



**Small Sided Games Player & Playing Rules for Recreation Soccer
(Revised Spring 2009)**

AGE GROUP	GAME LENGTH	OVERTIME PERIODS	BALL SIZE	ROSTER SIZE	GAME FORMAT	FIELD/GOAL SIZE	CERTIFIED REFEREE	GK
HS Co	Two 25 minute halfs	2	5	15-16	11v11	FIELD: 175'x300' GOAL: 8'X18'	1 W/ TWO AR'S (optional)	YES
HS G	Two 25 minute halfs	2	5	10-12	8V8	FIELD: 140'x220' GOAL: 6'X18'	1	YES
U14 G	Two 25 minute halfs	N/A	5	9	7V7	FIELD: 125'x225' GOAL: 6'X18'	1	YES
U13 B	Two 25 minute halfs	N/A	4	12	8V8	FIELD: 145'x225' GOAL: 6'X18'	1	YES
U12 G	Two 25 minute halfs	N/A	4	13	9V9	FIELD: 140'x200' GOAL: 6'X18'	1	YES
U10	Two 25 minute halfs	N/A	4	Girls 9 Boys 12	6V6 7V7	FIELD : 95'x140' GOAL: 6'X12'	1	YES
U8	Four 12 minute quarters	N/A	3	Girls 6-7 Boys 11	5V5 6V6	FIELD : 95'x140' GOAL: 6'X12'	N/A	YES
U6	Four 8 minute quarters	N/A	3	9-10	5V5	FIELD : 65'x95' GOAL: 4'x6'	N/A	N/A
U4/U5	Four 8 minute quarters	N/A	3	8	4V4	FIELD: 60'x85' GOAL: 4'x6'	N/A	N/A



* Additional guidelines for U6/U5/U4 below:

- U6, U5 and U4 Coaches will referee their own games.
- No more than 2 U6-U4 coaches per team on the field during a game.
- U6-U4 Coaches refereeing games should remain close to the sidelines, and not stand in the middle of the field, or in the goal mouth.
- U6-U4 may not score directly on kick-offs. The ball **MUST** touch another player before a goal can be scored on a kick-off.
- Encourage parents, fans, and players to sit at least 3 feet from the sideline.