

GERMANTOWN REC SOCCER							
FUTURE LEGENDS Recreational Soccer with Instruction				JR. LEGENDS Recreational Soccer			
	U5 Coed U6 Coed	U7 U8	U10	U12	U15- U19	U14	U19 Coed
	3v3	4v4	6v6 REC	8v8 or 9v9	7v7	11v11	11v11
PLAYERS - Max.	3 No Keeper	4 No Keeper	6	8	7	11	11 4 must be female
PLAYERS - Min.	3 No Keeper	3 No Keeper	4	5	5	7	7 4 must be female
BALL SIZE	3	3	4	4	5	5	5
HALVES or QUARTER	Quarters	Quarters	Halves	Halves	Halves	Halves	Halves
DURATION	8 min.	10 min.	25 min.	30 min.	35 min.	35 min.	40 min.
REST	2 min. Qtr. 5 min. Half	2 min. Qtr. 5 min. Half	5 min.	5 min.	5 min.	5 min.	5 min.
SUBSTITUTIONS	Any stoppage	Throw-ins Goal Kicks After Goals Injury Half Time	Own throw-in^ Goal Kicks After Goals Injury Half Time	Own throw-in^ Goal Kicks After Goals Injury Half Time	Own throw-in^ Goal Kicks After Goals Injury Half Time	Own throw-in^ Goal Kicks After Goals Injury Half Time	Own throw-in^ Goal Kicks After Goals Injury Half Time
HEADING	NO	NO	NO	NO	Yes	Yes	Yes
PUNTING	N/A	N/A	NO	NO	NO	Yes	Yes
OFFSIDE	NO	NO	Yes	Yes	Yes	Yes	Yes
BUILD OUT LINE	NO	Top of Penalty box 'extended'	Yes	Yes	NO	NO	NO
PENALTY KICKS	NO	NO	Yes	Yes	Yes	Yes	Yes
DIRECT FREE KICKS	NO	NO	Yes	Yes	Yes	Yes	Yes
SLIDING	NO	NO	Yes	Yes	NO	Yes	Yes

^ On your opponents throw-in only, if they are substituting

INFO@GermantownLegends.com  
www.GermantownLegendsSoccer.com