



Newtown Recreation YOUTH SOCCER RULES



U4-U5 Coed

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Soccer League will be those of FIFA.
- Seven-minute quarters. Play will restart at the center circle to start each quarter. (Alternate possessions) (Coin Toss Winner will kick off first) (Referee will keep the official time)
- Five-minute half time and one minute between quarters. Teams WILL NOT switch sides of field at halftime.
- **4 vs 4 (No Goalie)**
- Size 3 soccer ball.
- No slide tackling. Players shall not intentionally leave their feet near other players.
- No offsides will be called.
- No penalty kicks.
- No overtime. Games will end in a tie.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions will be made at the end of each quarter, in the event of an injury, and/or at the discretion of the referee.
- No player will sit out two quarters until all other players have sat out at least one quarter.
- Each player should play at least one quarter in an offensive position.
- Coaches should actively rotate players to different positions on the field.

COACHES

- Two coaches may be on the field directing players during the game. One coach on the offensive half of the field and one coach on the defensive half of the field. All coaches must stay out of the penalty box.

MISCELLANIOUS

- No throw-ins. Balls out of bounds are placed on line and kicked back in play.
- All fouls will result in an indirect free kick. If a foul occurs inside penalty line, the kick will be taken from outside the penalty line.
- All goal kicks shall be taken from the penalty line. All defenders must be at least five (5) yards away from the ball.
- The Referee will stop play if a player appears to be injured and in danger.
- League standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**



Newtown Recreation YOUTH SOCCER RULES



U6 Girls

U6 Boys

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Soccer League will be those of FIFA.
- Nine-minute quarters. Play will restart at the center circle to start each quarter. (Alternate possessions) (Coin Toss Winner will kick off first) (Referee will keep the official time)
- Five-minute half time and one minute between quarters. Teams WILL switch sides of field at halftime.
- **U6 Boys or Girls – 4 vs. 4 (includes goalie)**
- Size 3 soccer ball.
- No slide tackling. Players shall not intentionally leave their feet near other players.
- No offsides will be called.
- No penalty kicks.
- No overtime. Games will end in a tie.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions will be made at the end of each quarter, in the event of an injury, and/or at the discretion of the referee.
- No player will sit out two quarters until all other players have sat out at least one quarter.
- Each player should play at least one quarter in an offensive position.
- Coaches should actively rotate players to different positions on the field.

COACHES

- One (1) coach may be on the field to direct players during the game. Coaches MUST stay out of the penalty box!
- One (1) coach or parent may assist the goalie and full backs from behind the goal, OFF the field.

MISCELLANEOUS

- Throw-ins- You have the option of throwing the ball back in or balls out of bounds are placed on line and kicked back in play.
- All fouls will result in an indirect free kick. If a foul occurs inside penalty line, the kick will be taken from outside the penalty line.
- All goal kicks shall be taken from the penalty line. All defenders must be at least five (5) yards away from the ball.
- The Referee will stop play if a player appears to be injured and in danger.
- League standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**



Newtown Recreation U8 SOCCER RULES

- Teams in the U8 age group will be divided into separate leagues for boys and girls
- Roster Size: 7-9 players
- Players on field: 5 vs.5, including a goalkeeper
- Ball Size: 3
- Field Size: 35 yards x 30 yards. (Approximate)
- Goal Size: 6 feet x 12 feet
- Game Duration: Four 10 Minute Quarters; 5 minute Half Time
- Free substitutions at throw-ins, goal kicks, goals scored, halftime, and when allowed by referee
- A player may not play goalkeeper for more than 1 half in each game
- Coaches may not enter the field of play unless beckoned on by the referee to tend to injured players. Coaches must remain in their own bench area at all times during play
- All players must play a minimum of 50% of each half and preferably $\frac{3}{4}$ of a game
- No scorekeeping
- No offside
- No slide-tackling
- Indirect free kicks only
- No penalty kicks
- Throw-ins- You have the option of throwing the ball back in or balls out of bounds are placed on line and kicked back in play
- Goal Kicks: placed on ground no more than approximately 3 yards from the goal. Opponents must be 5 yards from ball at time of kick
- One referee will officiate games
- **No Heading is permitted for this age group!**



Newtown Recreation U10 SOCCER RULES

- Teams in the U10 age group will be divided into separate leagues for boys and girls
- Roster Size: 8-12 players
- Players on field: 7 vs. 7 including goalkeepers
- Ball Size: 4
- Field Size: 60 yards x 40 yards. (Approximate)
- Goal Size: 6 feet x 18 feet
- Game Duration: 25 minute halves; 5 minute Half-Time
- Free substitutions at throw-ins, goal kicks, goals scored, halftime, and when allowed by referee
- All players must play 50% of each half and preferably $\frac{3}{4}$ of a game
- Offside rule will be in effect
- Penalty kicks will be taken at a spot 8 yards from the goal line
- Throw-ins will be utilized to restart play when ball goes over touchlines
- Goal Kicks: placed in goal area
- At least one referee will be scheduled to officiate each game
- Recommended that Goalkeepers must play an equal amount of time on the field as in the goal
- **No Heading is permitted for this age group!**

Newtown Recreation Youth Soccer Rules 2022

	U4 Coed	U5 Coed	U6 Boys	U6 Girls
Team/Officials	4 vs. 4 (no goalie) 1 official	4 vs. 4 (no goalie) 1 official	4 vs. 4 (includes goalie) 1 official	4 vs. 4(includes goalie) 1 official
Ball	Size 3 Soccer Ball			
Clock	7-minute quarters. Play will restart at the center circle to start each quarter. (Alternate possessions) Coin flip will kick off first. Referee will keep official time.		9-minute quarters. Play will restart at the center circle to start each quarter. (Alternate possessions) (Coin Toss Winner will kick off first) (Referee will keep the official time)	
Halftime	5 minutes. (Teams will NOT switch sides) One minute between quarters.		5 minutes. Switch Sides. One minute between quarters.	
Overtime	No overtime, game can end in a tie.			
Substitution	Substitutions will be made at the end of each quarter, in the event of an injury, and/or at the discretion of the referee.			
Tackling	No slide tackling.		No slide tackling. Players shall not intentionally leave their feet near other players.	
Offsides	Not called.		Not called.	
Fouls	All fouls will result in an in-direct free kick from the spot of the foul. If a foul occurs inside penalty line, the kick will be taken from outside the penalty line.			
Playing Requirements	No player will sit out two quarters until all other players have sat out at least one quarter. Each player should play at least one quarter in an offensive position. Coaches should actively rotate players to different positions on the field.			
Misc.	No throw-ins. Balls out of bounds are placed on line and kicked back in play.		Throw-ins- You have the option of throwing the ball back in or balls out of bounds are placed on line and kicked back in play.	
Goal Kicks/ Penalty Kicks	All goal kicks shall be taken from the penalty line. All defending players must be 5 yards away from the ball. No penalty kicks.			
Coaches	Two coaches may be on the field directing players during the game. One coach on the offensive half of the field and one coach on the defensive half of the field. All coaches must stay out of the penalty box.		One coach may be on the field to direct players during the game. Coaches MUST stay out of the penalty box. One coach or parent may assist the goalie and full backs from behind the goal, OFF the field.	

OFFICIALS:

- All league specific rules are on this grid.
- If a rule is not addressed here default to FIFA.
- Hold a pre-game meeting with coaches from both teams to ensure everyone is on the same page and has the same understanding of the rules. This is imperative.
- The Referee will stop play if a player appears to be injured and in danger.
- League standings are not kept.
- Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.
- No jewelry is permitted
- A coach or fan that is ejected must leave the facility or the team they are associated with will forfeit the game.
- It is suggested that players with braces wear a mouthpiece if they wear braces.

Newtown Recreation Youth Soccer Rules 2022

	U8 Boys and Girls		U10 Boys	U10 Girls
Team/Officials	Boys-5 vs. 5 (includes goalie) 1 official	Girls- 5 vs.5 (includes goalie) 1 official	7 vs. 7 (includes goalie) 2 officials	7 vs. 7 (includes goalie) 2 officials
Ball	Size 3		Size 4	
Clock	10-minute quarters. Play will restart at the center circle to start each quarter (Alternate possessions) (Referee will keep the official time).		25 Minute Halves. Play will restart at the center circle to start each half. (Alternate possessions) (Referee will keep the official time).	
Halftime	5 minutes. Switch Sides. .		5 minutes. Switch Sides.	
Overtime	No overtime, game can end in a tie.		No overtime, game can end in a tie.	
Substitution	Free substitutions at throw-ins, goal kicks, goals scored, halftime, and when allowed by referee		There is no limit to the number of player substitutions a team can make. Free Substitution – An individual player can sub in and out an unlimited number of times throughout the game. All substitutions must first be approved by the referee. A team may request a substitution at the following times: 1) On a team’s own throw-in; 2) On a team’s own goal-kick; 3) When the opposing team is allowed to substitute; 4) After any goal is scored; 5) between quarter; 6) At the referee’s discretion – injury, yellow/red card, etc.	
Tackling	No slide tackling. Players shall not intentionally leave their feet near other players.			
Offsides	Not called.		WILL BE CALLED	
Goal Kicks	All goal kicks shall be taken from the penalty line. All defenders must be at least FIVE yards away from the ball.		FIFA Rules will apply. Fouls in the box will result in Penalty/Direct Kick	
Fouls	All fouls will result in an IN-DIRECT free kick. If a foul occurs inside the penalty line, the kick will be taken from outside the penalty line.		FIFA Rules will apply.	
Playing Requirements	No player will sit out two quarters until all other players have sat out at least one quarter. No player shall play all 4 quarters unless all other players have played in 3 quarters. Each player should play at least one quarter in an offensive position. Coaches should actively rotate players to different positions on the field.		Coaches should actively rotate players to different positions on the field. Every effort should be made to have each player on the field for at least ¾ of every game.	
Coaches	Both teams shall occupy the same sideline. Each coach and team must stay on his/her half of the field during the game. Coaches will remain off the field and on the sidelines during the game. Parents will be on the opposite sideline..		Both teams shall occupy the same sideline. Each coach and team must stay on his/her half of the field during the game. Coaches will remain off the field and on the sidelines during the game. Parents will be on the opposite sideline.	
	No coach, parent, or player is allowed behind the goal during the game			

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- The Referee will stop play if a player appears to be injured and in danger.
- League standings are not kept.
- Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.
- No jewelry is permitted
- A coach or fan that is ejected must leave the facility or the team they are associated with will forfeit the game.
- It is suggested that players with braces wear a mouthpiece if they wear braces.