	25 min. (Halves)	25 min. (Halves)
No. of Refs	1-2	1-3	2-3	2-3	2-3
Ball Size	3	3	4	4	5³
Headers Allowed?	No⁴	No⁴	No⁴	No⁴	No⁴

1 Referee will call "Cherry Picking".

2 Referee should instruct Keeper to release ball if held longer than 6 seconds at U8 level.

3 U12/14 combined divisions will use a size 4 ball.

4 Referee will award an indirect free kick to the opposing team when the header is deemed INTENTIONAL

Notes:

- a. All players shall play a minimum of half of the game. (Two quarters for U6-U8; halves for U10 and above.) All players shall play equal playing time over the course of the season.
- b. For U6-U8, substitutions are allowed only on quarter breaks. For U10 and above, substitutions are allowed on any ball out of play stoppage. For U10 and above, a player receiving a yellow card must be substituted.
- c. Time to wait for forfeiture is 15 minutes after scheduled start for all divisions.
- d. Spectators on opposite side of the field from the team.