# VSA Recreation Soccer: Rules & Guidance for U-5 to U-12 Age Groups

## U5 & U6:

Ball Size: 3

# of Players: Maximum of 4 Players and No Goalie

Duration of Match: Four 10 Minute Quarters

Substitutions are allowed at any stoppage in Play.

One coach is allowed on the field during play to help with positioning of players, neither coach is allowed in the penalty area while the ball is in play.

Headers and Slide Tackling are not allowed.

Restarts: All free kicks are direct; Kick ins are used in place of throw ins.

The Offsides Rule is not used.

Buildout Line is Midfield and the receiving team must not cross the line on goal kicks until the ball is kicked.

*Players should push up the field as appropriate when their team gains possession of the ball and moves towards the other team's half of the field. No player should be placed permanently on front of their own goal.

## U-8:

Ball Size: 3

# of Players: Maximum of 4 Players and No Goalie

Duration of Match: Four 10 Minute Quarters

Coaches are not allowed on the field during play.

Substitutions are allowed at any stoppage in Play. Coaches still must request substitutions and the players should not enter the field until the referee gives approval. The referee may disallow the substitution if time is about to expire for example.

Headers and Slide Tackling are not allowed.

Restarts: All free kicks are direct

Kick ins are used in place of throw ins: The double touch rule is not applied to kick ins; however, a goal cannot be scored directly by the kicker unless it touches another player from either team first.

The Offsides Rule is not used.

Buildout Line is Midfield and the receiving team must not cross the line on goal kicks until the ball is kicked

*Players should push up the field as appropriate when their team gains possession of the ball and moves towards the other team's half of the field. No player should be placed permanently on front of their own goal.

## **U-10**:

Ball Size: 4

# of Players: Maximum of 7 Players including the Goalie

Duration of Match: Two 25 Minute Halves

Coaches are not allowed on the field during play.

Substitutions are allowed at any stoppage in Play. Coaches still must request substitutions and the players should not enter the field until the referee gives approval. The referee may disallow the substitution if time is about to expire for example.

Headers are Not allowed / Legal Slide Tackling Is Allowed

Offsides are in play from the Buildout Line to the Goal Line

The Buildout Line is halfway between the top of the penalty box and Midfield. The receiving team must not cross the line on goal kicks until the ball is kicked. When the goalie makes a save the attacking team must go behind the buildout line until the goalie puts the ball into play, unless the goalie chooses to put the ball immediately into play after making the save.

Goalies are not allowed to punt or dropkick the ball.

For all the Buildout rules see "Officiating with Build Out Lines" posted on the VSA web site Under Rec & Coaches Page.

## **U-12**:

Ball Size: 4

# of Players: Maximum of 9 Players including the Goalie

Duration of Match: Two 30 Minute Halves

Coaches are not allowed on the field during play.

Substitutions are allowed at any stoppage in Play. Coaches still must request substitutions and the players should not enter the field until the referee gives approval. The referee may disallow the substitution if time is about to expire for example.

Headers are Not allowed / Legal Slide Tackling Is Allowed

Normal Offsides is in play from the Mid-Field to the Goal Line

## All Age Groups

The home team is listed first in the game schedule and will wear NAVY; the away team is listed second and will wear TEAL. The Home Team provides the game ball.

## Location of Teams & Spectators:

Both teams and coaches will be on one side of the field with parents and other spectators on the other side of the field. One team shall be on either side of midfield and their parents shall be on the opposite side of the field on the same side of the midfield line. In general, when two fields of the same size are adjacent, the players will be in between the fields and the parents will be on the outside. On the Turf Field Spectators are to be outside the fence.

At No time are Coaches or Spectators allowed behind the goal area during play. The only exception is for Turf Field #6, where spectators can also be completely up the hill alongside Field #7.

A team may have no more than 2 assistant coaches for each game on the side of the players. Other personnel such as the snack provider may be on the side of the field with the team only during halftime and the end of the match.

Coaches are responsible to ensure his team and spectators are in the proper location prior to the start of the match as well as during the match.

There is a No Smoking Policy for all VSA matches and practices at all field locations.

## Play Down Rule:

If a team does not have the Maximum number of players to start the match, the opposing team should reduce their number of their players. The opposing coach may elect to loan a player or players to the undermanned team so that the maximum number of players are used. Often as the match progresses players show up and this will no longer be necessary.

## Referees

For U-5 & U-6 matches referees are not assigned, the coaches on the field will give guidance for the match. One Center Referee will be assigned for all U-8, U-10 & U-12 matches. If no referee is present, one coach from each team will alternate each half and officiate the match.
Remember VSA Rec is an instructional League for everyone involved: Coaches, Players, Spectators and Referees. Respect should be showed to the referees at all times.

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