



REAL COLORADO RECREATIONAL RULES OF PLAY

U5/U6 – 3v3

- **NOTE: U5 Teams Play 2v2 for the first two games of fall season**
- Size 3 ball
- 3 Field Players - No Goalkeepers
- Two 15 minute halves with 5 minute half time
- No referees – Coaches facilitate the game from the touchline. (sideline)
 - U5 Coaches allowed on the field for first four games of each season
 - U6 Coaches allowed on the field for first two games of each season
- Kick-offs used to start play. Kicks and kick-ins used to restart play. **NO THROW INS**
- All restarts and kicks are indirect.
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner
- On goal kicks, opponent must retreat to the midfield line
- Opponents should be 10 feet away from the ball on all restarts, including kick-ins, except goal kicks
- No Heading
- No offside
- Substitutions allowed on any stoppage of play
- **GOOD SPORTSMANSHIP RULE:** If one team is winning by four goals or more the opposing team is allowed to add another player.

U7 – 4v4

- Size 3 ball
- Four Field Players – No Goalkeeper
- Two 20 minute halves with 5 minute half time
- No referees – Coaches facilitate the game from the touchline. (sideline)
- Kick-offs used to start play. Kicks and kick-ins used to restart play. **NO THROW INS**
- All restarts and kicks are indirect.
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner
- On goal kicks, opponent must retreat to the midfield line
- Opponents should be 10 feet away from the ball on all restarts, including kick-ins, except goal kicks
- No Heading
- No offside
- Substitutions allowed on any stoppage of play
- **GOOD SPORTSMANSHIP RULE:** If one team is winning by four goals or more the opposing team is allowed to add another player.





REAL COLORADO RECREATIONAL RULES OF PLAY

U8 – 5v5

- Four field players plus one goalkeeper
- Size 3 ball
- Two 20 minute halves with one 5 minute half-time
- Home team provides a facilitator to manage the game
 - Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- Corner kicks should be taken in the general vicinity of the respective goal or corner
- Goal kicks can be taken from anywhere within the penalty area
- On goal kicks, opponent must retreat to the midfield line
- On throw-ins, opponent must be 2 yards from the ball
- All free kicks are indirect
- Opponents should be 10 feet away from the ball on all restarts except goal kicks and throw-ins
- No punting, no heading
- If a player intentionally punts or heads the ball, the opposing team will be awarded an indirect free kick
- If the penalty occurs inside the penalty area, the facilitator will place the ball outside of the penalty area and the opposing team will be awarded an indirect free kick. **NO PENALTY KICKS.**
- Substitutions allowed on any stoppage of play
- **GOOD SPORTSMANSHIP RULE:** If one team is winning by four goals or more the opposing team is allowed to add another player.





REAL COLORADO RECREATIONAL RULES OF PLAY

***** 7v7 - See Build Out Line Descriptions Below (received from CSA 8/26/16)*****

U9-10 – 7v7

- 6 Field Players with one goalkeeper
- Size 4 ball
- Two 25 minute halves 5 minute halftime
- Home games: One referee, No AR's (Linesmen)
- Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- Goal kicks are taken from within the goal area and corner kicks should be taken in the corner arc of the respective corner (See below for Build Out Line restrictions on goal kicks)
- All free kicks are indirect (cannot score a goal directly)
- Opponents should be 8 yards away from the ball on free kicks
- Opponents should be 2 yards away from the ball on throw-ins
- No intentional heading
- Penalty is indirect free kick for opponent
- If in penalty area, the referee will place the ball outside the penalty area for the opponent's indirect free kick.
- No punting (See below for Build Out Line restrictions on penalty for punting)
- Substitutions unlimited and at any stoppage
- Build out line restrictions. (See below)
- Build out line will denote where offside offenses will be punished. (See below)
- Special note: The ball is considered "in play" when the goalkeeper's intended recipient has received the ball and NOT the moment the goalkeeper releases the ball.
- **GOOD SPORTSMANSHIP RULE:** If one team is winning by four goals or more the opposing team is allowed to add another player.

*****BUILD OUT LINE DESCRIPTIONS*****

NOTE: *CSA Fall 2016 League Play will include Build Out Lines*

- The build out line promotes playing the ball out of the back in a less pressured setting.
- When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play.
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed).





REAL COLORADO RECREATIONAL RULES OF PLAY

- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.
- The ball is considered, “in play” when the goalkeeper’s intended recipient has received the ball. Not the moment that the goalkeeper releases the ball.
- If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.
- If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- The build out line will also be used to denote where offside offenses can be called.
- Players cannot be penalized for an offside offense between the halfway line and the build out line.
- Players can be penalized for an offside offense between the build out line and goal line.





REAL COLORADO RECREATIONAL RULES OF PLAY

U11/12 (9v9)

- 8 Field Players plus one goalkeeper
- Two 30 minute halves
- Size 4 Soccer Ball
- •Home games will have one Referee and each team will need to supply an AR. (Linesmen)
- Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- Goal kicks are taken from within the goal area and corner kicks should be taken in the corner arc of the respective corner
- All free kicks are indirect
- Opponents should be 8 yards away from the ball on all restarts
- Heading the ball is permitted
- Substitutions unlimited and at any stoppage
- Offside will be called by the referee per The IFAB Laws of the Game
- **GOOD SPORTSMANSHIP RULE:** If one team is winning by four goals or more the opposing team is allowed to add another player.

U13 and Older (11v11)

- 10 Field players and one goalkeeper
- Two 35 minute halves for U13/U14 teams
- Two 40 minute halves for HS age group teams
- Size 5 Soccer Ball
- Home games will have one Referee and each team will supply an AR. (Linesmen)
- Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
 - Goal kicks are taken from within the goal area and corner kicks should be taken in the corner arc of the respective corner
- Opponents should be 10 yards away from the ball on all restarts
- Heading the ball is permitted
- Substitutions unlimited and at any stoppage
- Offside will be called by the referee per The IFAB Laws of the Game
- **GOOD SPORTSMANSHIP RULE:** If one team is winning by four goals or more the opposing team is allowed to add another player.

