



U8/U10/U12 RECREATIONAL GAME GUIDELINES

GUIDELINES	U8	U10	U12
Length of game	2 x 20 minute halves	2 x 22 minute halves	2 x 25 minute halves
Scoring	No game to finish more than a 5 goal differential	No game to finish more than a 5 goal differential	No game to finish more than a 5 goal differential
Certified referee	1	1	1
Offside	NO	YES. Indirect free-kick	YES. Indirect free-kick
Number of players	7 (including GK)	7 (including GK)	9 (including GK)
Uniforms	White = home, black = away	White = home, black = away	White = home, black = away
Playing time (50% guaranteed)	Each player guaranteed 20 minutes per game	Each player guaranteed 25 minutes per game	Each player guaranteed 25 minutes per game
Substitutions	Substitutions can happen on all goal-kicks, throw-ins, goal scored & injuries	Substitutions can happen on all goal-kicks, throw-ins, goal scored & injuries	Substitutions can happen on all goal-kicks, throw-ins, goal scored & injuries
Goal- kicks / Retreat lines	YES - defensive team must retreat back to the top of the center circle on goal- kicks	YES - defensive team must retreat back to the top of the center circle on goal- kicks	NO
Other	No heading No punting *Direct & Indirect free-kicks	No heading No punting *Direct & Indirect free-kicks	No heading No punting *Direct & Indirect free-kicks
Location of coaches and parents	Coaches and players on one side of the field, parents on the other side. No coaches on the field	Coaches and players on one side of the field, parents on the other side. No coaches on the field	Coaches and players on one side of the field, parents on the other side. No coaches on the field
Size of Goals	6.5 x 12	6.5 x 12	6.5 x 18.5

