



# Legacy 2025 Spring Rec Soccer Information

## Youth Soccer Rules Summary

| Age Group  | Match Length                                | # Players      | Heading             | Offside     | Special Rules   |
|------------|---|----------------|---------------------|-------------|-----------------|
| <b>U8</b>  | 4 10-min quarters<br>1 min break/3 min half | 5v5 incl. GK   | NO Heading -<br>IFK | No Offsides | Hand Ball - IFK |
| <b>U10</b> | 2 22-min halves<br>3 min halftime           | 7v7 incl. GK   | NO Heading -<br>IFK | Offsides    |                 |
| <b>U12</b> | 2 25-min halves<br>3 min halftime           | 9v9 incl. GK   | NO Heading -<br>IFK | Offsides    |                 |
| <b>U14</b> | 2 25 min halves<br>3 min halftime           | 11v11 incl. GK | Heading<br>Allowed  | Offside     |                 |
| <b>U16</b> | 2 25 min halves<br>3 min halftime           | 11v11 incl. GK | Heading<br>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 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.

### Substitutions-

U8-Unlimited on the fly substitutions

U10 and up-Either Team: Unlimited at end of period; own team throw in (may piggy back other team) goal; goal kick (players must have already reported to scorer); Caution (player must go out); disqualification; injury if referee beckons on a coach or appropriate health-care professional onto the field, player must go out including goalkeeper; Blood on player or uniform or any sign of concussion (may not return until cleared by health care professional.); before start of a period.

Players leaving for improper equipment may be subbed for and after corrected may reenter at next dead ball. Reentry shall occur from the official midfield area after being beckoned.



# Legacy 2025 Spring 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 2025 Spring 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:
    - 7 with a minimum of 5.
  - 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 2025 Spring Rec Soccer Information

## Youth Soccer Rules Summary

### U12 Youth Soccer

#### LEAGUE RULES:

1. Practices: All teams will be allowed one scheduled practice per week
2. 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.
  3. 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.
  4. 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.
5. There will be no score kept nor will there be any standings kept.



# Legacy 2025 Spring 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 2025 Spring 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.