



NP United Recreational Soccer: Rules Summary



Division	Play Setup	Goalie Play	Ball Size	Play Time	Substitutions and Play Stoppage
U6 Boys & Girls	(2) Fields of 3v3 or 4v4 Split between more & less aggressive -No Throw-ins -No Penalty Kicks, No Headers -No Offsides -All kicks are indirect.	-No Goalies -No players standing in the goal arc	3	4 x 8 minute quarters 5 minute halftime 2 minutes between quarters Coaches can adjust play time by mutual consent.	Unlimited substitutions on ANY stoppage of play.
U8 Girls and Boys	(2) Fields of 4v4 Split between more & less aggressive -Corner Kicks -Throw-ins -No Penalty Kicks, No Headers -No Offsides	-No Goalies -ALL players remain outside of goal ARC. -Attacking team drops back to their half on goal kicks	3	(4) 10 minute quarters 5 minute halftime 2 minutes between quarters	-Unlimited substitutions on ANY throw in or goal kick. -All kicks are indirect. -If Defense touches ball inside arc it counts as a goal. -If Offense touches ball inside arc it is a goal kick.
U10 Co-Ed	(1) Field of 7v7 (or 6v6 if both coaches consent) -Corner Kicks -Throw-ins -No Penalty Kicks, No Headers -No Offsides	-Goalies must wear distinguishing vest. -No punting past ½ field -Attacking team drops back to their half on goal kicks	4	(2) 25 minute halves 5 minute halftime (can switch to 4 x 12-minute quarters if needed due to hydration issues)	-Unlimited substitutions on ANY throw in or goal kick. -All kicks are indirect. -Gender ratio on field must reflect gender ratio on roster
U13 Co-Ed	(1) Field of 9v9 (or 8v8 if both coaches consent) -Corner Kicks -Throw-ins -No Penalty Kicks, No Headers -Offsides is called	-Goalies must wear distinguishing vest. -No punting past ½ field	4	(2) 25 minute halves 5 minute halftime (can switch to 4 x 12-minute quarters if needed due to hydration issues)	-Unlimited substitution on any throw in or goal kick. -All kicks are indirect. -Gender ratio on field must reflect gender ratio on roster

All ages may play less people if needed due to attendance issues, for example 5v5 for U10. Must play even up. Share/Borrow players if needed.