



## **Stephenville Soccer Association**

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[www.stephenvillesoccer.org](http://www.stephenvillesoccer.org)

### **Age Specific Playing Rules**

Below is a brief overview of the different playing rules for each age group as children grow. At SSA we follow the guidelines established by North Texas Soccer Association and the USSF (United States Soccer Federation). Our aim is to provide developmentally appropriate rules to help maximize enjoyment and function for all of the players and families participating at our complex. As children grow, field dimensions change and rules become more and more aligned with the rules of competitive soccer games seen throughout the world. If you have any questions, concerns, or desire to adjust what you see below, please reachout to our SSA board using the contact form on our website.

### **U4 Playing Rules Overview**

- One Center Referee
- Ball Size: #3
- 1 weekly practice (30 minutes); 1 Saturday game (30 minutes)
- 4 quarters (5 minutes each) with short half-time
- Each quarter starts with kick-off from the center circle. Teams will alternate who takes the kick.
- Substitute: own throw-in, either team's goal kick, or after a goal is scored
- No heading allowed
- No offside calls
- No penalty kicks
- No slide tackles
- Players are not allowed inside the Goal Box area when active play is on their side of the field
- Free Kicks: All Indirect Free kicks
- Coach allowed on the field for all games, not participating. Parents are discouraged from being on field with players during games.

## **U5 Playing Rules Overview**

- One Center Referee
- Ball Size: #3
- Number of players: 4 v 4
- No Goalkeeper
- 4 quarters of 10 minutes each
- Substitute: own throw-in, either team's goal kick, or after a goal is scored
- No heading allowed
- No offside calls
- No penalty kicks
- No slide tackles
- Players are not allowed inside the Goal Box area when active play is on their side of the field
- Free Kicks: All Indirect Free kicks
- Free Kicks: All Indirect Free kicks
- Coach allowed on the field for all games, not participating.

## **U6 Playing Rules Overview**

- One Center Referee
- Ball Size: #3
- Number of players: 4 v 4
- No Goalkeeper
- 4 quarters of 10 minutes each
- Substitute: own throw-in, either team's goal kick, or after a goal is scored (Center Referee must give permission before substitutions can be made)
- No heading allowed
- No offside calls
- No penalty kicks
- No slide tackles
- Players are not allowed inside the Goal Box area when active play is on their side of the field
- Free Kicks: All Indirect Free kicks
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- Coach can be on the field for first 3 game weekends, not participating

## **U7 & U8 Playing Rules Overview**

- One Center Referee
- Ball Size: #3
- Number of players: 4 v 4
- Teams now have GoalKeepers
- 4 quarters of 10 minutes each
- Substitute: own throw-in, either team's goal kick, or after a goal is scored (Center Referee must give permission before substitutions can be made)
- No heading allowed
- No offside calls
- No penalty kicks
- No slide tackles
- Free Kicks: All Indirect Free kicks
- Players should be behind midfield on goal kicks
- Coach can NOT be on the field during games.

## **U9 & U10 Playing Rules Overview**

- One Center Referee and 2 Assistant Referees
- Ball Size: #4
- Number of players: 7 v 7
- Goalkeeper, no drop kicks or punting allowed
- 2 halves of 25 minutes each
- Substitute: own throw-in, either team's goal kick, or after a goal is scored (Center Referee must give permission before substitutions can be made)
- No heading allowed
- Offside calls between build-out line and defending goal line
- Penalty kicks per FIFA guidelines
- Free Kicks: per FIFA guidelines
- Coach can NOT be on the field

## **U11 & U12 Playing Rules Overview**

- One Center Referee and 2 Assistant Referees
- Ball Size: #4
- Number of players: 9 v 9
- Goalkeeper, drop kicks or punting allowed
- 2 halves of 30 minutes each
- Substitute: own throw-in, either team's goal kick, or after a goal is scored (Center Referee must give permission before substitutions can be made)
- No heading allowed
- Offside calls per FIFA guidelines
- Penalty kicks per FIFA guidelines
- Free Kicks: per FIFA guidelines
- Coach can NOT be on the field

## **U13 & U14 Playing Rules**

- One Center Referee and 2 Assistant Referees
- Ball Size: #5
- Number of players: 11 v 11
- Goalkeeper, drop kicks or punting allowed
- 2 halves of 35 minutes each
- Substitute: own throw-in, either team's goal kick, or after a goal is scored (Center Referee must give permission before substitutions can be made)
- Heading allowed
- Offside calls per FIFA guidelines
- Penalty kicks per FIFA guidelines
- Free Kicks: per FIFA guidelines
- Coach can NOT be on the field