

Age groups play as follows:

- U4 3v3 (Born 2015/2014)
- U5 3v3 (Born 2013)
- U6 3v3 (Born 2012)
- U7 4v4 (Born 2011)
- U8 4v4 (Born 2010)
- U10 7v7 (Born 2009/2008)
- U12 9v9 coed (Born 2007/2006)
- U17 6v6 coed (Born 2005/2004/2003/2002/2001)

Rules that apply to all age groups

- Shoes: Tennis or soccer shoes may be worn. Metal cleats are not permitted. Baseball shoes will not be worn unless they are modified by removing the toe cleat.
- Shin guards, covered by socks are required to play
- Abusive behavior towards referees or other participants will **not** be tolerated! What constitutes abusive behavior is solely at the discretion of the referee.
- **Inclement/cold weather clothing:** Permitted, but must be worn underneath CCFC jersey.
- Dissent/abusive behavior by coaches, parents or other spectators: Coaches, parents or other spectators who direct dissent specifically at an official, or who demonstrate abusive behavior will be required to leave the area. Failure to do so in a timely manner will result in the responsible coach being sent off and suspension of the game by the referee, at his or her discretion.
- Deliberate heading is not allowed in ages U12 and down.
- If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense
- Together, coaches and parents are expected to create and promote a fun and safe environment for the players

U4/U5/U6

- 3v3
- Size 3 ball
- 10-minute quarters (can be less when managed by the coaches and parents)
- 5-minute half time
- 2-minute break between each quarter
- Can change sides at half time but is optional to coach
- No offside and **no slide tackling**.
- No score kept
- No scoring directly off kick-offs
- One Parent/Coach per team will be on the field to provide direction/referee.
- Throw-in/Kick-in awarded to team gaining possession at the spot where ball went out of bounds. Re-throws permitted for incorrect throw-ins after the improper method is explained to the player.
- Opponents should be 10 feet away from the ball on all restarts
- Substitutions are unlimited and can occur at any stoppage

U8

- 4v4 (no goalie)
- Size 3 ball
- 10- minute quarters
- 5-minute half time
- 2-minute break between each quarter
- Change sides at half time.
- No offside and **no slide tackling**.
- If used, all free kicks are indirect. Opponents should be 10 feet away from the ball on all restarts.
- Substitutions are unlimited and can occur at any stoppage with permission of referee
- Opponents should be 10 feet away from the ball on all restarts
- No penalty kicks
- Throw-in awarded to team gaining possession at the spot where ball went out of bounds. Re-throws permitted for incorrect throw-ins after the improper method is explained to the player.
- Because of no goalie, you will play **Poison**:
- **Poison Rules:**

No player may touch the ball within the goal box, however any player may move through the goal box. If a defender touches the ball in the goal box, a goal is awarded to the offensive team. If the defender or the ball is in the box and contact is made, a goal is awarded. If an offensive player touches the ball within the goal box, a goal kick is awarded to the defensive team. If the ball comes to a complete stop in the goal box, regardless of which team touched it last, a goal kick is awarded to the defensive team.

U10

- 7v7 (6 field players and 1 goal keeper)
- Size 4 ball
- 25 minute halves
- 5-minute half time
- Change sides at half time
- Team that is provided the kickoff at the coin toss will kick off 1st half; opposing team will kick off 2nd half.
- Opponents should be 10 feet away from the ball on all restarts
- Game may not start or continue if there are less than 5 players on a team
- Substitutions are unlimited and can occur at any stoppage with permission of referee
- No slide tackling.
- No drop kicks
- Offside: *build out line (no one is offside until that line)
- No offside on throw in or corner kick.
- Offside will be enforced. A player is in an offside position if he is closer to the goal line than both the ball and the second-to-last defender, but only if he is in the opposition half of the field. To be offside, a player must be in the opposition half, be in front of the ball & be in active play.

***The build out line** is used to promote playing the ball out of the back in an unpressured setting. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team should move behind the build out line. Once the opposing team is behind the build out line, the goalkeeper can pass or throw/roll the ball to a teammate (no drop kicks). After the ball is put into play by the goal keeper, the opposing team can cross the build out line and play resumes as norm. –*US Soccer*

U12 coed

- 9v9 (8 field players and 1 goal keeper)
- Size 4 ball
- 25-minute halves
- Change sides at half time
- Team that is provided the kickoff at the coin toss will kick off 1st half; opposing team will kick off 2nd half.
- Game may not start or continue if there are less than 6 players on a team
- Substitutions are unlimited and can occur at any stoppage with permission of referee.
- No slide tackling.
- No offside on throw in or corner kick.
- Offside will be enforced. A player is in an offside position if he is closer to the goal line than both the ball and the second-to-last defender, but only if he is in the opposition half of the field. To be offside, a player must:
 - Be in the opposition half.
 - Be in front of the ball.
 - Be in active play.

U14/U17 coed

- 6v6 (5 field players and 1 goal keeper)
- Size 5 ball
- 25-minute halves
- Change sides at half time
- Team that is provided the kickoff at the coin toss will kick off 1st half; opposing team will kick off 2nd half.
- Game may not start or continue if there are less than 4 players on a team
- Substitutions are unlimited and can occur at any stoppage with permission of referee.
- No slide tackling.
- No offside on throw in or corner kick.
- Offside will be enforced. A player is in an offside position if he is closer to the goal line than both the ball and the second-to-last defender, but only if he is in the opposition half of the field. To be offside, a player must:
 - Be in the opposition half.
 - Be in front of the ball.
 - Be in active play.

Concussion Initiative

Per U.S. Soccer's Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed. If the player leaves the field of play for additional evaluation, a substitution can be made in that moment. The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player. Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game.