

# INTRA-LIGA RULES FALL 2025

<b>U6</b>	5V5 w/keeper	4 x 8 min quarters	
<b>U8</b>	6V6 w/keeper	4 x 10 min quarters	
<b>U10</b>	7V7	2 x 25 min halves	
<b>U12</b>	9V9	2 x 30 min halves	
<b>U14</b>	11V11	2 x 35 min halves	
<b>U19</b>	11V11	2 x 40 min halves	

## Ball size:

- **U6:** 3
- **U8:** 3
- **U10/U12:** 4
- **U14 & Up:** 5

<b>U6 &amp; U8</b>	No slide tackling	No heading	No offside	No cards to players	No PKs
<b>U10</b>	No slide tackling	No heading	Offside	Cards can be issued	PKs
<b>U12</b>	Slidetackling	No heading	Offside	Cards can be issued	PKs
<b>U14/19</b>	Slidetackling	Heading	Offside	Cards can be issued	PKs

**U6** - DO NOT switch sides at half-time. One coach is allowed on the field during play. Throw-ins

**U6 & U8** - Indirect Free Kicks only. No penalty kicks at U6 or U8.

**U6** - cannot score on itself. The restart is a corner kick.

Sub on the fly at U6, U8, and U10. Standard subbing for U12 and up. No subbing on corners.

**U6 & U8** - throw-ins- one do-over. Give the ball to the other team after 2<sup>nd</sup> failed attempt.

No one is allowed to stand behind the goals.

**U8** - teams must switch at halftime.

## SCORE-LIMITING RULES:

### CCSC, RCSC, and MSA

The hat-trick rule applies to players who score their fourth goal if their team is winning. Theoretically, the same player can score all 10 goals in a 12-11 win. When players score their fourth goal if their team is winning, the restart is a goal kick, and no goal is awarded.

**WSC & Chicagoland Rec BB** - game manipulation- coaches decide what to do to control the score of the game

**PREGAMES TALKS** - especially early in the season, we must be thorough with our talks. We must discuss players per side, halves vs. quarters, where and when to sub and complete thorough equipment and hair inspections. Define expectations. Take your time!

**Players** - shin guards go against the skin. Check at U6 & U8 especially.

**Headwear** is acceptable if you think it is safe. A big knot on a bandana is not allowed!

**No jewelry** - no earrings, bracelets, rings, or watches. If it is religious or medical, have them tape it down. If it is not religious or medical, it must be removed. CANNOT BE TAPED!!

**Players wearing glasses** - if you feel they are unsafe, then the player cannot wear them.

**No metal** in the hair. Hard plastic balls on hair scrunchies are not allowed.

Casts are allowed.

No clock stoppage for any reason other than serious injuries.

Start games on time and do not end games early.

**U6 and U8** - are like herding turtles. You may say the same thing five or six times. Be patient; they are just happy to be there and most likely are not listening to you!

Get to the goal lines with either dynamic play or the ball. You must know if the ball crosses the goal line.

### **BLOW YOUR WHISTLE! BE LOUD AND PROUD AND TAKE CHARGE!!!**

**We don't chase balls** — we are not ball people!! When you go get the ball, you take your eyes off the players.

I need yellow card reports via email and red card supplemental reports within 24 hours.

Use proper mechanics at all times. It is a great practice! Stack those wins!

**U6/U8** - when setting up a wall, the wall must be 5 yards from the ball.

**U10/ U12** - when setting up a wall, the wall must be 8 yards from the ball.

**U14/U19** - wall must be 10 yards from the ball.

### **Lightning/thunder policy**

clear fields immediately, you must wait 30 minutes from the last flash or sound of thunder to restart. Work with the board members who are present.

**Remember-** there are video recorders on virtually every phone. Are you being recorded?

### **Emergency cancellations**

Call one of us, if no answer, keep trying. Below are the phone numbers for Kevin, Kyle & Larry. Create a group chat with us. This will be beneficial for time-sensitive issues.

 *Kevin Cathelyn* 630.669.7081      *Kyle Downar-Clark* 708.577.8718      *Larry George* 815.382.0449

### **Proper uniforms**

Long black socks- always pulled up. Shirts tucked in. Spikes or tennis shoes. NO BASKETBALL SHORTS. Stopwatches on your wrist. NO PHONES. Make your hat black if you wear one.

### **Here are a few areas of frustration on the pitch I am hoping we can get ahead of:**

- 1. HANDLING** - If the ball plays the hand, and the hand is in a natural position **for what that player is doing**, it is not handling...with the exception of the ball going in for a goal or creating a scoring opportunity. All handball violation restarts outside of the PA are direct free kick restarts.
- 2. OFFSIDE** - A player is considered offside when a player engages or interferes with the ball or an opponent. The restart is where the engagement or interference takes place. A player is not considered offside just because they are in an offside position.
- 3. DROP BALLS** - drop balls are uncontested. Opponents must be 4 yards away. The ball is live when it touches the ground. The receiver of the drop ball may retain possession and dribble. They cannot score, which is similar to an indirect free kick. Any drop ball restart that occurs inside the penalty area results in a drop ball to the keeper and the keeper can pick that ball up and play it.
- 4. RESTART IN THE PENALTY AREA** - for all restarts that result in the ball coming out, the ball is in play as soon as it is kicked and clearly moved. The attacking team must be outside and off the penalty area line.
- 5. SLIDE TACKLING**  
U6-U10- not allowed. If no contact, the player is initially warned, then called for a foul and the restart is an IDFK. If contact is made, then a foul is called the first time.  
U12-U19- is allowed when performed properly.
- 6. HEADING** - only at U14 and U19. Intentional heading is not allowed at U12 and younger. The restart is an IDFK at the spot of the violation.