



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 4v4 (or 3v3 or 5v5). • 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 on sidelines: Play is restarted with a kick-in. • All balls over the goal line are restarted with a goal kick, even when last touched by a defender. 	<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 	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. 	<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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	the goal line having last been touched by a defensive player (without scoring a goal).			Coaches can adjust playtime by mutual consent.	
U10 Co-Ed	Same as U8, except: <ul style="list-style-type: none"> ○ 7v7 (or 6v6 if both coaches agree). ○ NO HEADERS ○ Penalty Kicks may be awarded. ○ No Offsides. ○ EIGHT YARD RULE: Start of play and free kicks will take place with all players at least 8 yards away from the ball. 	<ul style="list-style-type: none"> • Goalies must wear distinguishing vest. • Goalie may restart by throwing, rolling or punting the ball. • 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"> ○ 9v9 (or 8v8 if both coaches agree). ○ NO HEADERS ○ OFFSIDES: Standard offsides rules apply. ○ Penalty Kicks may be awarded. ○ EIGHT YARD RULE: Start of play and free kicks will take place with all players at least 8 yards away from the ball. 	<ul style="list-style-type: none"> • Goalies must wear distinguishing vest. • Goalie may restart by throwing, rolling or punting the ball. • 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. 	U12-4 U14-5	<ul style="list-style-type: none"> • U12: 2 x 30 minute halves. • U14: 2 x 35 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 15-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.