



Legacy 2024 Fall Rec Soccer Information

Youth Soccer Rules Summary

Age Group	Match Length	# Players	Heading	Offside	Special Rules
U8	4 10-min quarters 1 min break/3 min half	5v5 incl. GK	NO Heading - IFK	No Offsides	Hand Ball - IFK
U10	2 22-min halves 3 min halftime	9v9 incl. GK	NO Heading - IFK	Offsides	
U12	2 25-min halves 3 min halftime	9v9 incl. GK	NO Heading - IFK	Offsides	
U14	2 25 min halves 3 min halftime	11v11 incl. GK	Heading Allowed	Offside	
U16	2 25 min halves 3 min halftime	11v11 incl. GK	Heading Allowed	Offside	

Any abusive language or bullying towards any player, coach, referee, or club representative by a player or team official will not be tolerated and will result in an automatic red card sanction. If this occurs, disciplinary action up to and including suspension or expulsion from the club will be taken.

Any red card sanction will result in a minimum 2 game suspension.

Any abusive language or bullying by a parent or spectator towards any player, coach, referee, or club representative will not be tolerated. If this occurs, the offending party will be removed from the field and may include a suspension or expulsion from the club.



Legacy 2024 Fall Rec Soccer Information

Youth Soccer Rules Summary

U8 Youth Soccer

LEAGUE RULES:

1. Length of Match:
 - a. 4 quarters of 10 minutes each
 - There will be a 1-minute break between each quarter.
 - There will be a 3-minute break at halftime.
 - Teams will change ends at halftime.
 - There will be no overtime played.
 2. Officiating:
 - a. All fouls will be enforced by referees in accordance with IFAB Laws of the Game except for:
 - Use of hands will be enforced with an indirect kick.
 - Players will not be allowed to head the ball during games – enforcement will be an indirect kick at the point or location of infraction.
 - b. Number of Players on the Field:
 - 5 with a minimum of 4
 - c. Equipment:
 - Size 4 ball
 - It is mandatory that players must wear shin guards – the players will not be allowed to participate if they are not wearing shin guards.
 - Shin guards must be worn UNDER SOCKS and fully covered by socks.
 - Cleats are optional for players.
 - Players will be in full uniform while playing.
 - Players are not allowed to wear any jewelry during games. This includes, but is not limited to:
 - Necklaces
 - Earrings (applying bandages or tape over earrings **is not** an acceptable alternative and will not be allowed)
 - Bracelets
 - Exemptions will be made for medical jewelry.
 - d. There will be no offsides called.
3. Scheduling:
 - a. The Home Team is listed first on the schedule.
 - b. If a team cannot play five (5) on the field, then that team may play with the minimum number for this age group – four (4). The opposing coach will be able to play one (1) player up if the other team cannot field the maximum number of players
4. There will be no score kept nor will there be any standings kept



Legacy 2024 Fall Rec Soccer Information

Youth Soccer Rules Summary

U10 Youth Soccer

LEAGUE RULES:

1. Practices: All teams will be allowed one scheduled practice per week
2. Length of Match:
 - a. 2 halves of 22 minutes each
 - There will be a 3-minute break at halftime.
 - Teams will change ends at halftime.
 - There will be no overtime played.
3. Officiating:
 - a. All fouls will be enforced by referees in accordance with IFAB Laws of the Game except for:
 - Players will not be allowed to head the ball during games – enforcement will be an indirect kick at the point or location of infraction
 - b. Number of Players on the Field:
 - 9 with a minimum of 7.
 - c. Equipment:
 - Size 4 ball
 - It is mandatory that players must wear shin guards – the players will not be allowed to participate if they are not wearing shin guards.
 - Shin guards must be worn UNDER SOCKS and fully covered by socks.
 - Cleats are optional for players.
 - Players will be in full uniform while playing.
 - Players are not allowed to wear any jewelry during games. This includes, but is not limited to:
 - Necklaces
 - Earrings (applying bandages or tape over earrings **is not** an acceptable alternative and will not be allowed)
 - Bracelets
 - Exceptions will be made for medical jewelry.
 - d. Offsides is in effect.
4. Scheduling:
 - a. The Home Team is listed first on the schedule.
 - b. Game Time is Forfeit Time. Forfeits are defined as a team not being represented by enough players to reach the minimum of six (6) players.
 - c. If a team cannot play nine (9) players on the field, then that team may play with the minimum number for this age group – seven (6) players. The opposing coach will be able to play one (1) player up if the other team cannot field the maximum number of players.
5. There will be no score kept nor will there be any standings kept.



Legacy 2024 Fall Rec Soccer Information

Youth Soccer Rules Summary

U12 Youth Soccer

LEAGUE RULES:

6. Practices: All teams will be allowed one scheduled practice per week
7. Length of Match:
 - b. 2 halves of 22 minutes each
 - There will be a 3-minute break at halftime.
 - Teams will change ends at halftime.
 - There will be no overtime played.
8. Officiating:
 - e. All fouls will be enforced by referees in accordance with IFAB Laws of the Game except for:
 - Players will not be allowed to head the ball during games – enforcement will be an indirect kick at the point or location of infraction
 - f. Number of Players on the Field:
 - 9 with a minimum of 7.
 - g. Equipment:
 - Size 4 ball
 - It is mandatory that players must wear shin guards – the players will not be allowed to participate if they are not wearing shin guards.
 - Shin guards must be worn UNDER SOCKS and fully covered by socks.
 - Cleats are optional for players.
 - Players will be in full uniform while playing.
 - Players are not allowed to wear any jewelry during games. This includes, but is not limited to:
 - Necklaces
 - Earrings (applying bandages or tape over earrings **is not** an acceptable alternative and will not be allowed)
 - Bracelets
 - Exceptions will be made for medical jewelry.
 - h. Offsides is in effect.
9. Scheduling:
 - d. The Home Team is listed first on the schedule.
 - e. Game Time is Forfeit Time. Forfeits are defined as a team not being represented by enough players to reach the minimum of six (6) players.
 - f. If a team cannot play nine (9) players on the field, then that team may play with the minimum number for this age group – seven (6) players. The opposing coach will be able to play one (1) player up if the other team cannot field the maximum number of players.
10. There will be no score kept nor will there be any standings kept.



Legacy 2024 Fall Rec Soccer Information

Youth Soccer Rules Summary

U14 Youth Soccer

LEAGUE RULES:

1. Length of Match:
 - a. 2 halves of 25 minutes each
 - There will be a 3-minute break at halftime.
 - Teams will change ends at halftime.
 - There will be no overtime played.
2. Officiating:
 - a. All fouls will be enforced by referees in accordance with IFAB Laws of the Game except for:
 - Players are allowed to head the ball during games.
 - b. Number of Players on the Field:
 - 11 with a minimum of 7
 - c. Equipment:
 - Size 5 ball
 - It is mandatory that players must wear shin guards – the players will not be allowed to participate if they are not wearing shin guards.
 - Shin guards must be worn **UNDER SOCKS** and fully covered by socks.
 - Cleats are optional for players.
 - Players will be in full uniform while playing.
 - Players are not allowed to wear any jewelry during games. This includes, but is not limited to:
 - Necklaces
 - Earrings (applying bandages or tape over earrings **is not** an acceptable alternative and will not be allowed)
 - Bracelets
 - Exceptions will be made for medical jewelry.
 - d. Offsides is in effect.
3. Scheduling:
 - a. If a team cannot play nine (11) on the field, then that team may play with the minimum number for this age group – seven (7). The opposing coach will be able to play one (1) player up if the other team cannot field the maximum number of players.
4. There will be no score kept nor will there be any standings kept.



Legacy 2024 Fall Rec Soccer Information

Youth Soccer Rules Summary

U16 Youth Soccer

LEAGUE RULES:

1. Length of Match:
 - a. 2 halves of 25 minutes each
 - There will be a 3-minute break at halftime.
 - Teams will change ends at halftime.
 - There will be no overtime played.
 2. Officiating:
 - a. All fouls will be enforced by referees in accordance with IFAB Laws of the Game except for:
 - Players are allowed to head the ball during games.
 - b. Number of Players on the Field:
 - 11 with a minimum of 7
 - c. Equipment:
 - Size 5 ball
 - It is mandatory that players must wear shin guards – the players will not be allowed to participate if they are not wearing shin guards.
 - Shin guards must be worn **UNDER SOCKS** and fully covered by socks.
 - Cleats are optional for players.
 - Players will be in full uniform while playing.
 - Players are not allowed to wear any jewelry during games. This includes, but is not limited to:
 - Necklaces
 - Earrings (applying bandages or tape over earrings **is not** an acceptable alternative and will not be allowed)
 - Bracelets
 - Exceptions will be made for medical jewelry.
 - d. Offsides is in effect.
3. Scheduling:
 - a. If a team cannot play eleven (11) on the field, then that team may play with the minimum number for this age group – seven (7). The opposing coach will be able to play one (1) player up if the other team cannot field the maximum number of players.
4. There will be no score kept nor will there be any standings kept.