

Recreational Soccer Playbook

4U — Field 1, 2, & 3

Format: 3v3

- (4) 6 minute quarters
- No goalkeeper
- Ball size 3
- Coaches are the referee
- Kick-ins or throw-ins
- Dribbling and kicking encouraged
- Coaches may help players during play

6U — Field 5 & 6

Format: 4v4

- (4) 8 minute quarters
- No goalkeeper per team
- Ball size 3
- Coaches are the referee
- Kick-ins or throw-ins
- Encourage passing and teamwork
- Coaches may provide instruction during games

8U — Field 7

Format: 7v7 w/ goalie

- (2) 15 minute halves
- 1 goalkeeper per team
- Ball size 4
- No punt ball from goalies
- 1-2 referees on the field
- Kick-ins or throw-ins
- Goalkeeper may use hands inside goal area
- Encourage players to spread out
- Offsides are enforced

10U — Field 8

Format: 7v7 w/ goalie

- (2) 20 minute halves
- 1 goalkeeper
- Ball size 4
- No punt ball from goalies
- 1-2 referees on the field
- Throw-ins
- Goal kicks and corner kicks
- Offsides are enforced

12U — Field 9

Format: 9v9 w/ goalie

- (2) 25 minute halves
- 1 goalkeeper per team
- Ball size 5
- 2-3 referees on the field
- Throw-ins
- Offsides are enforced
- Goal kicks and corner kicks

15U — Field 9

Format: 9v9 w/ goalie

- (2) 30 minute halves
- Ball size 5
- 1 goalkeeper per team
- 2-3 referees on the field
- Standard throw-ins
- Offsides are enforced
- Headers and slide tackle are allowed
- Standard fouls and restarts
- Goal kicks and corner kicks