



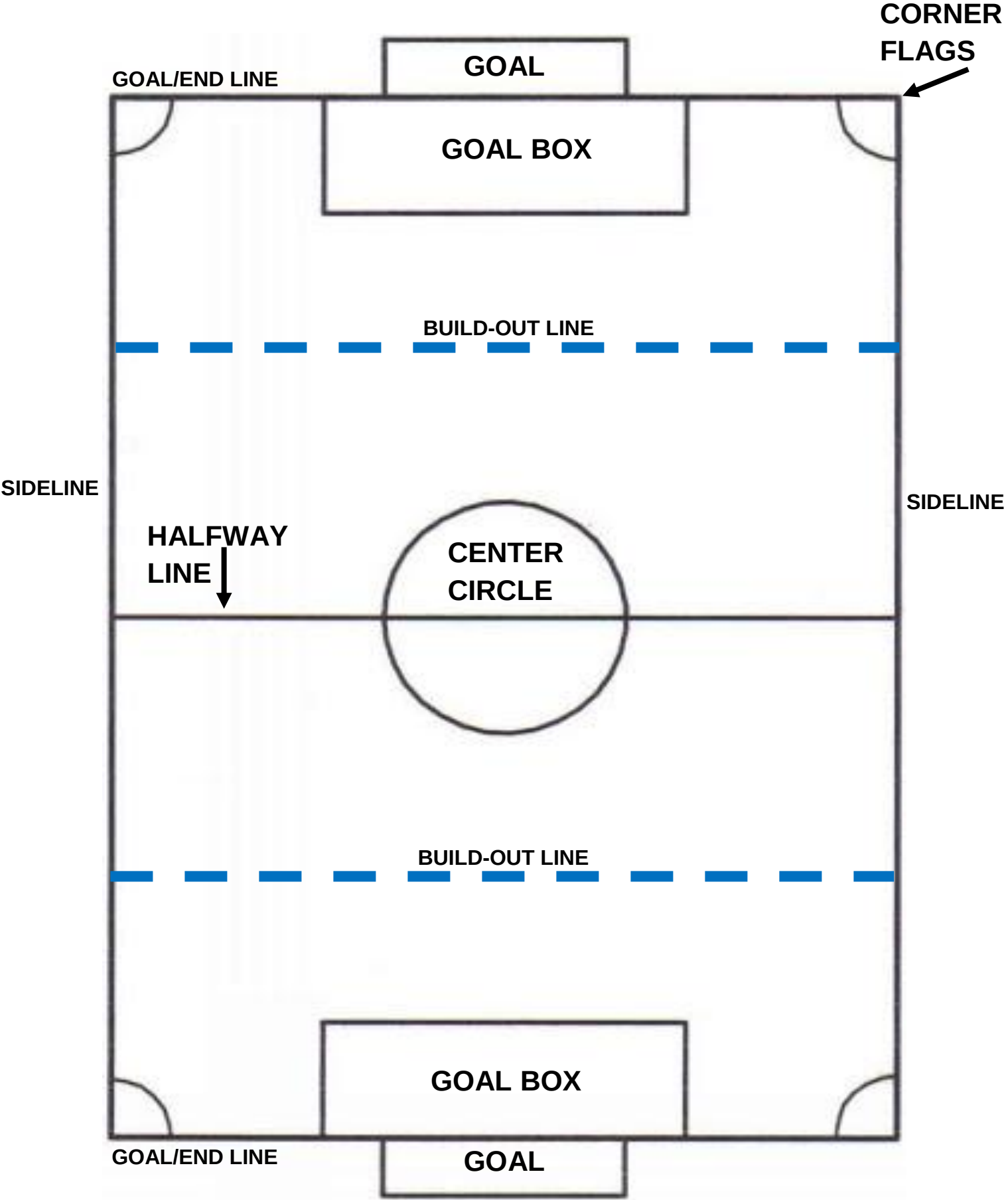
2026 5U-15U Soccer Rules

5U & 7U Rules

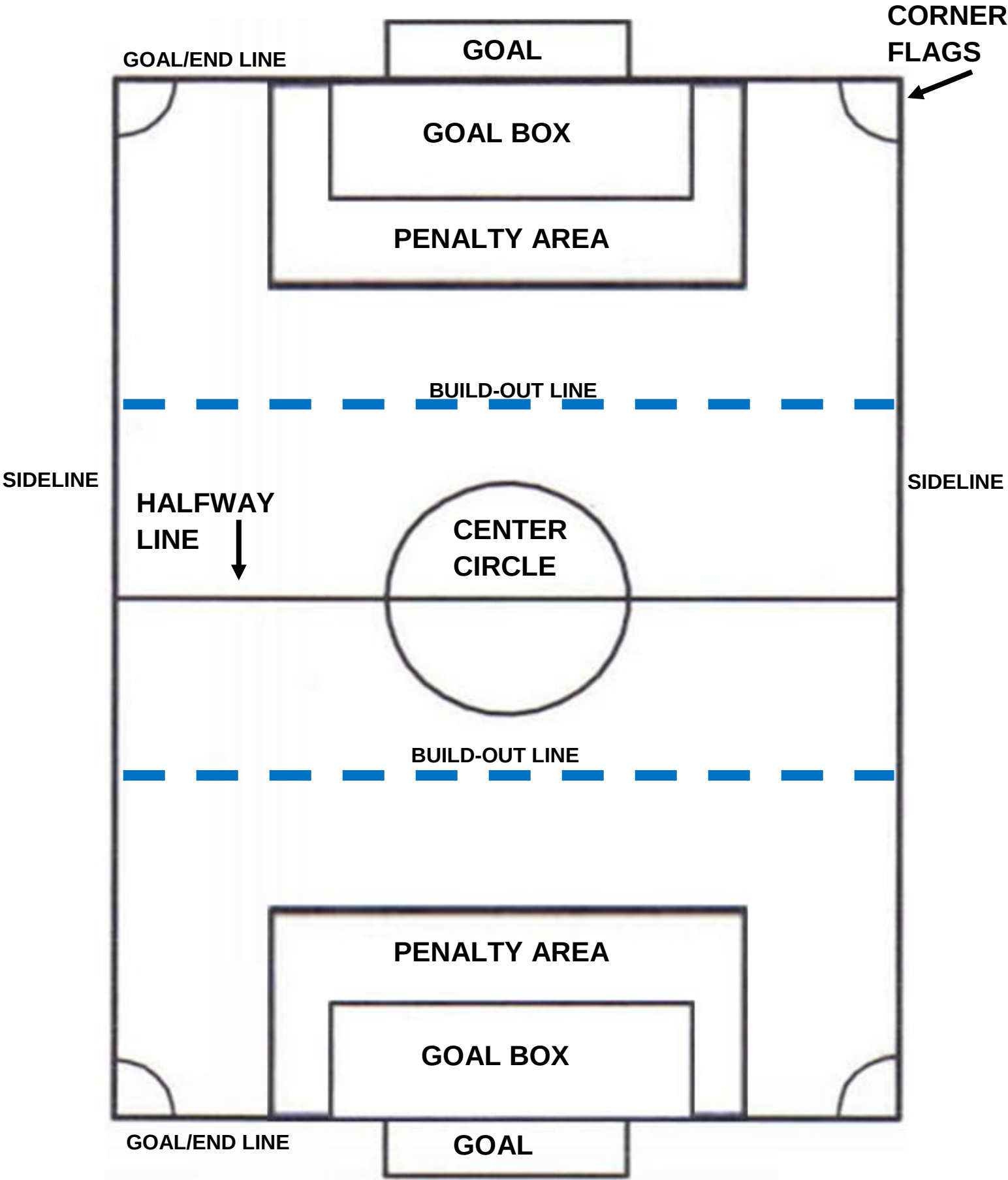
1. 5U will play **4v4** and 7U will be **5v5**
2. All 5U games will start the second half of the game with individual shooting from outside the goal box. Each team will line up on their halves of the field and take one shot on an undefended goal. Players can stand between 3-5 feet in front of the goal. Once all players have taken their shot, the 3rd quarter will begin.
3. 5U will play four 8 minute quarters. 7U will play four 10 min quarters. Both groups are awarded 3 minute halves depending on Referee's discretion and team readiness.
4. Shin guards & closed toe shoes (rubber soled, no metal) are to be worn at all times.
5. No jewelry or wrist attire.
6. **No Goalkeepers.**
7. **Goal Box and Last Defender Rule:** The last defender must remain on or behind the build-out line and may not stand on or inside the goal box. Once the ball enters the goal box, a defender may enter to defend. If a defender touches or blocks the ball while standing inside the box before the ball enters, the attacking team is awarded an indirect free kick just outside the goal box. Attackers may enter the goal box to score, but the ball must first cross the build-out line.
8. Begin each quarter with a **kick-off** in the center circle. Players may stand wherever they want on their halves of the field. They are not required to stand on the build-out line.
9. **Corner Kicks.** Corner kicks are awarded when the defensive team kicks the ball out of bounds on the goal line. All players can stand anywhere outside of the goal box line during corner kicks. Corner kicks are not thrown in.
10. **The Build-Out Line.** The build-out line allows the defending team to play/pass the ball out from the back. Opponents must remain behind the line until the ball is put into play. See Rule 11.
11. **Goal kicks.** Goal kicks are awarded when the offensive team kicks the ball out of bounds on the goal line. All goal kicks must be taken from the top of the goal box. During goal kicks, the opposing team must remain behind the build-out line. The defending team may place multiple players between the build-out line and end line to encourage passing from the back (i.e., building out of the back). Opponents may not cross the line or advance until the defending team completes 2 touches. Important: The ball does not become live simply because it crosses the build-out line; the two-touch requirement must still be completed. Goal kicks may not be played directly beyond midfield.
12. No changing sides during game.
13. **Throw-ins.** If an illegal throw-in is performed, the referee/coach will instruct the player on the error and give the player another chance to throw the ball in. If a second illegal throw-in is performed, possession of the ball will be given to the opposing team.

14. Opponents must be at least 2 feet from the point on the touchline where a throw-in is to be taken.
15. **Handballs.** If a player intentionally uses hands to gain advantage, a foul is called. If not intentional (i.e. covering face to prevent getting hit), continue with play.
16. **No PK's or direct kicks.** Use indirect kicks only, regardless of the foul and location. Kick cannot be placed inside goal box.
17. **No offside penalties.**
18. **Scoring.** A goal will count only if the entire ball has crossed the halfway line into the attacking team's offensive half before the shot is taken. Any shot taken while the ball is in the defensive half or on the halfway line will not count. If the ball enters the goal, the goal will be disallowed, and the opposing team will receive an indirect kick from the spot where the shot was taken.
19. Goals cannot be scored from any restart in play unless touched by another teammate. All kicks are indirect.
20. **Own goals do not count.** Opposing team (opposite of team that scored the own goal) is awarded an indirect kick outside of the build-out line.
21. **No headers.** Any purposeful or accidental headers will be considered a foul and will award the opposing team with an indirect kick. All headers will result in an indirect kick outside of the build-out line or where the header occurred. Offensive and defensive players may stand on but not inside the goal box lines.
22. **No slide tackling.**
23. **No aerial or immediate clears out of the back** (no booting the ball). Players must learn to control and dribble the ball, pass to an open teammate, or kick a low ball (below waist) to sideline. On the first warning, the referee will call for immediate pause and explain to player to slow down and dribble. On the whistle, the player will pass the ball to a teammate to return to play. After warning, the opposing team will be awarded an indirect kick where the penalty occurred.
24. Substitute (UNLIMITED) at referee's discretion.
25. ALL players must have the equivalent of 2 full quarters of playing time, perform throw-ins (pass-ins), kick-offs, corner kicks, goal kicks, and indirect kicks.
26. ALL players must have equal chances to score goals. If a team has a player who is scoring the majority of the goals, they must should be substituted out or be instructed to pass before they can shoot again.
27. While the mercy rule is not enforced, it is highly encouraged to substitute players on/off field or to different positions in order to encourage play and skill development.

5U Soccer Field

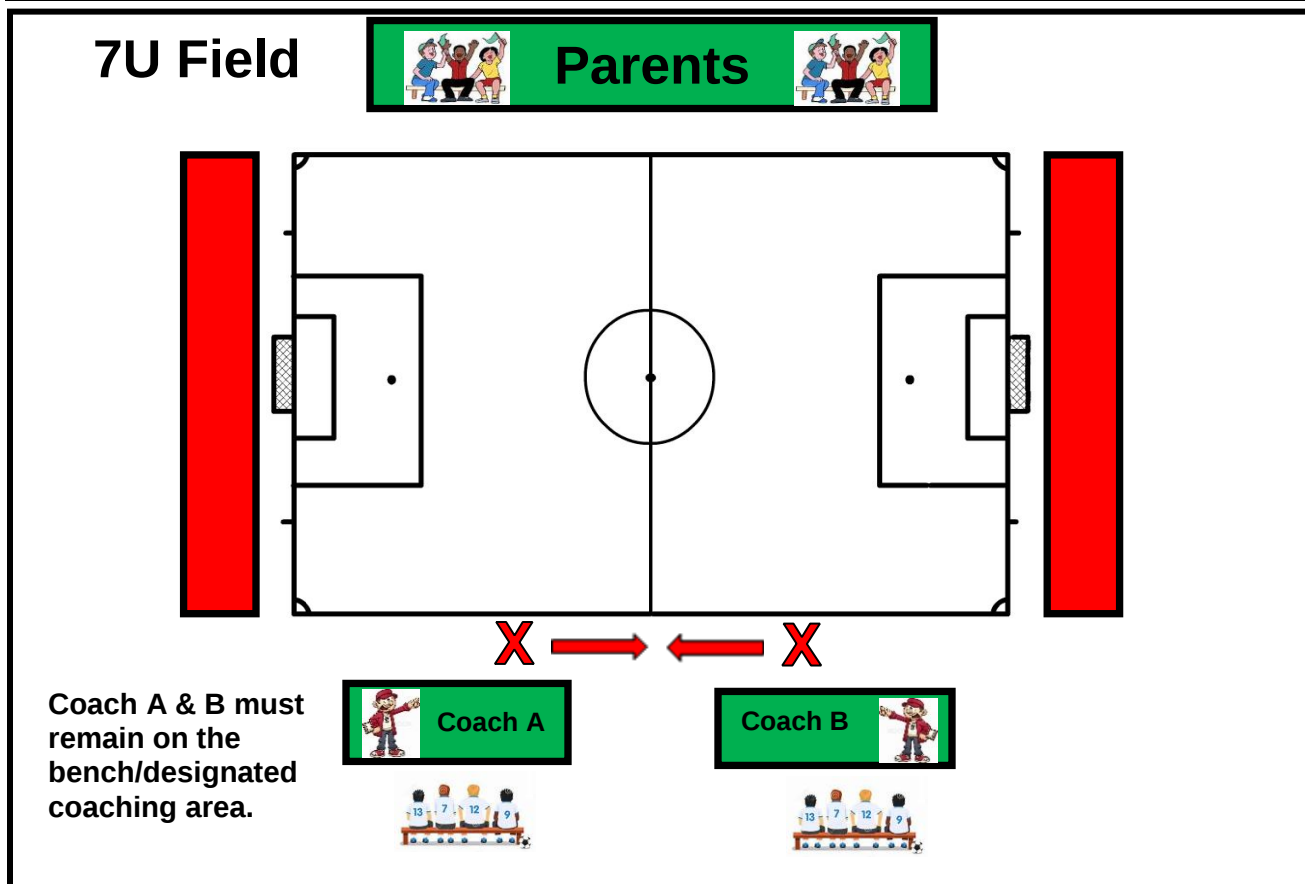
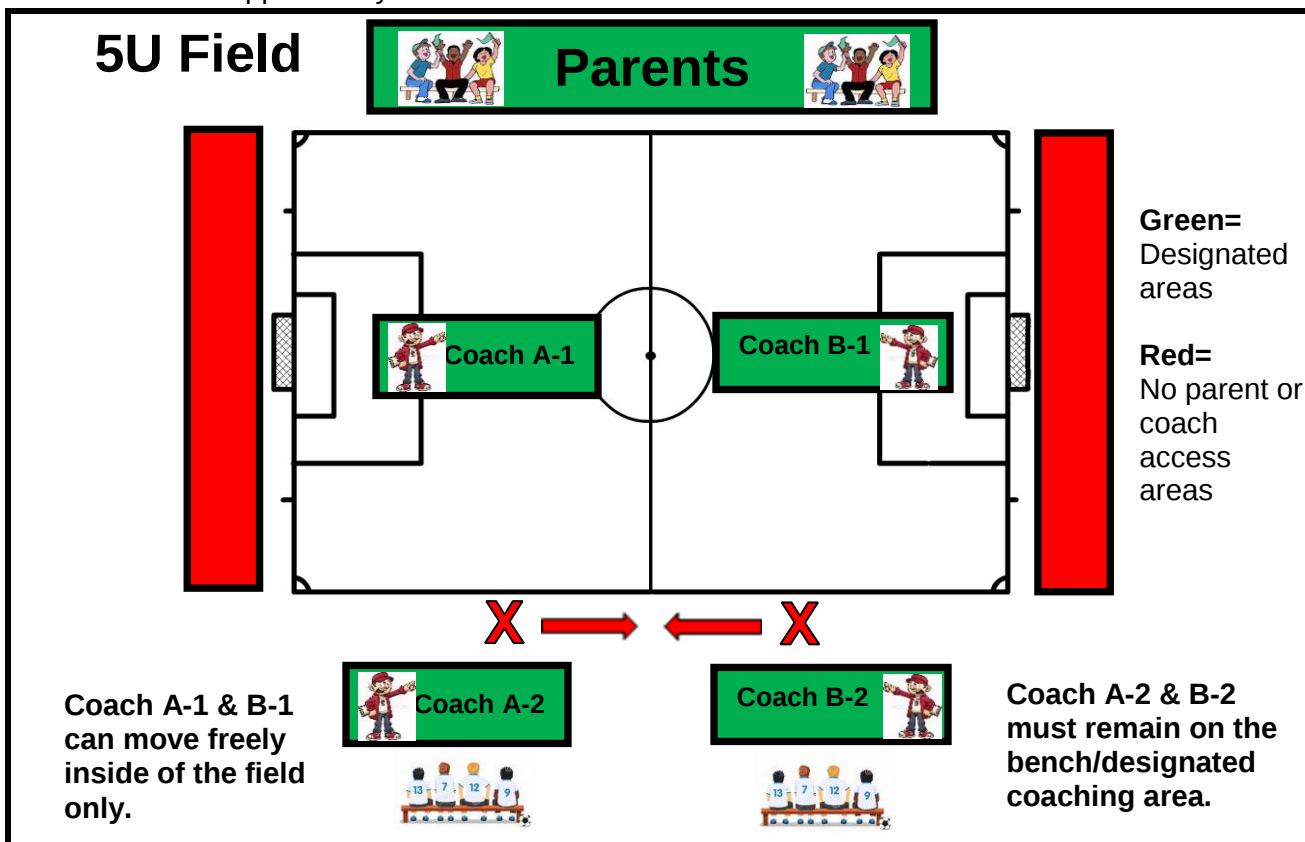


7U Soccer Field



5U & 7U Assigned Areas on Field

Note: Neither coach can cross the halfway line, go behind the goal, stand at the corner, or stand on parents' side. No parents are to be behind goals or behind bench. Parents at the bench must be approved by the coordinator.





2026 5U-15U Soccer Rules

9U Rules

1. Girls and Boys will play 7v7.
2. Shin guards & cleats (rubber soled only) are to be worn at all times. NO metal, football, softball/baseball cleats allowed.
3. Play two 25 minute halves with a 5 minute half-time.
4. **Kick-off:** Beginning of game, restarts after goal has been scored, and after half will be performed at mid-field.
5. **Corner Kicks.** Players can stand anywhere on the field, including the goal box. A player from the attacking team will take the kick from the corner flag area.
6. **Goal kicks.** All players, other than the kicker and the goal keeper, must remain behind the build-out line and will follow build-out line procedures during all goal kicks. The kicker can choose to pass the ball to a teammate behind the build-out line or to the additional player. All other players cannot cross or attack the ball until the defending team has possession of the ball. Goal Kicks may not go across mid-field without being played by a player on the field other than the player kicking the ball- an indirect free kick will be awarded to the opposing team from the spot where the ball crosses half-field.
7. **Not Punting.** Goalies are only allowed to roll, throw, or pass the ball. Drop kicks or bounce kicks are still considered punting and are not allowed. Goalies are not allowed to kick or throw the ball across mid-field. The ball must touch a player on the field before crossing mid-field line. If the goalie kicks or throws the ball across mid-field without touching a player on the field, an indirect free kick will be awarded to the opposing team from the spot where the ball crosses half-field.
8. **The Build Out Line**
 - In effect for Goal kicks and Keeper/Goalie possession
 - a. **Goal kicks:** All attacking players must remain behind the line and may not cross, rush, or touch the ball until the defending team completes 2 touches or the ball crosses the build-out line, whichever occurs first. If an attacking player violates this rule before the ball becomes live, the defending team will retake the goal kick. Repeated violations will result in an indirect kick from the location of the violation. The ball is not required to leave the goal box before being touched by a defending teammate. The goalkeeper or kicker may pass directly to a teammate inside the goal box.

- b. **Keeper has possession of ball:** When the goalkeeper gains full possession during play, the opposing team must retreat behind the build-out line. The goalkeeper may pass, throw, or roll the ball into play; punts and drop kicks are not allowed. The goalkeeper does not have to wait for the opposing team to retreat before releasing the ball. The opposing team may cross the build-out line and attack once the defending team completes 2 touches or the ball crosses the build-out line, whichever occurs first. If an opposing player challenges for or interferes with the ball before either condition is met, the referee must stop play, instruct the opposing team to retreat, and allow the goalkeeper to restart possession.
 - c. The Build out line will also count as the line to assess where offside offenses occur. Players **cannot be penalized** for an offside offense between halfway line and build-out line. Players **can be penalized** for an offside offense between the build-out line and goal line.
9. Swap sides of the field at half time.
10. **Throw-ins.** During the 1st week of September, if an illegal throw-in is performed, the referee will instruct the player on the error and give player another chance to throw the ball in. If a second illegal throw-in is performed, control of the ball will be given to the opposing team. For the remainder of the season, an illegal throw in will result in control of the ball being given to the opposing team without a second opportunity.
11. Opponents must be at least 2 feet from the point on the touchline where a throw-in is to be taken.
12. **Handballs.** If a player intentionally uses hands to gain advantage call the foul. If not intentional, continue with play. Direct kicks are awarded for all intentional hand balls and fouls. A handball will also be awarded if a teammate passes the ball to the goalie and the goalie picks it up. Handballs in the penalty box will result in a penalty kick.
13. Penalty kicks use FIFA Laws/Rules.
- a. Goalkeepers may now come slightly closer while defending a penalty, only required to have one foot on the goal line instead of required to stand completely on it.
 - b. An attacker who required medical treatment may now be allowed to take a penalty once treatment is concluded.

14. Free Kicks:

- a. During a free-kick – direct or indirect – the attacking team may NOT have a player within one yard of the wall. If they do, the referee can penalize the attacking team with a free-kick in the other direction.
- b. PK- only allowed if foul committed inside of penalty box area.
- c. There are no quick free kicks.

15. Drop Ball: A drop ball will now be awarded if a ball strikes a referee and falls in possession of the opposition side, or if the ball strikes the referee and ends up in the back of the net. Drop balls can no longer be contested. However, along with that, drop balls can be taken by an attacking team wherever they possessed the ball when play was stopped, meaning an attacking team can continue from the point at which the attack was stopped. Drop balls are only awarded from a referee.

- a. Any play stopped in the penalty area will be returned to the goalkeeper no matter who possessed the ball at the stoppage.

16. Offside is in effect. We will continue to utilize a one-two referee system (depends on availability) and the referee will call clear and obvious offside infractions. Very close potential offside situations will be considered onside unless the referee has a good vantage point to make the call.

17. Goals cannot be scored from kick-off.

18. Goalkeeper cannot score by throwing the ball into the opponents' goal

19. No headers. Any purposeful or accidental headers will be considered a foul and will award the opposing team with an indirect kick. All headers will result in an indirect kick outside of the box or where the header occurred. No PK's are awarded. PK's are considered direct kicks and should be reserved for handballs and fouls.

20. No slide tackling.

21. Substitute (UNLIMITED) at referee's discretion. Any substitute must leave the field of play at the nearest sideline point, unless the referee determines they can quickly make his way back to the team's designated touchline area.

22. All fouls will be IAW FIFA Laws/Rules.

23. Mercy Rule: If a team has a significant lead, the coach is encouraged to substitute players to avoid the mercy rule. If a team is ahead by 10 points or more after the 1st half, a mercy rule will be declared and the game shall end.

24. Game Forfeiture: Is declared if a coach or team refuses to start or restart game, and if a team is unable to field two less players than the number indicated to be on the field within 10 minutes after the scheduled starting time.

9U Soccer Field

CORNER
FLAGS

GOAL/END LINE

GOAL BOX

PENALTY BOX

PENALTY ARC

BUILD-OUT LINE

SIDELINE

HALFWAY
LINE

CENTER
CIRCLE

SIDELINE

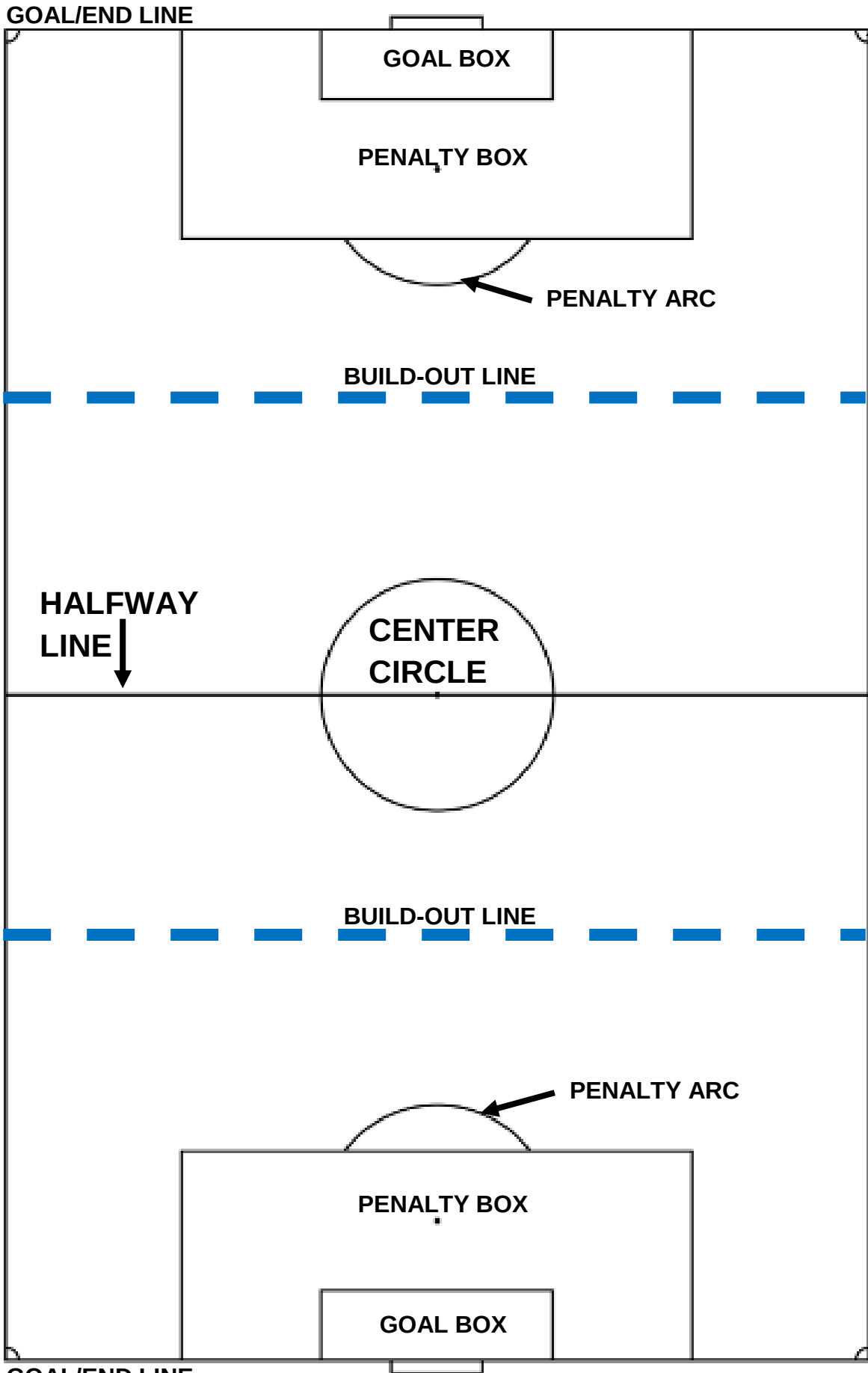
BUILD-OUT LINE

PENALTY ARC

PENALTY BOX

GOAL BOX

GOAL/END LINE





2026 5U-15U Soccer Rules

11U Rules

1. Girls and Boys will play 9v9.
2. Shin guards & cleats (rubber soled only) are to be worn at all times. NO metal, football, softball/baseball cleats allowed.
3. Play two 30 minute halves with a 5 minute break.
4. **Kick-off:** Beginning of game, restarts after goal has been scored, and after half will be performed at mid-field.
5. **Goal Kicks.** A goal kick may be passed to a teammate inside the penalty area. The ball is in play once it is kicked and clearly moves, and opposing players may advance immediately. The initial kick may not cross the midfield line without first touching another player.
6. Punting is permitted.
7. Goalies are **not** allowed to punt, kick or throw the ball across mid-field. The ball must touch a player on the field before crossing mid-field line. If the goalie punts, kicks or throws the ball across mid-field without touching a player on the field, an indirect kick will be awarded to the opposing team from the spot where the ball crosses half-field.
8. Swap sides of the field at half time.
9. **Throw-ins.** Leagues are no longer required to allow an additional attempt following an illegal throw-in. If a player performs an illegal throw-in, possession will be awarded to the opposing team. (11U & 15U only)
10. Opponents must be at least 2 feet from the point on the touchline where a throw-in is to be taken.
11. **Handballs.** If a player intentionally uses hands to gain advantage call the foul. If not intentional continue with play. Direct kicks are awarded for all intentional hand balls and fouls.
12. Penalty kicks use FIFA Laws/Rules.
 - a. Goalkeepers may now come slightly closer while defending a penalty, only required to have one foot on the goal line instead of required to stand completely on it.
 - b. An attacker who required medical treatment may now be allowed to take a penalty once treatment is concluded.

13. Free Kicks

- a. During a free-kick – direct or indirect – the attacking team may NOT have a player within one yard of the wall. If they do, the referee can penalize the attacking team with a free-kick in the other direction.
- b. Quick free-kicks can now be taken before a referee shows a yellow card, and the referee is allowed to wait before showing his yellow card until the next stoppage in play. However, the rule still stands where a referee distracted by already beginning to display a caution may halt a quick free-kick until he finishes the action. In addition, if the referee was going to show a red card for denying an obvious goal scoring opportunity, the attacking team still may take a quick free-kick, but the punishment automatically reverts from a red card into a yellow as the attacking team is considered to have restarted its course of play.

14. Drop Ball: A drop ball will now be awarded if a ball strikes a referee and falls in possession of the opposition side, or if the ball strikes the referee and ends up in the back of the net. Drop balls can no longer be contested. However, along with that, drop balls can be taken by an attacking team wherever they possessed the ball when play was stopped, meaning an attacking team can continue from the point at which the attack was stopped. Drop balls are only awarded from a referee.

- a. Any play stopped in the penalty area will be returned to the goalkeeper no matter who possessed the ball at the stoppage.

15. Offside is in effect. We will continue to utilize a one-two referee system (depends on availability) and the referee will call clear and obvious offside infractions. Very close potential offside situations will be considered onside unless the referee has a good vantage point to make the call.

16. Goals cannot be scored from kick-off.

17. Goalkeeper cannot score by throwing the ball into the opponents' goal

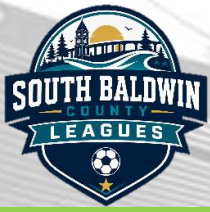
18. No headers. Any purposeful or accidental headers will be considered a foul and will award the opposing team with an indirect kick. All headers will result in an indirect kick outside of the box or where the header occurred. No PK's are awarded. PK's are considered direct kicks and should be reserved for handballs and fouls.

19. Slide tackling is permitted.

20. Substitute (UNLIMITED) at referee's discretion. Any substitute must leave the field of play at the nearest sideline point, unless the referee determines they can quickly make his way back to the team's designated touchline area.

21. All fouls will be IAW FIFA Laws/Rules.

- 22. Mercy Rule:** If a team has a significant lead, the coach is encouraged to substitute players to avoid the mercy rule. If a team is ahead by 10 points or more after the 1st half, a mercy rule will be declared and the game shall end.
- 23. Game Forfeiture:** Is declared if a coach or team refuses to start or restart game, and if a team is unable to field two less players than the number indicated to be on the field within 10 minutes after the scheduled starting time.



2026 5U-15U Soccer Rules

15U Rules

1. Girls will play 7v7 and Boys will play 9v9. Registration numbers directly affect game format. ***15U Girls: Player # & Field Size are subject to change.**
2. Shin guards & cleats (rubber soled only) are to be worn at all times. NO metal, football, softball/baseball cleats allowed.
3. Play two 30 minute halves with 5 minute half.
4. **Kick-off.** Beginning of game, restarts after goal has been scored, and after half will be performed at mid-field.
5. **Goal Kicks.** A goal kick may be passed to a teammate inside the penalty area. The ball is in play once it is kicked and clearly moves, and opposing players may advance immediately. The initial kick may not cross the midfield line without first touching another player.
6. Goalies are not allowed to punt, kick or throw the ball across mid-field. The ball must touch a player on the field before crossing mid-field line. If the goalie punts, kicks or throws the ball across mid-field without touching a player on the field, an indirect kick will be awarded to the opposing team from the spot where the ball crosses half-field.
7. If a goalie handles the ball, they have the option to pass the ball to a teammate on the same side of the field or they may take the ball across mid-field themselves. Goalies are not allowed to pass the ball across mid-field without the ball being played by another player on the field.
8. Swap sides of the field at half time.
9. Penalty kicks use FIFA Laws/Rules.
10. Goalkeepers may now come slightly closer while defending a penalty, only required to have one foot on the goal line instead of required to stand completely on it.
11. An attacker who required medical treatment may now be allowed to take a penalty once treatment is concluded.
12. **Free Kicks**
 - a. During a free-kick – direct or indirect – the attacking team may NOT have a player within one yard of the wall. If they do, the referee can penalize the attacking team with a free-kick in the other direction.

- b. Quick free-kicks can now be taken before a referee shows a yellow card, and the referee is allowed to wait before showing his yellow card until the next stoppage in play. However, the rule still stands where a referee distracted by already beginning to display a caution may halt a quick free-kick until he finishes the action. In addition, if the referee was going to show a red card for denying an obvious goal scoring opportunity, the attacking team still may take a quick free-kick, but the punishment automatically reverts from a red card into a yellow as the attacking team is considered to have restarted its course of play.

13. Drop Ball: A drop ball will now be awarded if a ball strikes a referee and falls in possession of the opposition side, or if the ball strikes the referee and ends up in the back of the net. Drop balls can no longer be contested. However, along with that, drop balls can be taken by an attacking team wherever they possessed the ball when play was stopped, meaning an attacking team can continue from the point at which the attack was stopped. Drop balls are only awarded from a referee.

- a. Any play stopped in the penalty area will be returned to the goalkeeper no matter who possessed the ball at the stoppage.

14. Offside is in effect. We will continue to utilize a one-two referee system (depends on availability) and the referee will call clear and obvious offside infractions. Very close potential offside situations will be considered onside unless the referee has a good vantage point to make the call.

15. Goals cannot be scored from kick-off.

16. Goalkeeper cannot score by throwing the ball into the opponents' goal

17. Headers are permitted for players 12 and older only. (14U Only)

18. Slide tackling is permitted.

19. Substitute (UNLIMITED) at referee's discretion. Any substitute must leave the field of play at the nearest sideline point, unless the referee determines they can quickly make his way back to the team's designated touchline area.

20. All fouls will be IAW FIFA Laws/Rules.

21. Mercy Rule: If a team has a significant lead, the coach is encouraged to substitute players to avoid the mercy rule. If a team is ahead by 10 points or more after the 1st half, a mercy rule will be declared and the game shall end.

22. Game Forfeiture: Is declared if a coach or team refuses to start or restart game, and if a team is unable to field two less players than the number indicated to be on the field within 10 minutes after the scheduled starting time.



	5U COED	7U COED	9U Boys	9U Girls	11U Boys	11U Girls	15U Boys	15U Girls
# of Players	4 vs 4	5 vs 5	7 vs 7	7 vs 7	9 vs 9	9 vs 9	9 vs 9	7 vs 7
Field Size (yards)	20 X 30	25 X 35	40 X 60	40 X 60	50 X 80	50 X 80	50 X 80	40 X 60
Goal Size	4 X 6	4 X 6 or 5 x 10	6 X 18 or 7 x 21	6 X 18 or 7 x 21	6 X 18 or 7 x 21	6 X 18 or 7 x 21	Regulation 8 x 24	Regulation or 7 x 21
Ball Size	3	3	4	4	4	4	5	5
Offsides	NO	NO	YES	YES	YES	YES	YES	YES
Headers	NO	NO	NO	NO	NO	NO	YES	YES
Punting or Drop Kicks	NO	NO	NO	NO	YES	YES	YES	YES
Game Time	4 X 8 minutes (3 min half)	4 X 10 minutes (3 min half)	2 X 25 minutes (5 min half)	2 X 25 minutes (5 min half)	2 X 30 minutes (5 min half)	2 X 30 minutes (5 min half)	2 X 30 minutes (5 min half)	2 X 30 minutes (5 min half)
Goal Keeper	NO	NO	YES	YES	YES	YES	YES	YES
Slide Tackling	NO	NO	NO	NO	YES	YES	YES	YES
Referees	1	2 preferred 1 accepted	2 preferred 1 accepted	2 preferred 1 accepted	2	2	2	2
Build-Out Line	YES	YES	YES	YES	NO	NO	NO	NO
Penalty/Direct Kicks	NO	NO	YES	YES	YES	YES	YES	YES
Indirect Kicks	YES	YES	YES	YES	YES	YES	YES	YES
Handball Violation	Intentional only	Intentional only	Intentional only	Intentional only	YES	YES	YES	YES
Changing Sides at Half	NO	NO	YES	YES	YES	YES	YES	YES
Coaches on Field	YES 1 only per team	NO	NO	NO	NO	NO	NO	NO

*15U Girls: Player # & Field Size are subject to change.