



NP UNITED



NP United Recreational Soccer: Rules Summary

Division	Play Setup	Goalie Play	Ball Size	Play Time	Substitutions and Play Stoppage
U6 Boys & Girls	<ul style="list-style-type: none"> • Play 5v5 (or 4v4). • No Throw-ins, Penalty Kicks, Headers, or Corner Kicks • No Offsides. • All kicks are indirect (ball must touch one additional player before a goal can be scored). • FIVE YARD RULE: Start of play and free kicks will take place with all players at least 5 yards away from the ball. • Goals may not be scored from kickoff. • Balls going out of bounds: Play is restarted with a kick-in. 	<ul style="list-style-type: none"> • No Goalies. • No ball contact allowed within the arc, however, players or ball may pass through the arc area. Any part of the ball or players body on the line is considered in the goal arc. • If a defensive player within the arc contacts the ball, a goal is awarded. • If an offensive player within the arc contacts the ball, a goal kick is awarded. • If ball comes to rest within the arc area, regardless of who touched it last, a goal kick is awarded. • Attacking team drops back to their half on goal kicks. 	3	<ul style="list-style-type: none"> • 4 x 8 minute quarters. • 5 minute halftime. • 2 minutes between quarters. • Each successive quarter should alternate kick off from team to team. <p>Coaches can adjust playtime by mutual consent.</p>	<ul style="list-style-type: none"> • Substantially equal playing time. • Unlimited substitutions per coach's instruction.
U8 Girls & Boys	<p>Same as U6, except:</p> <ul style="list-style-type: none"> ○ Throw-ins occur when ball goes out of play over the touchline. Second tries will normally be granted. ○ Corner kicks occur when ball goes out of play over the goal line having last been touched by a defensive player (without scoring a goal). 	Same as U6	3	<ul style="list-style-type: none"> • 4 x 10 minute quarters. • 5 minute halftime. • 2 minutes between quarters. • Each successive quarter should alternate kick off from team to team. <p>Coaches can adjust playtime by mutual consent.</p>	<ul style="list-style-type: none"> • Substantially equal playing time. • Unlimited substitutions with referee's permission. Player must be at the center line at the time of stoppage of play for substitutions.



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U10 Co-Ed	Same as U8, except: <ul style="list-style-type: none"> o 7v7 (or 6v6 if both coaches agree). 	<ul style="list-style-type: none"> • Goalies must wear distinguishing vest. • Goalie may restart by throwing, rolling or punting the ball. • No punting past ½ field. • Attacking team drops back to their half on goal kicks. 	4	<ul style="list-style-type: none"> • 2 x 25 minute halves. • 8 minute halftime. • Each half should alternate kick off between teams. <p>Note: Coaches can adjust playtime by mutual consent (can switch to 4 x 12-minute quarters if needed due to hydration issues).</p>	<ul style="list-style-type: none"> • Substantially equal playing time. • Unlimited substitutions with referee's permission. Player must be at the center line at the time of stoppage of play for substitutions. <p>Gender ratio on field must reflect gender ratio on roster.</p>
U12 & U14 Co-Ed	Same as U10, except: <ul style="list-style-type: none"> o 9v9 (or 10v10 or 8v8 if both coaches agree). o OFFSIDES: Standard offsides rules apply. o Penalty Kicks are awarded for dangerous play inside the penalty area. 	<ul style="list-style-type: none"> • Goalies must wear distinguishing vest. • Goalie may restart by throwing, rolling or punting the ball. • No punting past ½ field. • Goal Kicks: <ol style="list-style-type: none"> i. Attacking team must be outside the penalty box until the ball is kicked. ii. Defending team can be anywhere inside the penalty box. iii. Ball is in play as soon as it's kicked. 	4	<ul style="list-style-type: none"> • 2 x 25 minute halves. • 8 minute halftime. • Each half should alternate kick off between teams. <p>Note: Coaches can adjust playtime by mutual consent (can switch to 4 x 12-minute quarters if needed due to hydration issues).</p>	<ul style="list-style-type: none"> • Substantially equal playing time. • Unlimited substitutions with referee's permission. Player must be at the center line at the time of stoppage of play for substitutions. <p>Gender ratio on field must reflect gender ratio on roster.</p>

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.