



UFA REC AGE GROUP RULES

U7 & U8

- A referee will be assigned to officiate the games
- No coaches are allowed on the field.
- Coaches must remain on the sideline, and may not be behind either goal
- Size of ball: Number 3
- (4) 12-minute quarters (stopping at/close to 12 minute mark for mandatory subs)
- Goalies must have different color jersey than team (may be penny or t-shirt)
- Five players on the field from each team in each quarter – 4 field players and 1 keeper
- Substitutions can only be made during the following:
 - a) At 12-minute mark in each half
 - b) At half time
 - c) In case of an injury
- Offside Rule not in effect
- No "Slide Tackling"- This is a difficult technique and can be dangerous at this age
- All free kicks will be indirect
- No penalty kicks. Fouls inside the penalty area result in an indirect free kick
- Handballs will be called
- Be very forgiving in calling fouls, especially inadvertent handballs
- Throw-ins will be used. A second chance will be given to make a good throw-in
- Each player must play at least half of each game
- **Defending players must back up 5 yards for a goal kick**
- **Punting is allowed**
- **All parents must sit on one side of field opposite the coaches and teams and may not be behind either goal**
- **Each team must use four different players as goalie in each game (a different player for each quarter in a game)**
- **Head Balls will be called as an indirect free kick for the opposing team**

U10

- A referee will be assigned to officiate the games
- No coaches are allowed on the field.
- Coaches must remain on the sideline, and may not be behind either goal
- No "Slide Tackling"- This is a difficult technique and can be dangerous at this age
- Size of ball played: Number 4
- Two 25-minute halves
- Seven players on the field from each team in each half
- Goalies must have different color jersey than team (may be penny or t-shirt)

- Substitutions can be made during the following:
 - a) When your team is in possession of a throw-in
 - b) There is a goal kick by either team
 - c) At half time
 - d) In case of an injury
- Offside Rule is in effect
- Direct kicks will be allowed
- Penalty kicks are in effect. Fouls inside the penalty area may result in a direct free kick.
- Handballs will be called.
- **For goal kicks – the ball cannot be touched until it crosses outside of the penalty area after kicked**
- **We will not use build out lines and punting is allowed**
- Throw-ins will be used, and a second chance will not be given.
- Each player must play at least half of each game.
- All parents must sit on one side of field opposite the coaches and teams
- Head Balls will be called as an indirect free kick for the opposing team

U12

- Nine players on the field from each team
- Size of ball: Number 4
- (2) Thirty minute halves
- **For goal kicks – the ball cannot be touched until it crosses outside of the penalty area after kicked**
- Each player must play half of each game
- FIFA game rules apply.

U14

- Eleven players on the field from each team
- Size of ball: Number 5
- Each player must play half of each game
- Will use the goal kick rule allowing the ball to be touched inside the penalty area after the initial kick has been taken
- FIFA game rules apply.