

Rules of the Game

U7 Boys – Official: Game Leader

Playing Format	5 v 5 –inc. Goalie w/ pop ups
Duration of the Game	50 minutes
Duration of each Half	25 minutes
Substitutions	Unlimited (on the fly)
Throw-Ins	No (pass-ins)
Corner Kicks	No
Retreat Line	Yes – one third
Offsides	No
Ball Size	4

** When the goalie makes a save, encourage them to wait until the opposing team has retreated before playing the ball

U8 – Official: Game Leader

Playing Format	5 v 5 –inc. Goalie w/pop ups
Duration of the Game	50 minutes
Duration of each Half	25 minutes
Substitutions	Unlimited (on the fly)
Throw-Ins	No (pass-ins)
Corner Kicks	No
Retreat Line	Yes – one third
Offsides	No
Ball Size	4

** When the goalie makes a save, encourage them to wait until the opposing team has retreated before playing the ball

U10 – Official: Referee

Playing Format	7 v 7 –inc. Goalie
Duration of the Game	50 minutes
Duration of each Half	25 minutes
Substitutions	Unlimited (on any stoppage)
Throw-Ins	No (pass-ins)
Corner Kicks	Yes
Retreat Line	Yes – one third
Offsides	No
Ball Size	4

** When the goalie makes a save, encourage them to wait until the opposing team has retreated before playing the ball

** The minimum number of players in order to be able to play rather than forfeit for the U10 division is 5 players

U12 – Official: Referee

Playing Format	7 v 7 –inc. Goalie
Duration of the Game	50 minutes
Duration of each Half	25 minutes
Substitutions	Unlimited (on any stoppage)
Throw-Ins	Yes
Corner Kicks	Yes
Retreat Line	Yes – one third
Offsides	Yes
Ball Size	4

For the U12 division if a foul throw occurs, give the player a second chance to try the throw in again. If a foul throw occurs for second time in the same stoppage the possession will change and the opposing team will be awarded a throw in

The minimum number of players in order to be able to play rather than forfeit for the U12 division is 5 players.

If the goalie makes a save, encourage them to wait until the opposite team has retreated before playing the ball

U14 Boys – Official: Referee	
Playing Format	11 v 11 –inc. Goalie
Duration of the Game	70 minutes
Duration of each Half	35 minutes
Substitutions	Unlimited (on any stoppage)
Throw-Ins	Yes
Corner Kicks	Yes
Retreat Line	No
Offsides	Yes
Ball Size	5
The minimum number of players in order to be able to play rather than forfeit for the U14 division is 7 players.	

U15 Girls – Official: Referee	
Playing Format	9 v 9 –inc. Goalie
Duration of the Game	70 minutes
Duration of each Half	35 minutes
Substitutions	Unlimited (on any stoppage)
Throw-Ins	Yes
Corner Kicks	Yes
Retreat Line	No
Offsides	Yes
Ball Size	5
The minimum number of players in order to be able to play rather than forfeit for the U15 division is 6 players.	

U17 Senior Co-ed – Official: Referee	
Playing Format	9 v 9 –inc. Goalie
Duration of the Game	70 minutes
Duration of each Half	35 minutes
Substitutions	Unlimited (on any stoppage)
Throw-Ins	Yes
Corner Kicks	Yes
Retreat Line	No
Offsides	Yes
Ball Size	5
The minimum number of players in order to be able to play rather than forfeit for the U17 division is 6 players.	