

Division Birth Year Age (as of December 31 2020)	Small Sided		Full Sided		
	9U & 10U 2010 & 2011 9 & 10	11U & 12U 2008 & 2009 11 & 12	14U 2006 & 2007 13 & 14	16U 2004 & 2005 15 & 16	19U 2001 & 2002 & 2003 17 & 18 & 19
Players					
Maximum Players on Roster	11	13	Fall Core (18) Winter Select (16)	22 maximum. 18-20 preferable	
Number of players on field	7 v 7		9 v 9		
Minimum players on field	5	6	7		
Substitutions	Players must play at least 1/2 the match. No player will play 4 quarters until all players have played 3 quarters. Players arriving during the 2nd/3rd quarters must play at least 1 quarter.		Players must play at least 1/2 the match. Players arriving during the 2nd/3rd quarters are only required to play 1 quarter. Free substitution is allowed (see 16U/19U League Rules for details)		
Goalkeeper Playing Time	No player will play as goalkeeper for more than 2 quarters		No restrictions on playing time for goalkeepers (3/4 Play Rule in effect)		
Game					
Half	25 min.	30 min.	35 min.	40 min.	45 min.
Ball size	4		5		
Field & goals	Small sided		Regulation (Law I)		
Spectators	All Spectators on one side of the field, Coaches & Players on the other				
Player ID	None required		Region issued Player ID Card is required to play		
Player uniform #'s	No special requirement		Jersey must have a number on the front		
Coaches	Only 2 Qualified Coaches may be in the Technical Area at any one time.				
	Coaches must wear a Region Issued Coach Photo ID Badge including Required Certifications to be in the Technical Area				
	10U Coach	12U Coach	Intermediate Coach	Advanced Coach	
Teams	The home team is the one listed first on the schedule and will occupy the left side (when facing the field) technical area.				
Referees	Diagonal system of control only. 3 Referees; Center Referee, 2 Assistant Referees or Club Linesman				
	Regional		Regional OK, Intermediate recommended	Intermediate as a minimum, Advanced highly recommended	
Fouls/Misconduct/Restarts					
Free kicks	Laws XIII & XIV				
Offside	Beyond the Build-Out Line	Law XI			Law XI
Distance	8 yards	10 yards (Law XIII)			
Misconduct (Cautions & Send-Offs)	Referees should work with the coaches. No Cards for Players.	Law XII			
Play					
Slide tackling	Allowed - Law XII				
Heading the ball	Deliberate Heading of the Ball Results in an IFK Infraction		Allowed		
Goalkeeper Punt	A Punt, Drop Kick or Half Volley Results in an IFK Infraction	Allowed			
Build-Out Line	Yes	No			
Sportsmanship					
Playing short one or more Players	Coach's discretion - not mandatory				
Running up the score	As soon as a Team is ahead by 3 Goals, Coaches should take immediate corrective action to mitigate the situation. The Largest Acceptable Final Goal Difference is 5 Goals. Points will be deducted for a Final GD of 6 Goals or Higher. Continue to Respect the Game and Respect your Opponents. Continue to play Soccer by changing Tactics & Player Positions and NOT The Game of Soccer. The Referee takes no action except to note the circumstances in the match report, and possibly deducting Sportsmanship Points.				