

REAL COLORADO RECREATIONAL RULES OF PLAY

U5/U6 – 2v2 3v3

- **NOTE: U5 Teams Play 2v2 for the first six games of fall season and first four games of the spring season. U6 Teams play 3v3.**
- 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
 - Goal kicks should be taken 2-3 yards of the end line
- 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

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, goal kicks, corner kicks and kick-ins used to restart play. **NO THROW INS**
- All restarts and kicks are indirect.
- Goal kicks should be taken 2-3 yards off the end line
- Corner kicks should be taken in the general vicinity of the corner of the field
- 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

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 corner
- Goal kicks can be taken from anywhere within the penalty area
- Opposing team must retreat to the midfield line on all goal kicks and goalkeeper saves. The ball is considered live as soon as the ball has been kicked and/or played by the goalkeeper.
- On goal kicks, opposing must retreat to the midfield line
- The ball is considered live as soon as the ball has been kicked. The goal kick must leave the penalty area.
- After the goalkeeper makes a save the opposing team must retreat to the midfield line.
- The goalkeeper is allowed to release the ball before the opposing team retreats to midfield
- The play is considered live as soon as the goalkeeper releases the ball.
- On throw-ins, opponent must be 2 yards from the ball
- All 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

REAL COLORADO RECREATIONAL RULES OF PLAY

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)
- 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. If a player heads the ball this will result in an indirect free kick for the opposing team.
 - If in penalty area, the referee will place the ball outside the penalty area for the opponent's indirect free kick.
- No punting or drop kicks. (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)

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

- **When the goalkeeper has possession of the ball, the opposing team must move behind the build out line.**
- **As the opposing team is retreating to the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed). The goalkeeper is allowed to release the ball before, during or after the opposing team has retreated to the buildout line.**
- **The ball is considered, "in play" when the ball leaves the goalkeepers hands or feet.**
- **After the ball is put into play by the goalkeeper play resumes as normal.**
- **On goal kicks the opposing team must retreat to the build out line. The play is considered live as soon as the ball has been kicked.**
- **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.**
- **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.**



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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 penalty area and corner kicks should be taken in the corner arc in the respective corner. If there is no arc players are allowed to move the ball up to ½ yard off of the goal line or touchline
 - At kick off the ball may be played backwards, forwards or lateral
 - On all restarts the ball is live the moment it has been kicked
- 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

U13 and Older (9v9)

- 8 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
 - Kick off the ball may be played backwards, forwards or lateral
 - On all restarts, the ball is live ball the moment it has been kicked
- 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