

## CASA Rec Soccer Rules

Age	Length of Game	Ball Size	Time Between Periods	Playing Format
U5	4 – 8 minute quarters	3	5 minutes	3v3 (No GK)
U8	4 – 8 minute quarters	3	5 minutes	4v4 (No GK)
U10	2 – 20 minute halves	4	5 minutes	7v7 (6v6 with GK)
U14	2 – 25 minute halves	5	5 minutes	9v9 (8v8 with GK)

Length of game: As listed above, unless a shorter time is agreed on by both coaches and the referee is informed before the game. Extra time will not be added to games. Games will not be extended in the event of a tie.

Equipment: Players should wear black shorts (or pants), black/yellow jersey, shin guards, black soccer socks, and soccer cleats. Socks must completely cover shin guards. Hats and gloves/mittens are fine for cold weather. Sweatshirts/hoodies/jackets may be worn UNDER the jersey, but hoods must be tucked into the jersey. No earrings, jewelry, or wristbands are allowed.

Referees: Referees will officiate games for U9 and higher. Referees may officiate for U8 when available. If a referee is not used, the game will be officiated by the coaches. Only one coach per team is allowed on the field during the game. No parents are allowed on the field at any time. Coaches are not allowed on the field for U9 or higher unless beckoned by the referee (for an injured player).

Goalkeepers: Goalkeepers are only used for U9 and higher. For U8 and lower, encourage all players to be involved in attacking.

Throw-ins: Players may have a second chance for throw-ins at U8 and younger. The same player should retake the throw-in so that teaching can occur.

Heading: Heading is not allowed for players U-11 (10 years old) and younger. A purposeful header by these players shall result in an indirect free kick awarded to the opponent at the spot of the infraction. Heading will not be allowed in any age bracket that has players 10 years old and younger. For example, if we group U11, U12, and U13 players together on a team, heading will not be allowed in this age bracket.

Substitutions: For U8 and lower, substitutions may be made during any stoppage of play. For U9 and higher, substitutions may be made after goal scored, during goal kicks, at half-time, if play is stopped for an injury, or on throw-ins for the team in possession of the ball (the team not in possession of the ball may substitute on throw-ins if the team in possession is also substituting). No substitutions on corner kicks. Players awaiting substitution should wait at the center line.

Fouls and Misconduct: For U8 and lower, all free kicks are indirect free kicks (may not shoot directly into the goal). For U9 and higher, free kicks may be direct or indirect depending on the offense.

Offside: Offside will only be called for U9 and higher. Restart: indirect free kick.

Penalty Kicks: Penalty kicks will only be used for U9 and higher.

Slide Tackling: No slide tackling allowed in rec soccer. Restart: indirect free kick.

Build Out Line: U9 - U10 Only:

The build out line is used to promote playing the ball out of the back in an unpressured setting.

When the goalkeeper has possession of the ball, either in the hands during play or on the ground for a goal kick, the opposing team must move behind the build out line. The goalkeeper can wait until the opposing team is behind the build out line or can put the ball in play immediately.

If the goalkeeper has the ball in his/her hands, the goalkeeper can pass, throw or roll the ball to a teammate. If a goalkeeper punts (drop kicks) the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. As soon as the ball is released from the hands, the opposing team may cross the build out line.

On a goal kick, the ball is not in play until the ball leaves the penalty area (the opposing team may not cross the build out line until the ball leaves the penalty area).

The build out line will also be used to denote where offside offenses can be called. Players can only be penalized for an offside offense between the build out line and the goal line (but not between the build out line and the center line).