



9v9 PLAYING FORMAT & RULES

Last revised 1.1.2026

For NCFC Youth Recreation & Challenge Divisions

CHECK IN REQUIREMENTS:

- **REC:** Printed copy of PlayMetrics Roster

Playing Time:

- 2 x 30-minute halves

Number of Players on Field:

- 9v9 Including Goalkeepers
- Minimum: 6

Ball Size: 4

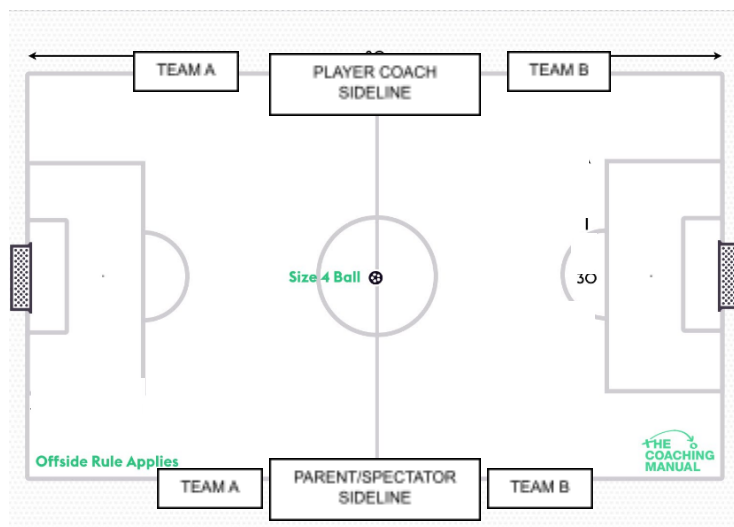
Field Dimensions: Approx. 70 yards x 50 yards (min)

Throw-ins: Yes

Heading: Not Allowed (per USSF Mandate)

Team Areas:

- **Player & Coach Sideline:**
ONLY rostered players and officials allowed
- **Parent/Spectator Sideline:**
MUST sit/stand on half of field directly opposite their team's players and coach(es)



The Field

- Dimensions: Field will be approximately 70 yards long and 70 yards wide.
- Goals: 6-7 ft high and 18-21 ft wide.

The Ball

- Size 4 ball to be provided by home team.

Number of Players

- Max. number of players per team on the field at one time is nine (9), including GK.
- Min. number of players per team on the field is six (6).
- Substitutions: any goal kick, kick off, your team's throw in, and injuries (referee's discretion). If team in possession is subbing the other team may sub.

Players' Equipment

- NCFC Youth Uniforms: Players are required to wear the appropriate Grey (Home) or Navy (Away) NCFC Youth jerseys at all games.
- The team listed first on the schedule shall be the home team and if jersey color issue then they would be required to change.
- Players must not use equipment or wear anything dangerous to themselves or another player (No jewelry of any kind).
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats are recommended, not required. No shoes with toe cleats (baseball cleats). No metal cleats.

Referees

- Three (3) referees provided by NCFC Youth. One center referee and two assistant referees.
- If short an official, then a club linesmen (parent) may be sought to only call out of bounds.
- All rule infractions shall be briefly explained to the offending player.

Duration of the Game / Playing Time

- 2 x 30 min. halves
- Half time should be at least 5 minutes

Starting the Game

- A coin toss between both team captains will be conducted by the referee. The team who wins the toss will have choice of kick off OR which goal to attack.
- A kickoff occurs at the start of each half and after each goal. The opposing team must be outside the center circle on their half of the field.
- Kickoff - ball is in play when it is kicked and clearly moves in any direction, including backwards.
- After halftime, the teams change sides and kickoff is taken by the team who did not take the kickoff at the start of game.

Ball In and Out of Play

- If whole ball crosses either sideline, then it is out of bounds and game should restart with a throw-in for the other team

Method of Scoring

- The entire ball must travel over the goal line, inside of the goal.

Off-Side

- Offside will be called by the referee
- No offside directly from a throw in
- No offside directly from goal kick

Fouls and Misconduct

- **Punting:** while this is allowed at 9v9 level, if a goalkeeper punts ball into other team's penalty box without touching anyone then indirect free kick awarded to opposition on the kickoff spot (halfway line).
- **No heading:** Per USSF mandate. If a player intentionally heads the ball an indirect free kick will be awarded to the opposing team where the ball was headed. If this is inside their penalty area award the kick at the top of the box

Free Kick

- Opponents must be 8 yards away from the ball

Goal Kick

- Ball is no longer required to leave the penalty area to be considered in play.
- Opposition players must remain outside the penalty area until the ball is kicked.

Penalty Kick

- Taken from 10 yards out
- Goalkeeper must keep one foot on goal line

Corner Kick

- A corner is awarded when the ball has completely crossed the goal line, except through the goal and was last played or touched by a player of the defending team. It shall be kicked into play by the attacking team from the corner of the field on the same side of the goal on which it crossed the goal line
- Opponents must be 8 yards away from the ball.