

# 2026 SOCCER RULES OF THE GAME

*All games will be scheduled at the O'Bannon Soccer Fields*

DIVISIONS	FORMAT	BALL SIZE	LENGTH OF PLAY
5U (ages 4 and 5)	5v5	3	4X8 minutes
7U (ages 6 and 7)	5v5	3	4X10 minutes
9U (ages 8 and 9)	7v7	4	2X25 minutes
11U (ages 10 and 11)	9v9	4	2X25 minutes
14U (ages 12, 13, and 14)	9v9	5	2X25 minutes

## DIVISION: **5U** (5 AND UNDER)

- Ages 4 and 5 (5U); 5v5 – 4X8 minutes; size 3 ball; small goals
- No goalie; No referees; Coach on field during game to referee and encourages their players; no direct kicks; no off-sides, no headers
- Substitute any time “on-the-fly”
- Coaches shall encourage players to play both sides of the ball. We are not working on offense and defense or even wins/losses in this age group. All players should engage with the ball as much as possible. Coaches should not leave defenders disengaged back by their goal while their teammates are on the attack in the other half of the field. This maximizes “ball touches” of every player on the field and doesn’t leave a player “just standing”.
- No tournament

## DIVISION: **7U** (7 AND UNDER)

- Ages 6 and 7 (7U); 5v5 – 4X10 minutes; size 3 ball; 10ft goals
- No goalie; No referees; Coach on field during game to referee and encourages their players; no direct kicks; no off-sides, no headers
- Substitute any time “on-the-fly”
- Coaches shall encourage players to play both sides of the ball. We are not working on offense and defense or even wins/losses in this age group. All players should engage with the ball as much as possible. Coaches should not leave defenders disengaged back by their goal while their teammates are on the attack in the other half of the field. This maximizes “ball touches” of every player on the field and doesn’t leave a player “just standing”.
- No tournament

## DIVISION: **9U** (9 AND UNDER)

- 7v7 – 2X20 minutes – size 4 ball – medium field – 12ft goals
- Goalies, Referee(s), no coach on the field, no direct kicks/walls, no off-sides, no headers
- Substitutions only with referees permission and only when play is stopped.
- Penalty in box = penalty kick
- Kick-offs, Throw-ins, Free kicks as a result of a foul, hand-ball, etc are indirect, therefore must be touched by a second player before score. Corner kicks are direct kicks and can tally a score without being touched by another player.
- Ref for Tournament, no coach on field
- Tournament games ending in a tie will result in a 5-player shootout. Teams will alternate shots. If tied after 5 players, additional attempts will ensue with sudden death results and without repeating players until all

players on roster have attempted a shot. Note: if both teams and referee agree and there is enough daylight, 2-minute of extra time could be played prior to a shootout.

## DIVISION: **11U** (11 AND UNDER)

- 8v8 or 9v9 (based on the number of players available for each team) – 2X25 minutes – size 4 ball – larger field – 18ft goals
- Goalies, Referee(s), no coach on the field , no direct kicks/walls, no off-sides, no headers
- Substitutions only with referees permission and only when play is stopped.
- Penalty in box = penalty kick
- Kick-offs, Throw-ins, Free kicks as a result of a foul, hand-ball, etc are indirect, therefore must be touched by a second player before score. Corner kicks are direct kicks and can tally a score without being touched by another player.
- Ref for Tournament, no coach on field
- Tournament games ending in a tie will result in a 5-player shootout. Teams will alternate shots. If tied after 5 players, additional attempts will ensue with sudden death results and without repeating players until all players on roster have attempted a shot. Note: if both teams and referee agree and there is enough daylight, 2-minute of extra time could be played prior to a shootout.

## DIVISION: **14U** (14 AND UNDER)

- 8v8 or 9v9 (based on the number of players available for each team) – 2X25 minutes – size 5 ball – larger field – 18ft goals .
- Goalies, Referee(s), no coach on the field , no direct kicks/walls, no headers
- Overt Off-sides will be called i.e., cherry picking, etc.
- Substitutions only with referees permission and only when play is stopped.
- Penalty in box = penalty kick
- Kick-offs, Throw-ins, Free kicks as a result of a foul, hand-ball, etc are indirect, therefore must be touched by a second player before score. Corner kicks are direct kicks and can tally a score without being touched by another player.
- Ref for Tournament, no coach on field
- Tournament games ending in a tie will result in a 5-player shootout. Teams will alternate shots. If tied after 5 players, additional attempts will ensue with sudden death results and without repeating players until all players on roster have attempted a shot. Note: if both teams and referee agree and there is enough daylight, 2-minute of extra time could be played prior to a shootout.

**CODE of ETHICS for COACHES:** 1) I will place the emotional and physical well-being of my players ahead of a personal desire to win. 2) I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group. 3) I will do my best to provide a safe playing situation for my players. 4) I will promise to review and practice basic first aid principles needed to treat injuries of my players. 5) I will do my best to organize practices that are fun and challenging for all my players. 6) I will lead by example in demonstrating fair play and sportsmanship to all my players. 7) I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events. 8) I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players. 9) I will use those coaching techniques appropriate for all of the skills that I teach. 10) I will remember that I am a youth sports coach, and that the game is for children and not adults. 11) I will remember that the number 1 reason youth play sports is to have **FUN!**

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