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Recreation Rules

	U6	U8	U10	U12	U14
Game Length	4 10's	2 20's	2 25's	2 30's	2 35's
Ball Size	3	4	4	4	5
Players	6v6	7v7	9v9	11v11	11v11 (8v8v for Boys)
Minimum Players	3	4	6	7	7 (4)
Goal kicks	Anywhere within penalty area ****				
Corner Kicks	Yes				
Offside	No	No	Yes	Yes	Yes
Direct Free Kicks	No	No	No	Yes	Yes
Penalty kicks	No	Direct kicks caused by infractions in the penalty area shall be taken on the edge of the penalty area from closest point to the infraction		Yes	
Substitution	No	Prior to any throw-in, goal kick, injury or kick-off	Only the team with possession may initiate a sub on a throw-in. Team B can sub only if team A does first. Either team on prior to any goal kick, injury or kick-off		
Throw-ins	Not allowed. Kick-in to restart		One re-throw allowed		
Heading the Ball	Infraction shall result in an indirect free kick from the spot of the infraction. If the infraction is in the goal box, the free kick shall be at the top of the goal box closest to the spot of the infraction				Yes

Check-in Process: Shin-Guards, Cleats or reasonable safe shoes, no jewelry, no casts

Home team will kick off, away team picks side

Coaches and teams on one side of field, all parents on opposite side. Parents are not allowed on the ends of the field (goal boxes)

Teams are not required to play down, but are strongly encouraged, if other team cannot field a full team

**** For U14 7v7 – goal kicks and drop kicks are not allowed to cross the center line



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5 goal differential rule for Recreation

- **A team cannot lead by more than 5 goals against an opponent**
 - **For every goal scored above the 5 goal differential, the scoring team MUST remove 1 player from the field of play, ie..**
 - **Team A leads 4-0 over Team B.**
 - **Team A scores a 5th goal (5-0)– Team A removes a player and now plays 10v11, 8v9, or 6v7. Goal is waived off and restart shall be by goal kick**
 - **Team A scores a 6th goal (Score 6-0) – Team A removes a player and now plays 9v11, 7v9, or 5v7.**
 - **Team B scores a goal (6-1) – Team A can add 1 player back – but if Team A scores again, they must again remove a player**
 - **Once a team is up by 7 goals, any additional goals scored will be waived off and a restart shall be by a goal kick**



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Competitive Rules

	U9 (2007)	U10 (2006)	U11 (2005)	U12 (2004)	U13 (2003)	U14 (01/02)	U15 (00/01)	U16 (99/00)	U19's	
Game Length	2 25's	2 30's	2 30's	2 35's	2 35's	2 35's	2 40's	2 40's	2 45's	
Ball Size	4	4	4	5						
Players	7v7	9v9	9v9	11v11						
Minimum Players	4	5	5	7						
Goal kicks	Anywhere within penalty area	Anywhere within the goal area								
Corner Kicks	Yes									
Offside	Yes									
Direct Free Kicks	Yes									
Penalty kicks	Yes									
Substitution	Prior to any throw-in, goal kick, injury or kick-off							See CalNorth Rules		
Throw-ins	One re-throw allowed			No re-throws						
Heading the Ball	No			Yes						

Check-in Process:

- Shin-Guards, Cleats or reasonable safe shoes, no jewelry, no casts
- All players must have a valid US Club player pass and listed on the game card roster
 - Guest players are NOT allowed. Player's must be added electronically to the game day roster - A coach can add a player on the game day roster using a mobile device at the field and the referee can verify the player pass against the electronic game day roster
- Both coaches must sign the game card. The home team will keep and file the game card for future reference



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Heading Rule

- Players of U12 (CalNorth Rec Only), ALL U11, U10, U9 and U8 are prohibited to **DELIBERATELY** head the ball.
- When a player deliberately heads the ball in a game, an indirect free kick (IDFK) should be awarded to the opposing team from the spot of the offense.
- If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
- If a player does not deliberately head the ball, then play should continue.
- NorCal **HIGHLY** recommends that during the team check-in, the referee crew inform team officials and players of enforcing this new rule. Not everyone is aware of this new rule.
- If a goal is scored by a player deliberately heading the ball, the goal should be disallowed and IDFK should be awarded.
- The IDFK is awarded **NOT FOR A DANGEROUS PLAY** but for the safety of the player.
- **THERE SHALL BE NO CARD GIVEN FOR THIS ACTION.**
- **THERE SHALL BE NO CONSIDERATION FOR PERSISTENT INFRINGEMENT FOR THIS ACTION.**
- **THE IDFK IS CONSIDERED TO BE A TEAM VIOLATION. THERE IS NO PUNISHMENT FOR THE INDIVIDUAL PLAYER.**

Concussion Guidance & Direction

- Head injuries may be caused when two players challenge for air ball and their heads collide, goalkeeper or any player collision of their head against goal post, player hitting their head against the ground or receiving a blow to the head by an elbow, a kick or during a fight or mass confrontation and on and on.
- When there is “head injuries” or “potential head injuries”, **STOP THE GAME**, evaluate the injured player or players, and the Coach must be called onto the field.

Once a player is determined that they might be suffering from “Head Injuries” or “potential head injuries”, **THAT PLAYER CANNOT RETURN TO THE PITCH FOR THAT GAME.**