



## Impact United Recreation Rules of Play: U5 - U9

	<b>U5</b>	<b>U6</b>	<b>U7</b>	<b>U8</b>	<b>U9</b>
Maximum Team Size	8	8	8	10	10
Number of Players	4v4* (no goalie)	4v4 (no goalie)	4v4 (no goalie)	6v6 (goalie + 5)	6v6 (goalie + 5)
Ball Size	#3	#3	#3	#3	#4
Size of Field (yds)	20 x 30	20 x 30	25 x 40	30 x 50	40 x 60
Size of goals	Yellow "PUGG" Goals	Yellow "PUGG" Goals	Yellow "PUGG" Goals	5' x 10'	5' x 10'
Game Length	(4) 6 min. quarters	(4) 8 min. quarters	(4) 10 min. quarters	(2) 25 min. halves	(2) 25 min. halves
Halftime Break	3 min.	3 min.	3 min.	5 min.	5 min.
Referees	Coaches Referee	Coaches Referee	Coaches Referee	1 Center Ref	1 Center Ref 1 Assistant Ref
Offside	No	No	No	No	Yes
Kickin/Throwin	Kickin	Kickin	Kickin	Throwin	Throwin
Direct Free Kicks	IFK only	IFK only	IFK only	IFK only	Yes
Penalty Kicks	No	No	No	No	Yes
Slide Tackle	No. IFK for Dangerous Play	No. IFK for Dangerous Play	No. IFK for Dangerous Play	No. IFK for Dangerous Play	No. IFK for Dangerous Play

- For Indirect Free Kicks (IFKs) and Direct Free Kicks (DFKs), opposing players must be a distance away of at least one tenth the field length.
- Substitutions for U5 - U8 are at any stoppage of play.
- Substitutions for U9 are at: 1) Own possession throwin 2) Any goal kick 3) Any kickoff 4) Any injury
- All recreation players must play at least 50% of the game.
- Please call your referee coordinator with any problems with the referees.



## Impact United Recreation Rules of Play: U10 – U14

	U10	U11	U12	U13/U14
Maximum Team Size	12	12	12	16
Number of Players	8 v 8	8 v 8	8 v 8	11 v 11 (8 v 8 if needed)
Ball Size	#4	#4	#4	#5
Size of Field (yds)	50 x 70	60 x 90-110	60 x 90-110	75 x 110
Size of goals	Full	Full	Full	Full
Game Length	(2) 25 min. halves	(2) 30 min. halves	(2) 30 min. halves	(2) 35 min. halves
Halftime Break	5 min.	5 min.	5 min.	5 min.
Referees	1 Center Ref 1 Assistant Ref	1 Center Ref 1 Assistant Ref	1 Center Ref 1 Assistant Ref	1 Center Ref 2 Linesmen
Offside	Yes	Yes	Yes	Yes
Kickin/Throwin	Throwin	Throwin	Throwin	Throwin
Direct Free Kicks	Yes	Yes	Yes	Yes
Penalty Kicks	Yes	Yes	Yes	Yes
Slide Tackle	No. IFK for Dangerous Play	Yes	Yes	Yes

- For Indirect Free Kicks (IFKs) and Direct Free Kicks (DFKs), opposing players must be a distance away of at least one tenth the field length.
- Substitutions for U10 - U14 are made prior to 1) Own possession throwin 2) Any goal kick 3) Any kickoff 4) Any injury
- All recreation players must play at least 50% of the game.
- Please call your referee coordinator with any problems with the referees.