Legacy Fall 2026 Recreational Soccer

Youth Soccer Rules Summary

Age Group	Match Length	# Players	Heading	Offside	Special Rules
U8	4 x 10-minute quarters 1-minute quarter breaks / 3-minute halftime	5v5 incl. GK Minimum 4	No heading - IFK	No offside	Hand ball - IFK
U10	2 x 22-minute halves 3-minute halftime	7v7 incl. GK Minimum 5	No heading - IFK	Build-out line	Build-out line rules apply
U12	2 x 22-minute halves 3-minute halftime	9v9 incl. GK Minimum 7	No heading - IFK	Offside	
U14	2 x 22-minute halves 3-minute halftime	11v11 incl. GK Minimum 7	Heading allowed	Offside	
U16	2 x 22-minute halves 3-minute halftime	11v11 incl. GK Minimum 7	Heading allowed	Offside	

Conduct and Sportsmanship

Any abusive language, bullying, or threatening behavior toward a player, coach, referee, club representative, parent, or spectator will not be tolerated. Players or team officials may be sanctioned, including removal from the match, suspension, or expulsion from the club. Parents or spectators engaging in this behavior will be removed from the field and may also be subject to suspension or expulsion from club activities.

Substitutions

- U8: Unlimited substitutions on the fly.
- U10 and older: Unlimited substitutions may be made at the end of a period; on the substituting team's throw-in (the opponent may piggyback); after a goal; on a goal kick; following a caution when the cautioned player leaves the field; following a disqualification; for an injury when the referee beckons a coach or appropriate health-care professional onto the field; for blood on a player or uniform; for suspected concussion; and before the start of a period.
- Players leaving the field for improper equipment may be substituted for and, once the equipment is corrected, may re-enter at the next dead ball after being beckoned by the referee. Re-entry shall occur from the midfield area.

U8 Youth Soccer

LEAGUE RULES

1. Practices: All teams are allowed one scheduled practice per week.

2. Length of Match

- 4 quarters of 10 minutes each.
- 1-minute break between quarters.
- 3-minute halftime.
- Teams change ends at halftime.
- No overtime.

3. Officiating

- All fouls will be enforced by referees in accordance with the IFAB Laws of the Game except where modified by these recreational rules.
    - Players are not permitted to deliberately head the ball. A violation will be restarted with an indirect free kick from the point or location of the infraction.
    - Use of hands/hand ball will be restarted with an indirect free kick.

Number of Players on the Field: 5 players with a minimum of 4.

Equipment:

- Size 4 ball
- Shin guards are mandatory and must be worn under and fully covered by socks.
- Cleats are optional.
- Players must be in full uniform while participating.
- Jewelry is not permitted, including necklaces, earrings, and bracelets. Tape or bandages over earrings are not an acceptable alternative. Medical jewelry is permitted when safely secured.

Offside: Offside is not called.

4. Scheduling, Minimum Players, and Forfeit Standard

- The home team is listed first on the schedule.
- Game time is forfeit time. For administrative purposes, a team must have at least 4 players available to participate for the match to proceed.
- The term "forfeit" is used to establish a clear minimum-player and field-use standard. Recreational scores and standings are not kept, and a forfeit is not recorded as a competitive result.
- When one team has excess players and the other team is short, coaches are expected to work together and loan/move players as needed so both teams can meet the minimum and the match can be played with reasonably balanced numbers.
- A coach may not require an undermanned opponent to play below the minimum while retaining excess players. If the minimum cannot be met, or coaches do not cooperate in balancing players so the match can proceed safely and appropriately, the match may be declared a forfeit for administrative purposes and the field may not be used for that scheduled match.
- If a team cannot field the normal 5 players but has at least the minimum of 4, the teams should play with equal numbers whenever practical. Player movement between teams should be used first to create balanced sides and maximize participation.

5. Scores and Standings

- No official score or standings will be kept for recreational matches.

U10 Youth Soccer

LEAGUE RULES

1. Practices: All teams are allowed one scheduled practice per week.

2. Length of Match

- 2 halves of 22 minutes each.
- 3-minute halftime.
- Teams change ends at halftime.
- No overtime.

3. Officiating

- All fouls will be enforced by referees in accordance with the IFAB Laws of the Game except where modified by these recreational rules.
    - Players are not permitted to deliberately head the ball. A violation will be restarted with an indirect free kick from the point or location of the infraction.

Number of Players on the Field: 7 players with a minimum of 5.

Equipment:

- Size 4 ball
- Shin guards are mandatory and must be worn under and fully covered by socks.
- Cleats are optional.
- Players must be in full uniform while participating.
- Jewelry is not permitted, including necklaces, earrings, and bracelets. Tape or bandages over earrings are not an acceptable alternative. Medical jewelry is permitted when safely secured.

Offside: Offside is enforced using the build-out line.

Build-out line: The build-out line is used to encourage playing the ball out of the back and building attacks in a less-pressured setting.

On goal kicks, opposing players must move beyond the build-out line and remain there until the ball is in play. The ball is in play after the second touch by the possessing team or when it travels beyond the build-out line; the goal kick itself is the first touch.

When the goalkeeper has possession of the ball in the hands, opposing players should begin moving beyond the build-out line and remain there until the goalkeeper releases the ball. The ball is live upon release by the goalkeeper.

A goalkeeper may put the ball back into play before all opponents are beyond the build-out line; by doing so, the goalkeeper accepts the consequences of restarting play before opponents have fully retreated.

The 8-second goalkeeper possession rule applies.

4. Scheduling, Minimum Players, and Forfeit Standard

- The home team is listed first on the schedule.
- Game time is forfeit time. For administrative purposes, a team must have at least 5 players available to participate for the match to proceed.
- The term "forfeit" is used to establish a clear minimum-player and field-use standard. Recreational scores and standings are not kept, and a forfeit is not recorded as a competitive result.
- When one team has excess players and the other team is short, coaches are expected to work together and loan/move players as needed so both teams can meet the minimum and the match can be played with reasonably balanced numbers.
- A coach may not require an undermanned opponent to play below the minimum while retaining excess players. If the minimum cannot be met, or coaches do not cooperate in balancing players so the match can proceed safely and appropriately, the match may be declared a forfeit for administrative purposes and the field may not be used for that scheduled match.

- If a team cannot field the normal 7 players but has at least the minimum of 5, the teams should play with equal numbers whenever practical. Player movement between teams should be used first to create balanced sides and maximize participation.

5. Scores and Standings

- No official score or standings will be kept for recreational matches.

U12 Youth Soccer

LEAGUE RULES

1. Practices: All teams are allowed one scheduled practice per week.

2. Length of Match

- 2 halves of 22 minutes each.
- 3-minute halftime.
- Teams change ends at halftime.
- No overtime.

3. Officiating

- All fouls will be enforced by referees in accordance with the IFAB Laws of the Game except where modified by these recreational rules.
    - Players are not permitted to deliberately head the ball. A violation will be restarted with an indirect free kick from the point or location of the infraction.

Number of Players on the Field: 9 players with a minimum of 7.

Equipment:

- Size 4 ball
- Shin guards are mandatory and must be worn under and fully covered by socks.
- Cleats are optional.
- Players must be in full uniform while participating.
- Jewelry is not permitted, including necklaces, earrings, and bracelets. Tape or bandages over earrings are not an acceptable alternative. Medical jewelry is permitted when safely secured.

Offside: Offside is in effect.

4. Scheduling, Minimum Players, and Forfeit Standard

- The home team is listed first on the schedule.
- Game time is forfeit time. For administrative purposes, a team must have at least 7 players available to participate for the match to proceed.
- The term "forfeit" is used to establish a clear minimum-player and field-use standard. Recreational scores and standings are not kept, and a forfeit is not recorded as a competitive result.
- When one team has excess players and the other team is short, coaches are expected to work together and loan/move players as needed so both teams can meet the minimum and the match can be played with reasonably balanced numbers.
- A coach may not require an undermanned opponent to play below the minimum while retaining excess players. If the minimum cannot be met, or coaches do not cooperate in balancing players so the match can proceed safely and appropriately, the match may be declared a forfeit for administrative purposes and the field may not be used for that scheduled match.
- If a team cannot field the normal 9 players but has at least the minimum of 7, the teams should play with equal numbers whenever practical. Player movement between teams should be used first to create balanced sides and maximize participation.

5. Scores and Standings

- No official score or standings will be kept for recreational matches.

U14 Youth Soccer

LEAGUE RULES

1. Length of Match

- 2 halves of 22 minutes each.
- 3-minute halftime.
- Teams change ends at halftime.
- No overtime.

2. Officiating

- All fouls will be enforced by referees in accordance with the IFAB Laws of the Game except where modified by these recreational rules.
    - Heading is permitted.

Number of Players on the Field: 11 players with a minimum of 7.

Equipment:

- Size 5 ball
- Shin guards are mandatory and must be worn under and fully covered by socks.
- Cleats are optional.
- Players must be in full uniform while participating.
- Jewelry is not permitted, including necklaces, earrings, and bracelets. Tape or bandages over earrings are not an acceptable alternative. Medical jewelry is permitted when safely secured.

Offside: Offside is in effect.

3. Scheduling, Minimum Players, and Forfeit Standard

- The home team is listed first on the schedule.
- Game time is forfeit time. For administrative purposes, a team must have at least 7 players available to participate for the match to proceed.
- The term "forfeit" is used to establish a clear minimum-player and field-use standard. Recreational scores and standings are not kept, and a forfeit is not recorded as a competitive result.
- When one team has excess players and the other team is short, coaches are expected to work together and loan/move players as needed so both teams can meet the minimum and the match can be played with reasonably balanced numbers.
- A coach may not require an undermanned opponent to play below the minimum while retaining excess players. If the minimum cannot be met, or coaches do not cooperate in balancing players so the match can proceed safely and appropriately, the match may be declared a forfeit for administrative purposes and the field may not be used for that scheduled match.
- If a team cannot field the normal 11 players but has at least the minimum of 7, the teams should play with equal numbers whenever practical. Player movement between teams should be used first to create balanced sides and maximize participation.

4. Scores and Standings

- No official score or standings will be kept for recreational matches.

U16 Youth Soccer

LEAGUE RULES

1. Length of Match

- 2 halves of 22 minutes each.
- 3-minute halftime.
- Teams change ends at halftime.
- No overtime.

2. Officiating

- All fouls will be enforced by referees in accordance with the IFAB Laws of the Game except where modified by these recreational rules.
    - Heading is permitted.

Number of Players on the Field: 11 players with a minimum of 7.

Equipment:

- Size 5 ball
- Shin guards are mandatory and must be worn under and fully covered by socks.
- Cleats are optional.
- Players must be in full uniform while participating.
- Jewelry is not permitted, including necklaces, earrings, and bracelets. Tape or bandages over earrings are not an acceptable alternative. Medical jewelry is permitted when safely secured.

Offside: Offside is in effect.

3. Scheduling, Minimum Players, and Forfeit Standard

- The home team is listed first on the schedule.
- Game time is forfeit time. For administrative purposes, a team must have at least 7 players available to participate for the match to proceed.
- The term "forfeit" is used to establish a clear minimum-player and field-use standard. Recreational scores and standings are not kept, and a forfeit is not recorded as a competitive result.
- When one team has excess players and the other team is short, coaches are expected to work together and loan/move players as needed so both teams can meet the minimum and the match can be played with reasonably balanced numbers.
- A coach may not require an undermanned opponent to play below the minimum while retaining excess players. If the minimum cannot be met, or coaches do not cooperate in balancing players so the match can proceed safely and appropriately, the match may be declared a forfeit for administrative purposes and the field may not be used for that scheduled match.
- If a team cannot field the normal 11 players but has at least the minimum of 7, the teams should play with equal numbers whenever practical. Player movement between teams should be used first to create balanced sides and maximize participation.

4. Scores and Standings

- No official score or standings will be kept for recreational matches.