

Age Group	U 5 & 6	U 7 & 8	U 10	U 12	U 14
Ball Size	3	3	4	4	5
Number of Players	3	4	6	8	11
Goal Keeper	no	no	yes	yes	yes
No. of Qtr. or Halves	4 qtrs.	4 qtrs.	2 halves	2 halves	2 halves
Length of Qtr. or Halves	8 min.	12 min.	25 min	30 min.	35 min.
change sides	no	at half	at half	at half	at half
start of quarter/half	Kickoff	Kickoff	Kickoff	Kickoff	Kickoff
direct kicks	yes	yes	yes	yes	yes
fouls & misconduct	all direct	all direct	direct & indirect	direct & indirect	direct & indirect
penalty kicks	no	no	yes	yes	yes
off sides	no	no	no	yes	yes
Throw-in (retry allowed)	yes	yes	twice	no	no
score on kickoff	yes	yes	yes	yes	yes

Age Group	U 5 & U6	U7 & U8	U 10, U12, & U14
Substitutions	any time	any time	Injuries, after a goal, half time own throw ins, & goal kicks
max # of players that can be substituted	3	4	3
red/yellow cards	no	no	yes
Winner chooses which goal to defend (or attack) other team kicks of			
Goalkeeper misconduct (indirect kick from place of infringement)			
Takes more than 6 seconds to release the ball while controlling it with hands			
touches the ball with their hand after releasing it from their possession and ball has not been touched by another player			
Touches the ball with their hand after a throw in or it has been deliberately kicked or bto them by a team-mate			
U-10 only: Punts the ball in the air from one penalty area to the opponents penalty area			

Fouls and misconduct	direct or indirect
1. Kicks or attempts to kick an opponent	direct
2. Trips or attempts to trip an opponent	direct
3. Jumps at an opponent	direct
4. Charges an opponent	direct
5. Strikes or attempts to Strike an opponent	direct
6. Pushes an opponent	direct
7. Holds an opponent	direct
8. Spits at an opponent	direct
9. Handles the ball deliberately	direct
10. Tackles an opponent but making contact with the opponent before touching the ball	direct
11. Plays in a dangerous manner	indirect
12. Impedes the progress of an opponent	indirect
13. Prevents the keeper from releasing ball	indirect
indirect inside goal area moved to closest point outside the goal area	

Game Preparation For Refs:
1. Arrive at the field 15 minutes before the game
2. Parents/spectators are on the opposite side of the field of the team
3. Assure that players are in separate technical areas.
4. Do equipment checks of all players. Mandatory equipment include
a Tennis shoes or soft cleated soccer shoes; no metal allowed
b shin guards completely covered by socks;
c no dangerous items including jewelry, earrings, watches, necklaces,
d there is no metal allowed in the hair, only soft items are allowed
e tape over earrings is not permissible
f earrings must be removed or the child is not allowed to play
g No casts unless covered by soft material
h Jerseys (all same color except keeper) tucked into shorts
I Jerseys must be exposed. Heavier clothing is to be under Jerseys
5. Make sure any late arriving players are checked before playing
6. Establish any special rules regarding length of play or number of players prior to the start of the game. Both coaches must agree.
7. Make sure you have a good ball, whistle, and stop watch.
8. Game balls and flags should be in the ref bag at the field.
9. Substitution rules
a Coach send players to center flag
b Ref tells coach to bring players off the field
c Ref tells coach to bring players on the field
d If players come on before being called in send them back and then call them on
10. Explain the rules to players during the course of the game. . U-10 and below
16. Remember that you are a ref and a teacher at U-8 and below level.
17. You can help very young kids get set up initially but then back off

YELLOW CARD
Unsporting behavior
Dissent
Persistent infringement of rules
Delays the restart of play
Fails to respect required distance for a kick or free kick
enters or reenters the field of play without permission from the ref
deliberly leaves the field of play without permission
RED CARD
serious foul play
viloent conduct
spits
denies an opponent a goal by handeling the ball or by committing a offense punishable by a free kick
Offensive, insulting, or abusive language
second caution

